

## **CLINICAL NUTRITION DIET PROTOCOL**

### **GOOD FOODS:**

Eggs—soft scrambled in butter, soft boiled, poached  
Butter  
Salt  
Dairy  
Fish  
Chicken  
Pork  
Lamb  
Beef—rare/medium rare  
Veggies  
Fruit  
Mixed, Salted Nuts—no peanuts  
Nut Butters—no extra sugar  
Rice  
Millet  
Pure Buckwheat (Isn't wheat).  
Beans  
Couscous (made from pearl millet only).  
Quinoa  
Corn  
Coffee, Tea, Green tea, Red wine.  
4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles.  
Lard!  
20,000 ORAC points of antioxidants daily - Do a Google search for “ORAC food values” and figure out which foods to eat to get to this number.

Any carbohydrate (except oatmeal -see below) that is “Gluten Free” is OK.

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### **BAD FOODS:**

Wheat  
Barley  
Rye  
Oats, oatmeal - even if it says that it is Gluten Free.  
Fried Food  
Oils—cooking or salad. Yes, this includes Olive Oil!!!  
Well done meat (rare or medium-rare is ok)  
Deli Meat, any nitrates added to meat – tell your butcher NO NITRATES  
Soda.  
Skin of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.