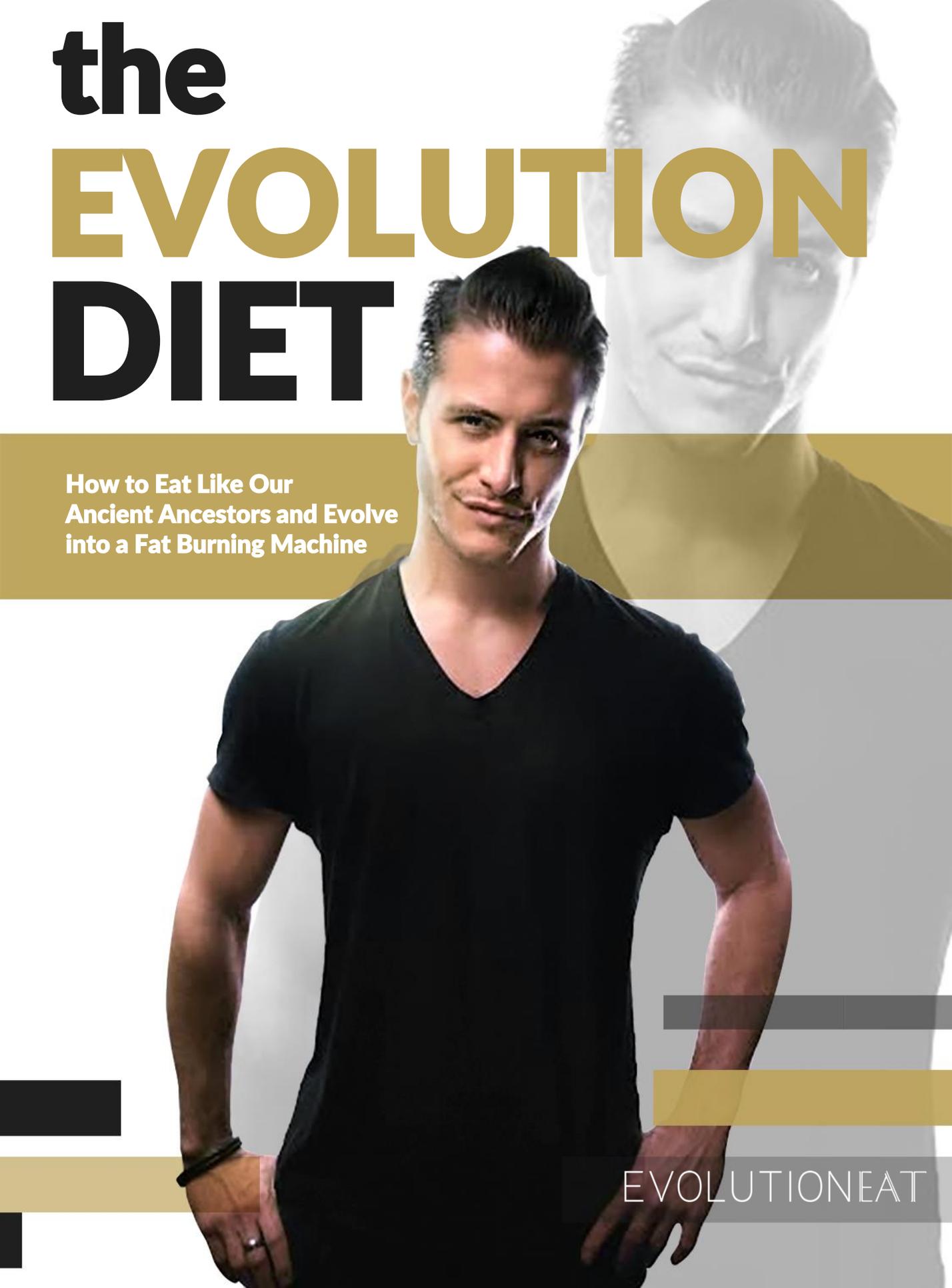


the EVOLUTION DIET



How to Eat Like Our
Ancient Ancestors and Evolve
into a Fat Burning Machine

EVOLUTIONEAT



EVOLUTIONEAT

The Evolution Diet

How to Eat Like Our Ancient
Ancestors and Evolve into a Fat
Burning Machine

Disclaimer

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It is imperative that before beginning any diet or exercise program, including any aspect of EvolutionEat

(Sorry, but that's what lawyers force one to say in order to be able to offer you insights. If you do not agree with this disclaimer, the ebook is free anyway so kindly just disregard and go about your day!)



