

REAL FOOD CHART

PROTEINS

Includes but not limited to



(serving size)

Every meal should contain 1-2 palm-size servings from the list. Strive for 3-5 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

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

VEGETARIAN PROTEIN

- Grass-Fed Cheese
- Full-Fat Yogurt/Kefir
- Grass-Fed Whey Protein
- Tempeh
- Natto
- Edamama
- Organic Tofu (extra-firm)

1 palm-size for women and 2 palm-size for men. Include with all meals (3-5 meals per day).

HERBS & SPICES

Includes but not limited to

- Basil
- Bay Leaf
- Caraway
- Carob
- Cayenne Pepper
- Celery Seed
- Chili Pepper
- Chipotle Powder
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fennel
- Fenugreek
- Garlic
- Ginger
- Horseradish
- Lavender
- Lemongrass
- Mint
- Mustard Seed
- Oregano
- Paprika
- Parsley
- Pepper (Black)
- Peppermint
- Rosemary
- Saffron
- Spearmint
- Thyme
- Turmeric
- Vanilla
- Wasabi

CARBOHYDRATES

Includes but not limited to



(serving size)

Add as many 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 (clenched fist) servings per day, and aim to consume post-workout only.

VEGGIES

Include with all meals (3-5 meals/day)

- 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

FRUITS

- Blackberries
- Strawberries
- Raspberries
- Cherries
- Grapefruits
- Figs
- Lemons
- Limes
- Cranberries
- Peaches
- Apricots
- Kiwis
- Plums

HIGH-SUGAR (post workout / weight gain)

- Melon(s)
- Oranges
- Pomegranates
- Grapes
- Guavas
- Watermelons
- Nectarines
- Bananas
- Apples
- Raisins
- Dates
- Persimmons
- Mangos
- Pears
- Pineapples
- Blueberries

STARCHY (post workout / weight gain)

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

1-2 fist-sized servings per day max for fat loss.

HEALTHY FATS

Includes but not limited to



(serving size)

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

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

NUTS/SEEDS

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

1-2 baby handfuls per day max for fat loss.

NOTES

- a. **Bold** = buy organic when possible
- b. **Red** = post-workout/weight-gain foods
- c. Blue = all-day foods
- d. **Green** = eat moderately (1-2 servings per day max for fat loss)
- e. Seafood = wild-caught, not farmed
- f. Poultry = pasture-raised, organic
- g. Beef/Red Meat = 100% grass-fed
- h. Eggs = pastured and organic
- i. italics = for hot cooking

LIQUIDS

Includes but not limited to

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

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