Meat (NO LIMIT, eat until full)	Veggies	Dairy	Oil	NO LIST	Vitamins	extras				
		Cheese full fat only (NO								
		american slices, velveta		No Vegatable	D3 30,000					
oork chops,	Romaine lettuce.	types) or	butter	oil,	IU					
Join chops,	Spinach (canned,	Any Real cheese that you	Duttor	on,	K2 (K7)					
oork steak,	frozen, fresh)	enjoy	olive oil	no canola oil,		Lemon juice				
					B12					
country style pork spare ribs,	Spring mix	cheddar	avocado oil	oil,	Metholated	Lime juice	Aldi			
					Fish oil					
bacon,	asparagus	Full fat cottage cheese		no soybean oil	(2800mg)		Carlini Extra Virgin Olive Oil			
ground pork	brussels sprouts (5)	full fat mozzerella		No beans,		mustards	Carlini Olive Oil			
Brats	Mushrooms	cream cheese		kidney,			Simply Nature Organic Extra Virgin O	ive Oil		
talian Sausage	Celery			lentils,			Sicilian PDO Certified Val Di Mazara			sil
ground beef 80/20, or 70/30 (Find	Ocicity			ierinis,			Ciciliant DO Octaned val Di Mazara	Alla virgin	Onve o	
a container to save the fat in to										
				green beans or						
cook with another time)	carrots	Heavy cream		otherwise.		Raw Almonds	Botticelli			
chicken legs with skin,	cukes	Full fat sour cream		No cereal,		Raw Walnuts				
		Coconut milk or cream								
chicken thighs with skin,	Zucchini	(Aldi)		no oatmeal,						
chicken breast with skin	broccoli	swiss,		no rice,						
any fatty red meat	Cauliflower	limburgher,		pasta,						
Tuna	green onion	brie,		bread,						
anchovies	leeks	blue cheese,		tortillas,						
cod	okra	Parmesean		No low fat milk						
		Faimesean		NO IOW TAL ITTIK						
Bacon (Find a container to save the		_								
fat in to cook in another time)	Saurkraut	Romano		no ketchup						
salmon				limit mayo						
	kimchi			(seed oil)						
				limit salad						
Kippers	Green pepper			dressings						
Tilapia	Greens			peanuts						
Pork rinds hot or plain	Asparagus			BBQ sauce						
Tork finds not of plain	Cabbage (green, red,			DDQ Sauce						
0. I.F	napa, bok choy,									
Cod liver	chinese)									
Beef liver	Eggplant									
	Leafy greens such as									
	kale, collards,									
	mustard greens, or									
chicken liver	Swiss Chard									
Turkey	Mushrooms									
Eggs 2+	Okra									
	Gind									
	nee nede enew									
	pea pods, snow peas,									
	Peppers such as bell									
	peppers and hot									
	peppers									
	Salad greens such as									
	lettuce, spinach,									
	arugula, endive, and									
	other salad mixes									
	Squash such as									
	zucchini, yellow									
	squash, chayote,									
	spaghetti squash									
	Tomatoes									
	pickles									
	green olives									
	black olives									