EVOLUTIONEAT

How to Become a Fat Burning Machine

How to Become a Fat Burning Machine

EvolutionEat is going to redefine your relationship with food and help you overcome the nasty consequences of the Standard American Diet.

How?

- **By eliminating addicting foods which promote over-eating**
- **By eliminating pro-Inflammatory foods (refined, preservatives)**
- **By reducing excess carbohydrate intake and focusing on its sourcing**
- **By adding healthy fats and natural sources of protein**

The Goal:

- ***To convert you from a short-term sugar burner into a long-term fat burner***
By keeping Insulin levels low, your body is going to naturally start tapping into long-term fat storages for fuel. This process takes about 2-3 weeks. Which is why the first few weeks are the most difficult *and* the most important.
- ***To reduce inflammation***
By eliminating unnatural preservatives, additives, excessive sugar intake, hormones and other harmful toxins from your diet, your body's inflammatory response will subside.



EVOLUTIONEAT

Characteristics of an Evolutionary Diet

Characteristics of an Evolutionary Diet

VERY LOW GLYCEMIC LOAD. Low in sugar, flour and refined carbohydrates of all kinds.

MINIMAL CARBS. If you forget everything else, remember this and own it: *Carbohydrate drives insulin drives fat.* The main idea is to limit carbs to only those you need to provide glucose for the brain and for some reasonable amount of exercise. If you are looking to shed body fat and lose that uncomfortable bloated feeling, keeping carbs under 80 grams per day will help immensely in lowering insulin and taking fat out of storage.

ADEQUATE PROTEIN. For appetite control and muscle synthesis. At the beginning of your evolution, up the protein to stymie sugar cravings and hunger pangs.

HIGH IN GOOD QUALITY FATS. *Fat does not make you fat.* Repeat that over and over and over again. Fat does not make you fat. Fats have little to no impact on insulin and, as a result, promote the burning of both dietary and stored (adipose) fat as fuel. If protein stays moderate and carbs stay low, you can use fat as the major energy variable in your diet. The key is choosing the right fats:

Omega 3s, Coconut oil, MCT oil, Kerrygold butter, Olive Oil, Pastured Egg Yolks, Grass fed animal fat, and moderate servings of raw nuts (walnuts, almonds, macadamia, brazil). See *Further Reading* section for in-depth discussion.

HIGH IN VEGETABLES. The greener the better. The leafier the better. The deeper the colors, the more variety, the better. This range provides a high phytonutrient content protective against most diseases. You cannot eat enough leafy vegetables. Just be wary of the starchier root kinds, such as white potatoes. Oh, and french fries are not vegetables.

MODERATE IN FRUITS. Stick to lower glycemic fruit such as berries. You might be thinking, “But aren’t fruits healthy?” Yes, many fruits are packed with vitamins—but sugar is sugar regardless of the source. Eating fruit under the guise of “it’s healthy, I can eat as much as I want” can lead to unintentionally high levels of sugar consumption, which is what we’re trying to reverse.

FISH. Number 1 source for Omega 3s. Incredibly healthy so long as it's the right kind. Target smaller fish that are low in mercury and low toxin (sardines, herring and anchovies). Sockeye salmon and pink Alaskan salmon are equally safe and full of nutrients. Generally avoid tuna (yellowtail is the best), swordfish and Chilean sea bass because of the high mercury load.

MEAT & POULTRY. Ideally should be *Grass fed* and/or *Pastured*. If unavailable or too expensive, animals should be sustainably raised, free of antibiotics and hormones. Choose *Organic*.

ORGANIC. Local and fresh foods should be the majority of your diet, if possible.

AVOID: Pesticides, antibiotics and hormones and no GMO foods.

AVOID: Chemicals, additives, preservatives, dyes, MSG, artificial sweeteners and other chemicals.



