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| **The Powers Protocol** | | | |
|  | **FOODS TO ENJOY** | **COMMENTS** | **FOODS TO AVOID** |
| Protein  Choose organic/free range/hormone free/local whenever possible | Beef, pork, lamb, poultry (chicken, turkey, game hen)  Fish  Eggs | Meats: grass fed  Poultry: eat both dark & white meats  Fish: choose wild over farmed  Eggs: cage free, no GMO feed | Deep fried or breaded  Canned tuna  Canned meats |
| Carbohydrate:  Vegetables | Dark leafy greens, broccoli, cauliflower, tomatoes, celery, squash, zucchini, asparagus, peppers, onions & leeks, root vegetables | Eating both raw and lightly cooked helps maintain vitamin and mineral content  Organic & local when possible | Canned vegetables |
| Carbohydrate:  Fruits | Whole, fresh fruits in moderation  Best choices: berries, kiwi, pear, apple, citrus | Organic when possible  Seasonal, fresh fruits | Avoid dried fruits as they tend to spike blood sugar |
| Fats/Oils  Cold pressed | For cooking: unrefined coconut oil, ghee, organic butter  For salads and table: Extra virgin olive oil, sesame oil, macadamia nut oil, flaxseed oil  Avocado | Include good fats/oils with every meal  Consider supplement with fish oil or cod liver oil | Margarine, spreads, hydrogenated & partially hydrogenated oils, canola, processed mayonnaise, commercial salad dressings |
| Fermented foods & beverages | Yogurt, kraut, kimchee, kombucha, kefir, fermented veggies | Find in refrigerated section  Watch sugar content on beverages | Commercial yogurts (sugar, additives) |
| Drinks | Filtered water, herbal teas, sparkling water, green tea | Water is the best beverage to drink: aim for total ounces/day equal to half your weight in pounds | Fruit juices, artificially sweetened beverages, sports drinks, beer (contains gluten) |
| Superfoods | Spices: turmeric, cayenne, garlic, cinnamon, ginger  Greens powder  Sea vegetables: nori, dulse, wakame, hijiki, kelp | Use as accompaniment to meals | Choose organic spices that have not been irradiated |

For each meal, try to fill half or ¾ of your plate with vegetables.

Include protein, carbs and fats at every meal.