

SLIM-GESTION™ *Yes* FOODS

To make it easy for you to know what to eat (and what to avoid) on this diet, here's a quick list of the "yes" foods. Keep this handy, and take a copy of it with you when you go shopping.

Approved Proteins

- Collagen or Protein Powder
- Beef
- Chicken
- Lamb
- Turkey
- Wild boar
- Fish (be sure canned fish is packed in olive oil or water)
- Eggs
- Organ meats
- Nitrite-, nitrate-, and gluten-free deli meats (read labels carefully and make sure you're not getting any sugars or artificial additives)

NOTE: If you can afford it, buy pastured meat, chicken, and eggs. These are cleaner than factory-farmed meat, and they're much higher in fat-burning nutrients. However, if your budget is tight, regular meat is just fine. Simply cut the fat off meat, and take the skin off chicken, because that's where most of the toxins are. Avoid pork unless you can find pastured pork; luckily, more and more stores are carrying pastured pork these days.

Approved Veggies

You can add any veggies from this list to your shakes, afternoon broth, and evening meal:

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|--------------------|--|-----------------|
| • Arugula | • Eggplant | • Onions |
| • Asparagus | • Garlic | • Parsley |
| • Bell peppers | • Green beans | • Radicchio |
| • Bok choy | • Green cabbage | • Radishes |
| • Broccoli | • Green onions | • Red cabbage |
| • Broccoli rabe | • Greens (beet, collard, mustard, and turnip greens) | • Seaweed |
| • Brussels sprouts | • Jalapeño peppers | • Spinach |
| • Cauliflower | • Kale | • Sprouts |
| • Celery | • Leeks | • Summer squash |
| • Chili peppers | • Lettuce | • Swiss chard |
| • Cilantro | • Mushrooms | • Tomato |
| • Cucumber | • Napa cabbage | • Watercress |
| • Daikon | | • Zucchini |

DO NOT EAT starchy vegetables (potatoes, sweet potatoes, yams, pumpkin, carrots, butternut squash, spaghetti squash, beets, turnips, parsnips, plantains, green peas, corn, or taro). If possible, add a daily serving of a probiotic food such as fresh sauerkraut or kimchi, and include prebiotic veggies such as asparagus and onions.

Approved Fats

- Choose one serving of fat from this list for your shake, your afternoon broth loading phase (fat is optional in that phase), and your evening meal:
- Coconut oil / MCT oil (1 tablespoon per serving) Olive oil (1 tablespoon per serving)
- Avocado oil (1 tablespoon per serving)
- Walnut oil (1 tablespoon per serving)
- Ghee (clarified butter, with the milk solids removed) (page xxx) (1 tablespoon per serving)
- Full-fat canned coconut milk (1/3 to 1/2 can)
- Coconut chips (unsweetened) (1 closed handful or about 2 tablespoons per serving)
- Avocado (1/4 to 1/2 avocado per serving)
- Olives (1 closed handful per serving or about 2 tablespoons)
- Unsweetened almond milk (if it does not contain carrageenan) (8 ounces per serving)
- Almond butter (unsweetened) (1 tablespoon per serving)
- Nuts (1 closed handful per serving, about 2 tablespoons) Chia seeds (4 teaspoons per serving)
- Hemp seeds (2 tablespoons per serving)
- Ground flaxseed (2 tablespoons per serving)

SLIM-gestion Herbs and Spices

ALL herbs and spices are approved (as long as they don't have added starches or sugars). These tasty choices provide extra fat-burning properties:

- Basil
- Black pepper
- Cardamom
- Cayenne
- Cilantro and Coriander
- Cinnamon
- Cloves
- Cumin
- Fennel seeds
- Garlic
- Ginger
- Green tea
- Mustard
- Parsley
- Turmeric
- White pepper

Fermented Foods

These fermented foods heal the gut by feeding the healthy bacteria:

- Kimchi
- Sauerkraut
- Pickles