EVOLUTIONEAT

Food Spectrum

Food Spectrum

OPTIMAL

Fish: Wild-caught Salmon, Sardines, Wild-Caught Tuna

Seafood: Lobster, Crab, Shrimp, Scallops, Oysters

Meat (Grass-fed): Beef, Lamb, Bison, Rabbit

Poultry: Eggs, Turkey, Chicken

Vegetables: Everything and anything, especially the dark leafy greens

Nuts: Almonds, Brazil Nuts, Macademia Nuts, Walnuts; Almond Milk; Almond Butter

Fats and Cooking Oils: Butter (Kerrygold), Coconut Oil, Olive Oil, Coconut Milk, Avocado

Natural Starches: Sweet Potatoes, Squash

Fruits: Berries

Beans: Lentils

Dairy: Greek yogurt, Whey Protein

FOODS TO MINIMIZE

(OK OCCASIONALLY)

Meat (non-Grass-fed): Beef, Lamb, Bison, Pork (limited)

Fruits: Apples, Cantaloupe, Bananas

Other natural Starches: Quinoa, White rice, Brown rice, Buckwheat, Oats/Oatmeal

Gluten-Substitutes: Such as rice-based pastas and gluten-free bread

Dairy: Heavy cream, Aged and molded cheeses

Beans: Red, Black

Natural Sweeteners: Honey, Maple Syrup

FOODS TO AVOID

Gluten/Grain/Wheat: Bread, Cereals, Pastas

Bagged Snacks and Processed Foods: Crackers, Potato Chips, Crackers, Cookies, Protein bars, Candy

Dairy: Milk, Icecream, Processed Cheeses

Other natural Starches: White Potatoes

Sweeteners: Sugar, Sweet-n-Low, etc.

Fats and Oils: Peanut Butter, Canola Oil, Vegetable Oil, Hydrogenated Oil

High Sugar/Fructose Fruits: Oranges, Grapefruit, Mangoes, Pineapple, Papaya, Dried Raisins, Apricots

Soy (includes tofu)



EVOLUTIONEAT

Liquids

Liquids

HEALTHY DRINKS

Water:

At the beginning, you want to be flushing out your system constantly. It'll seem annoying having to use the bathroom so frequently, but we're trying to dilute your body of all stored toxins as quickly as possible. You literally want to be flushing your system out. Drinking iccold water has the added benefits of waking you up, keeping you fuller for longer and demanding your body to exert energy converting it to body temperature. After a few weeks, we will dial back to whatever is comfortable.

Unsweetened Tea:

Green Tea and Black Tea are high in antioxidants and wonderful alternatives to coffee if you don't like the black stuff.

Coffee:

Have it black. Use Almond Milk, Coconut Milk or Heavy Cream instead of milk. Avoid Skim Milk! (And *definitely* avoid sugar!)

DRINKS TO MINIMIZE/AVOID

Soda:

Regular and Diet equally as bad. Avoid at all costs.

Fruit Juices, Orange Juice, Fruit Shakes, Commercial Smoothies:

All of the above claim great health benefits on the packaging but no matter how many vitamins they may or may not pack, they're FULL of sugar. Completely superfluous. Empty carbs, empty calories. Avoid.

Gatorade and Sports Drinks:

Same logic as above. And if they don't have sugar then they have a bunch of other preservatives that just aren't healthy. Preservatives and artificial dyes and sweeteners are pro-inflammatory.

Alcohol

Rule 1: Moderation! Max 2x per week, preferably 1x

Rule 2: Hard Liquor, or wine only

Rule 3: No mixers other than club soda, seltzer & lemon/lime

Rule 4: Red Wine over White Wine

Rule 5: No Beer



EVOLUTIONEAT

Carbohydrate Spectrum

CARBOHYDRATE SPECTRUM

Thanks to Mark Scisson, in his book “The Primal Blueprint”, we have a super easy-to-understand explanation of how carbohydrates impact the human body and the degree to which we need them (or not) in our diet.

300 or more grams/day – Yikes!

Easy to reach with the “Standard American Diet” (cereals, pasta, rice, bread, waffles, pancakes, muffins, soft drinks, packaged snacks, sweets, desserts). High risk of excess fat storage, inflammation, increased disease markers including Metabolic Syndrome or diabetes. Sharp reduction of grains and other processed carbs is critical.

150-300 grams/day – Steady, Insidious Weight Gain

Continued higher insulin-stimulating effect prevents efficient fat burning and contributes to widespread chronic disease conditions. This range – irresponsibly recommended by the USDA and other diet authorities – can lead to the statistical US average gain of 1.5 pounds of fat per year for forty years.

