

# REAL FOOD CHART

## PROTEINS

Included but not limited to

Every meal should contain 1-2 palm size servings from the list. Strive for 3-4 meals per day. Emphasize grass-fed beef, wild caught seafood, and free-range poultry whenever possible

### BEEF/POULTRY

Beef  
Bison  
Boar  
Buffalo  
Chicken Breast  
Chicken Thigh  
Duck  
Eggs  
Elk  
Game Meats  
Lamb  
Organ Meats  
\*liver  
\*kidney  
Ostrich  
Pork  
Quail  
Rabbit  
Turkey  
Veal  
Venison  
Wild Boar

### SEAFOOD

Bass  
Catfish  
Clam  
Cod  
Eel  
Grouper  
Halibut  
Herring  
Lobster  
Mackerel  
Mahi Mahi  
Mussels  
Orange Roughy  
Oyster  
Red Snapper  
Salmon  
Sardines  
Scallops  
Shrimp  
Snapper  
Swordfish  
Tilapia  
Trout  
Tuna

## HERBS & SPICES

Included but not limited to

Basil	Dill	Rosemary
Bay leaf	Fennel	Saffron
Caraway	Fenugreek	Spearmint
Carob	Garlic	Thyme
Cayenne pepper	Ginger	Turmeric
Celery seed	Horseradish	Vanilla
Chili Pepper	Lavender	Wasabi
Chipotle powder	Lemongrass	
Chives	Mint	
Cilantro	Mustard seed	
Cinnamon	Oregano	
Clove	Paprika	
Coriander	Parsley	
Cumin	Pepper (black)	
Curry	Peppermint	

Grass fed and wild when possible

## CARBOHYDRATES

Included but not limited to

Add enough green and leafy veggies as possible to each meal in order to feel satiated. If fat loss is a concern limit any starchy carbs or fruit to 1-2 servings (clenched fist) per day and aim to consume post-workout only.

### VEGGIES

Artichoke  
Asparagus  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Collards  
Cucumber  
Daikon  
Garlic  
Green Beans  
Jicama  
Kale  
Leeks  
Lettuce  
Mushrooms  
Mustard Greens  
Okra  
Onions  
Peppers  
Radish  
Seaweed  
Snap Peas  
Spinach  
Squash  
Tomato  
Watercress

### STARCHY (post workout only)

Sweet Potato  
Taro  
Cassava  
Yam  
Lotus Root  
Winter Squash  
Beets  
Butternut Squash  
Parsnip  
Plantain

### FRUITS

Blueberries  
Blackberries  
Strawberries  
Raspberries  
Cherries  
Grapefruit  
Figs  
Lemon  
Lime  
Cranberry  
Peaches  
Apples  
Apricots

### HIGH SUGAR (post workout only)

Avocado  
Melon(S)  
Oranges  
Plum  
Pomegranate  
Grapes  
Guava  
Kiwi  
Watermelon  
Banana  
Apple  
Raisins  
Dates  
Persimmon  
Mango  
Pear  
Pineapple

1-2 Handfuls of fruit per day max/fat loss

## HEALTHY FATS

Included but not limited to

1-4 tablespoons of fats or 1/2-1 avocado with each meal. Use nuts and seeds sparingly. 1-2 handfuls per day as snacks if needed if fat loss is a priority.

### NUTS/SEEDS

Almonds  
Brazil Nut  
Chestnut  
Hazelnut  
Macadamia  
Pecans  
Pine  
Pistachios  
Pumpkin  
Sunflower  
Walnut

### HEALTHY OILS

Avocado & Oil  
*Bacon Fat*  
*Grass-fed/clarified Butter*  
*Coconut Oil*  
*Coconut Milk*  
*Duck Fat*  
*Ghee*  
*Lard*  
*Macadamia Oil*  
*Olive Oil*  
*Palm Oil*  
*Sesame Oil*  
*Walnut Oil*

## RESOURCES

Everything you need to know about dietary fat

You're not a dog. Don't act like one.

Road blocks to badass nutrition and how to overcome them

Understand your carbs. They're a food group too

If you want to grow a beard, don't buy a razor

## LIQUIDS

Included but not limited to

Almond Milk,  
Unsweetened  
Coconut milk  
Coconut water  
Herbal tea  
Kombucha  
Water  
Black Coffee  
(limit 1 cup/day)

Those in italics are for hot/cooking

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