

---

# What To Eat

## The Shopping List

---

First up, you don't have to buy everything on the list. This is meant to provide you with options so you can choose from the choices in your area. If a food doesn't appear on here let me know and I'll add it on.

For some food groups I give you a number of recommended servings each day. For a lot of food groups, I don't. A serving is what you would reasonably eat of that particular food. This is on purpose, I want your own hunger and what you fancy in that particular moment to guide you, get used to listening to your body.

Remember we do not care about calories and are not interested in portion control. Eat until you are full. Try and build a plate of a decent mix of the different food groups.

Each food group is further broken down into three categories, mainly: *Yes*, *Moderate* and *Avoid* foods. Yes foods you can eat as often as you like, Moderate foods try to limit to 2-3 times a week and Avoid foods, well, avoid.

However even within the Yes group try and get a good spread of different foods to ensure nutrient balance.

Most important let your intuition guide you on exactly what to eat day to day (as long as your intuition isn't telling you to stuff your face with Oreo's!).

## Protein:

### Yes Food

- Beef.
- Lamb.
- Bison.
- Goat.
- Pork.
- Goose.
- Duck.
- Turkey.
- Chicken
- Salmon.
- Anchovies.
- Haddock.
- Mackerel.

- Cod.
- Crab. (real, fresh, not fake)
- Lobster.
- Mussels
- Oysters.
- Flounder.
- Tilapia.
- Trout.
- The fish above are especially great but any fish less than roughly 30cm in length, freshly caught should be awesome.
- Liver (beef, lamb, goat, fish).
- Kidneys.
- Heart.
- Tongue.
- Bone marrow.
- Joints (soup bones).
- Bone Broth (ideally have this constantly on the make and drink it every day)
- Soaked or sprouted beans and legumes cooked in a pressure cooker

## **Moderate Food**

- Bacon/Ham (in their pure form these are a Yes food, however often they have many other ingredients added, including sugar, preservatives and sometimes flour or breadcrumbs...check the ingredients and go for the more expensive varieties)
- Naturally preserved or dried meats
- Legumes in a jar
- Miso, tempeh, tamari or nato
- Raw seeds and nuts
- Raw nut butter

## **Avoid Food**

- Free Range Eggs (With Yolk)\*
- Raw Cheese from Grass Fed Cows\*\*
- Organic Cottage Cheese\*\*
- Dairy Products
- Processed Cheeses
- Non-Organic, Commercially Processed Meat
- Chemically Preserved Or Dried Meats
- Protein Powders With Artificial Sweeteners
- Textured Vegetable Proteins
- Soy Protein Powder
- Tofu
- Roasted Seeds And Nuts
- Roasted Nut Butter
- Regular Or Canned Beans And Legumes

\* A lot of people are highly sensitive to egg, if you know you are fine with this then eggs go on the "Yes Food" list.

\*\* Avoid if lactose intolerant, if not move to Moderate Food

## Oils & Fats:

### Yes Foods

- Coconut oil.
- Grass Fed Butter or Ghee
- Coconut milk (preferably without guar gum and in a BPA free can).
- MCT oil.
- Avocado oil
- Extra virgin olive oil.
- Lard & animal fat (only from grass finished animals, hard to find)
- Cacao butter.
- Coconut Meat
- Triglyceride-Based Fish Oil
- Pure Cod Liver Oil/Krill Oil

### Moderate Food

- Raw Nuts, preferably soaked (Except Peanuts and Cashews)
- Macadamia Nut Oil
- Raw Seeds
- Raw Almond, Hazelnut Butter
- Cold Press Flax Oil
- Coconut Ice Cream (See recipe)
- Dark Chocolate (85%+ Cacao. Lindt is my favourite. But this can be like crack cocaine... more than 1-2 pieces a day is probably too much!)