100-150 grams/day – Maintenance Range

When combined with primal exercises, this range allows for genetically optimal fat burning and muscle development. Range derived from Evolution Jack’s

example of enjoying abundant vegetables & bitter fruits and avoiding grains & sugars. Range derived from Evolution Jack’s example of enjoying abundant vegetables & bitter fruits and avoiding grains & sugars.

50-100 grams/day – Sweet Spot for Effortless Weight Loss

Minimizes insulin production and ramps up fat metabolism. By meeting average daily protein requirements (.7 – 1 gram per pound of lean bodyweight formula), eating nutritious vegetables and fruits (easy to stay in 50-100 gram range, even with generous servings), and staying satisfied with delicious high fat foods (meat, fish, eggs, nuts, seeds), you can lose one to two pounds of body fat per week and then keep it off forever by eating in the maintenance range.

0-50 grams/day – Ketosis and Accelerated Fat Burning

Acceptable for a day or two geared towards aggressive weight loss efforts, provided adequate protein, fat and supplements are consumed otherwise. May be ideal for many diabetics. Not necessarily recommended as a long-term practice for otherwise healthy people due to resultant deprivation of high nutrient value vegetables and fruits. Unnecessarily absolutist, which I don’t espouse.



EVOLUTIONEAT

Borderline Foods

Borderline Foods

BEANS (LEGUMES)

Beans are not inherently bad for you; they offer nutritional benefits, but what they offer can be found in equal to greater amounts within other foods that have lower carb content.

Most beans have a hefty carb content and just aren't worth it. Furthermore, your body has a very hard time breaking down the soluble fibers and you'll notice yourself bloating more.

DAIRY

Many people find dairy to be inflammatory. I approach it cautiously. That said, I'll readily eat butter, put heavy cream in coffee, slice quality cheeses and have a cup of Greek yogurt, but a tall glass of store-bought milk doesn't sit well. If you can take it down without a problem then all the power to you. Test assumptions.

Why is Dairy dangerous for some people?

Lactose Intolerance: The widespread presence of lactose intolerants, who make up two-thirds of the world's inhabitants, is somewhat compelling evidence that maybe dairy isn't the ideal food that many assumed it to be. Worldwide, we see that most people aren't adapted to lactose consumption after age four, when many of us lose the ability to properly digest lactose. (Gene expression for the enzymes involved in lactose digestion is down-regulated.)

To Simplify: Never drink or use milk and limit dairy consumption to Butter (for cooking) and the occasional Greek Yogurt (after a workout, due to the high insulin spike it sets off) for its probiotic benefits .

FRUIT

-Fruit is a hard category to grasp. Fruits have a lot of good stuff to offer and shouldn't be excluded entirely, but you MUST be smart about them.

HERE'S A QUICK GUIDE TO THE BEST AND WORST FRUITS ACCORDING TO THEIR SUGAR CONTENT AND NUTRITIONAL VALUE:

○ **BERRIES:** Blueberries, strawberries, raspberries, blackberries – they're all packed with antioxidants and vitamins. These little fiber bombs are the smartest, most nutritionally-dense fruit you can eat. Aim for a half-cup to one cup daily. Low glycemic index.

○ **CHERRIES:** similar to berries in terms of their antioxidant value. They have a bit higher natural sugar content, but they're still very low-carb and are an excellent source of important fiber. Low glycemic index

○ **APPLES AND PEARS:** They're low in sugar and contain a respectable amount of fiber. While antioxidants aren't exactly overflowing from your average Granny Smith, apples (and pears) are still a great way to satisfy a craving for sweetness without terrorizing your pancreas. Medium glycemic index

Borderline Foods

'Meh' Fruits – Once or twice per week:

- **Bananas:** High sugar but popular and not to be demonized. Potassium is sexy.
- **Grapefruit:** Most citrus fruits are quite high in sugar, but grapefruits are not.
- **Apricots and Peaches:** Good dose of vitamin C and fiber. Medium glycemic index.
- **Figs:** They seem to get lumped into the dates 'n raisins category, but figs are just as low in sugar as strawberries, and are packed with fiber.

Fruits to Avoid:

- **Melons:** Some low-carb guides will recommend melons, but you do have to be mindful of which ones you're going for. Both cantaloupes and watermelons are very high in sugar (Glycemic Index: 65, 100 respectively).
- **Mangoes and Papayas:** Though not as sugary as pineapples, these fruits are best enjoyed infrequently. A better choice is the banana, which – although starchy and a 55 on the glycemic index – is a smarter energy source full of potassium.
- **Pineapples:** Pineapple is the best source of bromelain, an enzyme that can help with joint health and inflammation. Some folks are intolerant or allergic (if you get irritated lip or mouth tissues after eating pineapple, this is why). Pineapple is very high in sugar, but it's full of valuable nutrients in addition to bromelain. Enjoy guilt-free occasionally.

SAFE STARCHES (WHITE RICE, SWEET POTATOES/YAMS)

Sugar and Starch both convert into glucose in the blood. Starches, however, are digested more slowly, and cause a more gradual, moderate rise in blood sugar.

Things like **white rice, yams, sweet potatoes** and any other starchy root, tuber, or vegetable that are relatively free of food toxins (grain gluten or legume lectins) are far better choices than pasta, bread, muffins, and pizza. But that's not to say that everyone should be making those choices, day in, day out.

In general, we're trying to burn as little glucose as possible. Personally, I tailor my carb intake to my activity level and my natural inclinations and desires. If I'm doing a ton of heavy lifting and sprinting, I'll generally eat a few more sweet potatoes than usual and opt for nigiri over straight sashimi at the sushi spot.

*****For your purposes, we're going to limit Safe Starches to your cheat day (if you so choose) + maximum of 2 other days per week. This is in order to ensure your body is getting enough energy to repair itself and that you don't exhaust your adrenals by cutting out all carbs too quickly.***



EVOLUTIONEAT

Problem Foods

Problem Foods – Avoid Entirely or Save for Cheats

GRAINS & GLUTEN This discussion needs context. Humans evolved in a hunter-gatherer existence. That’s 150,000+ years of hunting and foraging. On the daily menu: fatty meats, fish, nuts, leafy greens, regional veggies, some tubers and roots, the occasional berries or seasonal fruits and seeds. In short, we ate what nature delivered.

THE TAKEAWAY *Grains were undisputedly not a substantial part of the human diet prior to the Agricultural Revolution (approx 10,000 years ago). Humans did not evolve eating grains; this means our digestive processes didn’t evolve to maximize the effectiveness of grain consumption. For millions of Americans, grain consumption creates inflammation, autoimmunity, digestive disorders, and obesity.*

Why are Grains dangerous for some people?

- **Gluten:** a large, water-soluble protein found in most common grains like wheat, rye and barley. Researchers now believe that a third of us are likely gluten intolerant/sensitive. That third of us respond to gluten with a perceptible inflammatory response.

LECTINS mild, natural toxins that aren’t limited to just grains but seem to be found in most common grain varieties.

Lectins, researchers have found, inhibit the natural repair system of the GI tract, potentially leaving the rest of the body open to the impact of wandering, unwanted material from the digestive system. This breach can initiate all kinds of immune-related havoc and is thought to be related to the development of autoimmune disorders.

DAIRY Many people find dairy to be inflammatory. I approach it cautiously. That said, I’ll readily eat butter, put heavy cream in coffee, slice quality cheeses and have a cup of Greek yogurt, but a tall glass of store-bought milk doesn’t sit well. If you can take it down without a problem then all the power to you. Test assumptions.

Whether you include or exclude it from your diet, the decision must be made from a personal assessment of its effect on your body. We recommend running an experiment. Strictly eliminate it, and note the differences. If you’ve been eating dairy your entire life, your body doesn’t know anything else. In that case, drop it for a week or two before trying it again to get an accurate assessment of its effects on you. You’ll know if you experience inflammation or stomach distress upon reintroducing it back into your diet.

Problem Foods – Avoid Entirely or Save for Cheats

WHY IS DAIRY DANGEROUS FOR SOME PEOPLE?

Lactose Intolerance: The widespread presence of lactose intolerants, who make up two-thirds of the world's inhabitants, is somewhat compelling evidence that maybe dairy isn't the ideal food that many assumed it to be. Worldwide, we see that most people aren't adapted to lactose consumption after age four, when many of us lose the ability to properly digest lactose. (Gene expression for the enzymes involved in lactose digestion is down-regulated.)