### Avoid Food

- Roasted Nuts
- Roasted Seeds
- Regular Peanut Butter
- Regular Butter
- Non-Organic Meats
- Margarine
- Any "Spreadable" Condiments
- Farmed Fish
- Commercial Salad Dressings
- Sunflower Oil
- Canola Oil
- Cottonseed Oil
- Commercial Flax Oil
- Soy Ice Cream
- Regular Ice Cream
- Normal/Milk Chocolate

## Vegetables:

### Yes Foods

- Spinach
- Broccoli
- Lettuce
- Fresh Salad
- Cabbage
- Parsley
- Pak Choi
- Brussels Sprouts
- Collards
- Chard
- Kale
- Mustard Greens
- Seaweeds
- Red Lettuce
- Radishes
- Celery
- Carrots
- Cucumber
- Cauliflower
- Asparagus
- Naturally Fermented Sauerkraut
- Naturally Fermented Pickles
- Fennel.
- Artichokes.
- Olives
- All green leaved herbs
- Carrots
- Beetroot
- Peas
- Winter Squash (cooled for 15 mins before eating)
- Sweet Potato (cooled for 15 mins before eating)
- Yams (cooled for 15 mins before eating)
- Yucca/Cassava (cooled for 15 mins before eating)
- Plantain (cooled for 15 mins before eating)
- Swede/Rutabaga
- Organic Sweetcorn
- Organic Soy

## **Moderate Food**

- White rice\*

\*It's better to avoid all grains, but most people can tolerate white rice a few times a month.

## **Avoid :**

- Canned Vegetables
- GMO Corn
- GMO Soy
- Non-Organic, Un-Rinsed Vegetables

- Potatoes (cooled for 15 mins before eating) \*
- Tomatoes \*
- Peppers \*
- Garlic \*
- Onions \*
- Eggplant \*

\*Avoid the following if you suffer from an autoimmune disease or nightshade sensitivity (if not these go in Moderate Foods)

## **Legumes:**

### **Yes Foods**

- Lentils (soaked and cooked in a pressure cooker ideally)
- Chickpeas (soaked and cooked in a pressure cooker ideally)

### **Moderate Foods**

- N/A

### **Avoid Foods**

- N/A

## **Fruit:**

### **Yes Foods: Limit servings to max 1 a day if sugar is a problem**

- Berries
- Lemons
- Limes

### **Moderate Foods: 1 - 2 servings a week if sugar is a problem**

- Apples
- Apricots
- Bananas
- Cherries
- Cantaloupe
- Grapefruit
- Kiwi
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapple

- Plum
- Watermelon
- Grapes
- Dates
- Figs

## **Avoid Foods**

- Canned Fruit
- Fruit in Syrup
- Fruit Candy
- Sugar Coated Dried Fruit
- Packaged Dried Fruit
- Natural Dried Fruit
- Fruit Juices

## **Dairy**

If on the Basic Plan then the following belongs in the Moderate section.

- Grass Fed Butter or Ghee
- Greek Goats Yogurt
- Hard Cheeses
- Quality yogurts
- Whey Protein

If on the Advanced Plan it goes in with the Avoid foods to be eliminated completely.

## **Flours**

### **Yes Foods (don't overdo these, 1 - 2 servings a week)**

- Coconut flour
- Raw, soaked nut flour (not peanut)

### **Moderate Food (only if desperate and the above not available)**

- Chickpea Flour
- Tapioca flour
- Rice flour
- Lentil flour
- Bean flour

## **Avoid Food**

- Flour from ANY type of grain.

## **Spices & Flavourings:**

## **Yes Food:**

Powdered spices are often contaminated with mould. Buy leaf/herb based spices and high quality powdered spices.

- Apple cider vinegar.
- Himalayan “pink” salt.
- Unmodified, unadulterated, pure sea salt.
- Ginger.
- Cilantro.
- Parsley.
- Oregano.
- Turmeric.
- Rosemary.
- Lavender.
- Thyme.
- Sage.
- Cinnamon.
- Allspice.
- Cloves.