MILK is highly insulinogenic, even more than most carbohydrate sources. Chronically elevated insulin levels leads to widespread inflammation, which makes us fat, sick and achy.

Casein: The primary protein in dairy, shares structural similarities with gluten. Gluten is a highly problematic grain protein that can shred the intestinal lining and lead to severe auto-immune issues.





EVOLUTIONEAT

7 Rules of Evolution

7 Rules of Evolution

RULE #1

Avoid “white” starchy carbohydrates. This means all bread, pasta, rice, potatoes, and grains. If you have to ask, don’t eat it!

RULE #2

Repetition! Eat the same few meals, especially for breakfast and lunch, over and over again. Mastery takes practice. Just like a pianist learning new scales. We must master the basics by training the habit.

RULE #3

Don’t drink calories (no soda or juice, milk or additives), unless it’s a planned-for meal substitute (whey protein shakes, for example) that isn’t loaded with sugar.

RULE #4

Minimize carbohydrate consumption for the first 6 weeks: limit fruit to one or less servings per day. Minimize natural starches (sweet potatoes, beans, rice) to 2x per week (not including cheat night). After 6 weeks, this can increase to 3x per week.

RULE #5

Minimize dairy to Whey Protein, Greek yogurt, and the occasional aged cheese, for the first 6 weeks. If you’re feeling ambitious, or you have any known sensitivities to dairy, then cut it out entirely.

RULE #6

CHEAT NIGHT! Take one night off per week and don’t feel guilty. Plan ahead for it. Know that it’s coming. Treat this as seriously as the other 27 meals/snacks.

RULE #7

The Golden Rule: Eat 30g of protein for breakfast. Eating protein decreases carbohydrate cravings. While you sleep, your body is doing a ton of maintenance, and part of that means it dips into your fat stores. When you give your body sugar in the morning, it’ll burn the sugar. We want to continue burning fat, not burn sugar. This may seem like a strange rule but it’s often the game changer. Read on for what 30g of protein looks like and how you can hit it.



EVOLUTIONEAT

Meal Suggestions

MEAL SUGGESTIONS

2. Two Eggs + Side

Ingredients:

Style: Sunny side > hardboiled
> scrambled/omelet

Sides: Sardines, bacon, sausage, turkey
cold cut, avocado

Breakfast Options

1. Greek Yogurt mixed bowl

Ingredients:

1/2 carton of 2% or whole greek yogurt
1 tbsp cinnamon
1 handful of berries
7 almonds (optional)

3. Omelet + Side

Ingredients:

2 cups of liquid egg whites

1 whole egg

1 tablespoon of Kerrygold butter, for
frying

Torn up baby spinach (optional)

Add some coconut milk for consistency
(optional)

Spices: Black pepper, Cayenne pepper,
whatever (optional)

Sides: Sardines, bacon, sausage, turkey
cold cut, avocado

4. Upgraded Shake

Ingredients:

1 scoop of *Whey Protein Isolate, Shakeology, or Pea Protein*

1 cup of Almond Milk or Coconut Milk

1/3 cup of unsweetened 2% Greek yogurt (optional)

1 handful of berries

6 ice cubes

Optional: 100% cacao powder, cinnamon

Needed: Blender

***NOTE:**

Absent from all of the above are excessive fruit servings, oatmeal, or trendy juices. Try to avoid entire servings of fruit altogether at breakfast. Oatmeal isn't evil but by itself, that's a lot of carbs to start your day. Make sure you're getting ample protein and healthy fat.

SNACKS

Choose 2 from below to make for 1 whole

Snack:

- Baby Carrots & Guacamole or Hummus
- One big handful of Almonds/Walnuts/
- Macadamia Nuts
- Whey Protein Shake
- 6oz turkey cold cuts (and/or favorite cold cuts)
- One hardboiled egg
- 1 piece of favorite Fruit
- 1 tablespoon of almond butter
- 1 Quest Bar, Kind Bar or Paleo Bar

LUNCH – *Evolution Salad*

Ingredients/Suggestions:

- Baby Spinach/Arugula/Kale
 - Cherry Tomatoes
 - Baby Carrots
 - Peppers
 - 1/2 avocado
- Dressing: Balsamic vinaigrette, dash of olive oil, etc.

Protein Options:

- 8 to 10 oz of Turkey or Chicken Breasts
- 8 to 10 oz of Strip Steak
- 8 to 10 oz of Seafood
- 2 Hardboiled Eggs

DINNER - Protein and Veggies Combo *Plated, Stew, Soup, Curry, or Salad*

Keep it simple. A lean cut of protein + any of your favorite vegetables, raw, cooked, or steamed.

Protein Options:

Seafood: Salmon, Shrimp, Tilapia, Cod (not fried),

Land Animals: Beef, Lamb, Bison, Duck, Turkey, Chicken

Alternative healthy starches to pasta/bread/wheat:

Healthy Starches: Sweet Potatoes, Butternut Squash

Decent Starches: White Rice, Quinoa

**For first 6 weeks, limit 2x per week and pair with more intense exercise days.*





EVOLUTIONEAT

Dining Out Strategies

DINING OUT STRATEGIES

ORDERING TAKEOUT AND EATING OUT

Caution You need to be mindful of the foods you're ordering.

The overabundance of vegetable oils, due to their cheapness and America's investments in corn and soy derivatives, has made ordering out a drag. Most cheaper restaurants and ALL deli and grocery store buffets use vegetable oils to cook their meats and roast their vegetables. Knowing this shouldn't derail you, *it gives you the advantage of making smarter choices.*

HELPFUL TIPS TO AVOID DISGUSTING VEGETABLE OILS:

At Home:

Cook everything with butter, instead of vegetable or canola oil. (*Kerrygold butter* is your go-to grass-fed source. Found almost anywhere. Simply the BEST.)

Use Olive Oil in salads (Do not cook with olive oil because doing so oxidizes the fat.)

Try Coconut Oil or MCT Oil for a change.

Ordering Takeout or at a Restaurant:

When ordering, please confirm that the Chef does NOT use Vegetable or Canola oil. Say that you're allergic to them, which signals an immediate Red Flag that the establishment must comply with. No restaurant wants to deal with a customer going to the hospital due to its own negligence. Say that you prefer the chef uses butter or, at a last resort, olive oil to cook with.

Avoid cheap, public buffets altogether. Far too many variables and unknowns to contend with, and their presence alone can lead one to make unhealthy choices.

If given no alternative, or if you're unsure what to get, such as may present itself when out socially, *here's what to do:* Order a salad with the leanest protein available. Chicken, turkey, hardboiled eggs, tuna fish. Ask for olive oil and balsamic vinegar dressing.



EVOLUTIONEAT

Recommended Shopping List

Recommended Shopping List

***Note:** You don't have to buy everything on the list. It's meant to provide you with a framework to make informed choices. The following foods are ordered from best to least preferable.

SEAFOOD

- ✓ Salmon
- ✓ Sardines.
- ✓ Shrimp
- ✓ Cod
- ✓ Crab/Lobster
- ✓ Scallops
- ✓ Mussels
- ✓ Oysters
- ✓ Flounder
- ✓ Tilapia
- ✓ Tuna (Yellow tail)

OILS & FATS

- ✓ MCT oil
- ✓ Ghee
- ✓ Coconut oil
- ✓ Coconut Milk
- ✓ Grass Fed Butter
- ✓ Extra Virgin Olive Oil
- ✓ Avocado
- ✓ Cocoa butter (90% cocoa chocolate also works.)

MUSCLE MEATS

(Red meat: choose Grass-fed. Poultry: buy free-range, cage-free, no hormones or antibiotics.)

- ✓ Beef
- ✓ Lamb
- ✓ Bison
- ✓ Eggs
- ✓ Duck
- ✓ Turkey
- ✓ Chicken
- ✓ Pork

NUTS & SEEDS NUTS

(Choose raw nuts and keep them refrigerated to avoid from mold formation.)

- ✓ Coconut(fresh young is best, followed by dried)
- ✓ Almonds
- ✓ Cashews
- ✓ Brazil Nuts
- ✓ Hazelnuts
- ✓ Macadamia Nuts
- ✓ Pecans
- ✓ Pistachios
- ✓ Pine Nuts
- ✓ Chia Seeds

ORGAN MEATS

- ✓ Liver(beef & Lamb)
- ✓ Kidneys
- ✓ Heart
- ✓ Tongue
- ✓ Bone marrow
- ✓ Joints(Soup Bones)

Recommended Shopping List

***Note:** You don't have to buy everything on the list. It's meant to provide you with a framework to make informed choices. The following foods are ordered from best to least preferable.