## **Moderate Food:**

- Regular Table Salt
- Black Pepper
- Chilli Peppers

## **Avoid Food:**

- MSG
- Fermented Soy Sauce
- Brewer's Yeast

## **Sweeteners**

### **Yes Food:**

These sweeteners are ok but better if you can avoid them altogether. Sweetness is still sugar so limit them accordingly.

- Stevia. (25% of people genetically will not like the taste of Stevia...test it first!)
- Erythritol/Xylitol – NOT corn sourced. Needs to come from hardwood. (test and see how you react, in some people these cause symptoms in the gut, also don't overdo it or you'll find yourself needing to stay near to a toilet. Keep these away from dogs as they cannot digest them.

### **Moderate: (1 - 2 servings a week)**

- Raw, Pollinated Honey
- Organic Maple Syrup
- Natural Fruit Sweeteners
- Blackstrap Molasses

### **Avoid:**

- Processed Sugar
- Candy
- High Fructose Corn Syrup
- Regular Honey
- Agave Syrup
- Aspartame
- Sucralose

### **Hot Drinks:**

#### **Yes Foods:**

- Herbal Teas

### **Moderate Foods (1 - 2 cups a day, avoid entirely if you have trouble sleeping)**

- Coffee
- Black tea
- Cacao

### **Avoid**

- Pre mixed coffees/teas
- Instant coffee
- Barley mixes
- Hot chocolate

### **ALCOHOL** (see the section on alcohol for more on this)

### **TO BE AVOIDED:**

- Any Regular Wheat Products \*
- GMO Corn
- Roasted Seeds & Nuts
- Fava Beans
- GMO Soy Milk
- GMO Soy Beans
- GMO Soy Nuts
- Regular Yogurt



- Cookies
- Biscotti
- Scones
- Crackers \*
- Bagels
- Bread \*
- Cereals \*

\* If on the basic plan then cereals may be moved to the Moderate section, aim for organic whenever possible.

## RECIPES

The meals are divided into breakfast, lunch and dinner. It is important you eat each meal at the correct time so macro nutrient balance is correct. So eat dinner before you go to bed etc. Within those restraints feel free to mix and match.

If you don't have an ingredient feel free to replace it with anything allowed from the Shopping List. If doing this make sure you replace it with a food of the same category or higher (ie if the food is in the Moderate food category, replace it with another Moderate food or a Yes food).

Meal timing is also important, especially dinner. Eat dinner at least 3 hours before bed, to avoid digesting food whilst you sleep and stealing energy from the recuperative process of sleep.

You may also create your own recipes simply by mixing and matching foods from the Yes Foods categories (throwing in the occasional Moderate food as you see fit).

# BREAKFASTS

## BREAKFAST GREEN SMOOTHIE (that actually tastes GREAT!)

Most green smoothies taste awful, here's one which you'll actually look forward to eating/drinking in the morning and which is packed FULL of everything you need for a great day.

Don't have this everyday as the spinach can cause problems if overdone, once or twice a week works great.

150g of spinach/kale or other deep green leafed veg

1 Tbsp extra virgin olive oil

1 pinch Himalayan or sea salt.

25 - 50 g mixed fresh herbs - parsley, coriander work particularly well here, but feel free to get inventive.

1/2 avocado

1 tsp turmeric

1 tsp cinnamon

40g raw nuts - walnuts work well here but also great with macadamia, almonds, hazelnuts, pistachios, pecans, macadamia,

1 Tbsp - coconut flakes

1 Tbsp - raw cacao or cacao nibs

If available 1 Tbsp collagen/gelatine

Coconut milk as desired

Lightly steam the spinach (or other green veg) for 2 mins.

Add everything to a blender and blend until thoroughly mixed.

I often add the nuts last and blend lightly so you get a crunchy texture.

## BERRY BOWL

You'll probably look at this and think...wow thats a lot of berries, all those phenols are great food for your bugs!

200 - 500 grams of dark/red berries: blackberries, blueberries, raspberries work best

25g walnuts, macadamia, or almonds

Sprinkle of cinnamon

### *Optional Extras:*

Add in some resistant starch with this in the form of plantain or sweet potato, remember to cool them after cooking for 15 mins.