LEAFY / STAPLE VEGETABLES

- ✓ Spinach
- ✓ Kale
- ✓ BokChoy
- ✓ Broccoli
- ✓ Brussels Sprouts
- ✓ Collards
- ✓ Asparagus
- ✓ Celery
- ✓ Cucumber
- ✓ Fennel
- ✓ Artichokes
- ✓ Carrots
- ✓ Peppers
- ✓ Mushrooms

FRUITS

- ✓ Avocado
- ✓ Lemons / Limes
- ✓ Berries
- ✓ Tomatoes
- ✓ Melons
- ✓ Apples
- ✓ Peach
- ✓ Banana
- ✓ Citrus (Grapefruit, Oranges)

ROOTS, TUBERS & SAFE CARBS

(If you're exercising, this is where you get your carbs.)

- ✓ Carrots
- ✓ Winter Squash
- ✓ Sweet Potatoes
- ✓ Yams
- ✓ Rutabaga
- ✓ Cassava
- ✓ White Rice
*(It's better to avoid all grains, but most people can tolerate white rice a few times a week.)

DAIRY

- ✓ Grass-fed-butter (KerryGold)
- ✓ Greek Yogurt
- ✓ Whey Protein

Recommended Shopping List

**This is a list of best practice tips for grocery shopping. It also provides a list of criteria you can follow when selecting certain foods.*

SHOPPING BEST PRACTICES

- Shop around the perimeter of the store. This is where most of the healthy foods will be. This also eliminates impulsive buying of low quality foods from the center aisles.
- Buying grass-fed & wild caught meat is your main goal.
- Don't shop when you're hungry. You're more likely to buy junk food.
- When you shop, let your coach know beforehand and we'll hold you accountable!
- When in doubt, go without. If you see a food that you're not sure about, it's better to avoid it. 99% of the time you won't be as hungry as you think.
- Do as much of your shopping through farmers markets and farms as possible.
- If it comes in a box or bag, be cautious; it's probably crappy.

BUYING ANIMAL PRODUCTS

- 100% Grass-fed and Grass-finished is optimal.
- "Pastured" doesn't mean anything unless it's also grass-fed.
- Organic meat is better than conventional.

- Extremely lean conventional meats (factory raised) are better than excess carbs (potato salad).
- Aim for organic and pasture raised eggs. In a pinch, eggs can be factory raised because hens filter out many of the toxins that would damage their offspring.
- Farmed fish = toxic.

BUYING VEGETABLES & FRUIT

- Organic Vegetables are best—minimizes harmful toxin consumption—but regular vegetables are fine if you're trying to save money. Be sure to wash thoroughly.
- Do not buy vegetables with brown spots or wilting, as they contain toxins.
- Same concept applies to fruit. Be sure to always wash thoroughly.
- Don't buy canned, dried, candied, or preserved fruits.

BUYING FATS & OILS

- Avoid all vegetable oils including corn, cottonseed, canola, soy, sunflower, safflower (including cooking spray). This is incredibly important.
- Cook only with butter, ghee, or coconut oil.
- Avoid anything that says "hydrogenated" or "partially hydrogenated."
- Avoid "spreads" or "butter replacements" or "low fat butter" Frankenfoods.
- Olive oil is healthy but only at room temperature. Do not heat or cook it. Use in moderation to avoid excess omega-6 consumption.

Recommended Shopping List

Why Grass-fed is Important:

- Depending on the breed of cow, grass-fed beef contains between 2 and 5 times more omega-3s than grain-fed beef. The higher the omega-3, the lower the systemic inflammation. Systemic inflammation leads to weight gain, or difficulty losing weight.
- Conjugated linoleic acid (CLA) is found naturally in meat products. CLA exhibits potent antioxidant activity, and research indicates that CLA might be protective against heart disease, diabetes, and cancer. Beef is one of the best dietary sources of CLA, and grass-fed beef contains an average of 2 to 3 times more CLA than grain-fed beef.
- Grass-fed meat contains considerably more antioxidants, vitamins, & minerals.
- Grain-fed meat sources are typically pumped full of hormones, which by the transitive property are then passed on to you.



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www.evolutioneat.com