## BACON/HAM AND EGGS

The old favourite is back on the menu. The bacon can be substituted for quality ham if preferred.

- 2-3 free range, wild raised chicken or duck eggs
- 2-4 rashers of high quality outdoor raised bacon

Cook the eggs any way you like, if frying I use coconut or avocado oil. Grill the bacon (do not overcook, crispy bacon is awesome...it's also carcinogenic).

Other traditional staples like mushroom, tomato can be added at your discretion! Also great with avocado.

## **SALMON/SARDINES AND AVOCADO**

Simple, fast and filling.

- Wild caught salmon or sardines, in brine or extra virgin olive oil
- Avocado
- Extra virgin olive oil
- Salt

Empty out the brine or olive oil from the can.

Cut the avocado in half and place both halves on a plate with the fish.

Drizzle olive oil over it all

Add a pinch of salt.

You can also add a few free range eggs to this for an extra kick.

# LUNCH

Try to add at least one of the following a few times a week to any of the lunch recipes:

- Chick Peas
- Black Beans
- Sweet potato (cooled)
- Potato (cooled)
- Plantain (cooled)
- Onions
- Asparagus
- Shallots

## SAMS BIG ASS SALAD

This is my go to lunch, I literally eat some form of this pretty much EVERY DAY. That way I don't have to think either when I'm at the supermarket or when I'm ordering what to eat for the day. This is chocked full of nutrients and will keep you going until dinner whilst preventing mid afternoon energy crashes.

I mix the ingredients up every day so I'll often just be throwing in whatever is in the cupboard and you should do the same. That way you'll get the benefits of eating different foods within the same template. For that reason I've left a lot of the ingredients fairly general ie nuts...feel free to freestyle and see what works for you.

I've also been non specific regarding the quantities of each ingredient, do what works for you. This is a template, feel free to experiment!

1 large bag mixed salad leaves  
1 carrot  
1 handful seaweed  
1 handful raw nuts  
1 sliced beetroot  
1 handful sliced red cabbage  
1 handful mushrooms, these are great done in the oven alongside the sweet potato.  
1 handful olives  
1 handful radishes  
1-3 Tbsp apple cider vinegar  
1 pinch Himalayan/sea salt  
Extra virgin olive oil

### Optional

1 can of sardines or anchovies.  
Eggs  
High quality grass fed meat  
High quality wild caught small fish  
High quality organ meat

Mix all together in a huge bowl and scoff while dribbling olive oil down your chin!

## POACHED EGGS WITH SAUTÉED GREENS

- 2 to 3 cups of kale, collards, spinach or chard
- 2 Tbsp sliced raw almonds, walnuts, pecans, pistachio nuts
- 2-4 poached eggs
- Salt

1. Fill a medium frying pan with an inch of water, add greens, and cook until tender. Drain water and toss to coat greens. Remove pan from the heat; add salt and nuts, and set aside.

2. Serve eggs topped with greens and nuts.

## AHI POKI BOWL

This bowl has a number of functional properties. Shallots are very beneficial for the gut. Chickpeas, asparagus and onions all affect insulin sensitivity. Thermogenesis, or raising the bodies energy expenditure is done via optional cayenne, siracha and jalapeños. If you can't handle spicy food leave it out.

300 grams raw tuna, chicken salmon or tofu. You can also use 150 grams of lean steak

1 cup brown rice cooled down 10 min after heating

1/3 cup chickpeas

Apple peels from 1 to 2 red apples

Onions, asparagus, shallots. All chopped. Raw is preferable but can do light steamed or blanched.

Jalapeños - Thermogenesis function (optional)

Garlic: Insulin function

Sesame: Fat oxidation

Salt and pepper

Cayenne - For thermogenesis (optional)

Hot sauce - For thermogenesis (optional)

Cook up the protein taking care not to burn any fat, then just mix everything together in a bowl and enjoy.

## STEAK AND EGG BOWL

200 grams lean steak. Vegans can sub in tofu ground beef.

4 egg whites

1/2 cup chick peas cold out of jar

1/2 cup quinoa

Chopped onions, peppers, asparagus, red apple peels

Tabasco sauce (optional)

Cook up the steak in your favourite way, taking care not to burn the fat, make an omelette out of the egg whites, then just add it all a plate and sprinkle with Tabasco (if you like it hot!)

## PRAWN AND SPINACH SCRAMBLE

- 1 bag frozen prawns

- 1 bag spinach leaves
- 2 - 4 free range eggs
- Grass fed butter/avocado oil

Heat the butter/oil in a pan. When hot add the spinach, when this has started to reduce add the prawns when cooked add the eggs and stir.

## **SCRAMBLED EGGS WITH MUSHROOM AND AVOCADO**

- 5 Mushrooms
- 3 free range eggs
- Turmeric
- Fresh Ginger
- 1 Avocado
- Tsp grass fed butter or coconut oil

With a salad on the side

Heat a pan gently with the fat and add the sliced mushrooms. When ready add the eggs and stir. After a minute or two add turmeric and the diced fresh ginger and a pinch of salt. Cook until done and serve with the avocado and salad.

When cooking the eggs do it slowly so you don't destroy all the nutrients in the yolk.

## DINNER

**IMPORTANT:** All of these are intended as the sides with your main meal which will generally consist of fresh fish, eggs, any vegan substitutes, quality meat or even better quality organ meats.

Try to add an option of cruciferous veg to your dinner at least a few times a week.

You can at any time substitute any of the following for some steamed veg or a salad.

### SWEET POTATO WITH CREAMY BASIL VINAIGRETTE & TUNA

- Cook the sweet potato in the oven, in its skin.
- Make up the vinaigrette (see Dressings below)
- When cooked, split the potato in half, add the tuna and salsa on top...
- Eat and enjoy!

### UPGRADED GUACAMOLE

Delicious, creamy guacamole. Eat it with cucumber or celery sticks for lunch or on top of a protein of your choice for dinner.

- 4 large, ripe avocados, peeled
- 2 teaspoons or more sea salt (to taste)
- 1 tablespoon dried oregano
- 1 to 3 teaspoons apple cider vinegar or lime (to taste)
- Pinch of ascorbic acid, aka vitamin C powder or lemon juice (optional but prevents browning)
- Fresh coriander or other green leafy herb

Blend everything with a hand blender until it's very creamy. Stir in chopped coriander or other herbs of your choice.

### QUICK PLANTAIN PANCAKES

Here is an AWESOME way to enjoy pancakes while avoiding using grains.

- 3 green Plantains
- 100ml coconut or almond milk
- 2 eggs
- 1 pinch of Salt

*For savoury*

- 1 large teaspoon of oregano
- 1 large teaspoon of turmeric

*For sweet*

- 2 Large teaspoons of cinnamon

Mix all the ingredients in a blender, use a non-stick granite coated or cast iron pan (do not use teflon it'll give you Alzheimer's) wait until it is hot and add a small amount of the mixture spreading across the base of the pan. Heat for a few minutes and then ensure that you flip them to cook both sides.



## CAULIFLOWER - BACON MASH

You will never miss eating mashed potatoes when you can have this delicious creamy, bacon flavoured mashed cauliflower instead!

1 large head cauliflower, cut into florets  
1 tablespoon grass- fed unsalted butter or ghee (optional, but makes it taste amazing!)  
1/2 tablespoon apple cider vinegar  
Sea salt to taste  
400-500g high quality, preservative-free bacon lightly cooked at medium- low (not crispy — keep those fats intact), diced.

Steam the cauliflower until tender, drain, and blend the cauliflower with all other ingredients except the bacon in a high- powered blender. Stir in the bacon. Pulse until chunky. For amazing flavour, add 1 to 2 tablespoons of the bacon grease (as long as it didn't smoke when you were cooking it at a low temperature).

## CREAMED VEGETABLES

The butter and method used here will give the veggies a creamy consistency without using any cream. Try the same method with any other vegetables of your choice.

- 1 bunch asparagus, broccoli, and/or green beans
- 1 tablespoon grass- fed unsalted butter or ghee
- 1/2 tablespoon apple cider vinegar
- Bunch fresh herbs of your choice (parsley, coriander, oregano, dill, sage, and/or thyme)
- Sea salt to taste

Steam the veggies until just tender.

Remove 1/3 of the vegetables while hot and put them in the blender.

Add the rest of the ingredients (except the remaining 2/3 of the veggies) and blend until smooth and creamy.

Drizzle this mixture over the remaining vegetables.

## QUICK CHICKEN CURRY

Pressed for time, you can make use of curry sauce. Look in better markets for curry sauces that are made from quality ingredients and do not contain added sugars. An alternative is to use coconut milk and a teaspoon of yellow curry paste. You can either use fresh or leftover chicken with this recipe.

- 1/2 cup chopped onion
- 1 tbsp avocado oil
- 1 diced chicken breast or thigh
- 1/4 cup curry sauce
- 1/4 cup walnuts
- 2 cups chopped spinach

Sauté (cook rapidly) the onion in the avocado oil until translucent. Add the chicken and heat until cooked through. Add the curry sauce and cashews, continue heating for 3–4 minutes. Remove from heat and stir in the spinach.

## **UPGRADED ICEBERG SALAD**

- 1 head iceberg lettuce, chopped
- 1 small bunch radishes, thinly sliced
- 1/2 avocado, sliced
- 1/2 cup olives, pitted and chopped
- 1/2 cucumber, thinly sliced
- 1 Tbsp olive oil
- 1-3 Tbsp apple cider vinegar

Add as many or as few of these ingredients as you like and smother in extra virgin olive oil and apple cider vinegar or alternatively top with the salad dressing of your choice (see below)

## **SWEET POTATO SOUP**

- 2 Sweet Potatoes
- 1/2 Butternut Squash
- 2 Carrots
- 1 Orange
- Water

Peel the carrots, squash and, if they're pretty gnarled on the outside, the sweet potatoes. Chop roughly.

Fill a large pan with water and add all of the chopped veg and heat until soft.

Remove from heat and add the peeled orange.

Blend.

For an extra cream flavour you can add coconut milk (to taste) or a few Tbsp's of grass fed butter.

This is filling enough to be eaten on its own and does not need to be accompanied. You can always add a salad on the side.

## **HANGER STEAK & HERB BUTTER**

This recipe is packed with flavour from antioxidant-rich herbs. It's also really delicious and satisfying. Not to mention the fact that it takes less than 30 minutes to make.

### **Ingredients**

- 1 hanger steak (1/2 pound)
- 1 Tbsp coconut oil
- 1 lemon
- 1 Tbsp minced chives
- 2 Tbsp mixed chopped fresh herbs (oregano, thyme, or rosemary)
- Sea salt
- 3 cups (about 3 oz.) spinach

- 1 sweet potato, yuca or plantain

Cook the sweet potato, yuca or plantain in your favourite manner

Rub the steak with the Coconut oil and set aside.

Grate 2 teaspoons of zest from the lemon. Halve the lemon and cut into wedges. Squeeze out 1 teaspoon of juice and set the remaining lemon wedges aside.

In a small bowl, combine the lemon zest, chives, herbs, and 1 teaspoon sea salt, stirring well. Stir in the lemon juice.

Heat a grill pan over, or fire up your grill to, medium-high heat. Season the steak with sea salt, place on the grill or in the pan, and reduce the heat to medium-low. Cook, taking care not to char the meat. Cook for 5 to 6 minutes per side for rare, 6 to 7 minutes per side for medium-rare. Transfer the steak to a plate, top with 2 1/2 tablespoons of the lemon zest mixture, and allow to rest for 5 minutes.

Slice the steak thinly across the grain, and serve with the spinach, topping with meat juices and a squeeze of lemon. Serves 2.