

# ULTIMATE GUIDE: *Real, Whole Food*



**FRUITS & VEGETABLES:** LOCAL, SEASONAL AND/OR ORGANIC WHEN POSSIBLE.



**MEAT & SEAFOOD:** WILD, GRASS-FED, PASTURED AND/OR HUMANELY-RAISED WITHOUT HORMONES OR ANTIBIOTICS WHEN POSSIBLE.



**DAIRY & EGGS:** FULL-FAT, GRASS-FED, PASTURE-RAISED WHEN POSSIBLE (RAW AND/OR UNPASTEURIZED PREFERRED).



**WHOLE GRAINS:** MUST BE 100% WHOLE GRAIN; ANCIENT, GLUTEN- AND WHEAT-FREE GRAINS PREFERRED.



**BEANS & LEGUMES, INCLUDING GREEN BEANS, SNAP PEAS AND LENTILS:** SOAKING HELPS WITH DIGESTION, BPA-FREE CANS WHEN POSSIBLE.



**SEEDS & NUTS:** RAW, UNSALTED, UNSWEETENED AND/OR ORGANIC WHEN POSSIBLE.



**SPICES, HERBS & SEASONINGS:** FRESH/DRY/GROUND; MINIMALLY PROCESSED AND ORGANIC WHEN POSSIBLE.



**UNREFINED, VIRGIN, COLD-PRESSED OILS & FATS:** COCONUT OIL, OLIVE OIL, GRASS-FED BUTTER, GHEE, PALM SHORTENING AND RENDERED ANIMAL FATS, LIKE TALLOW AND LARD.



**NATURAL, UNREFINED SWEETENERS:** HONEY, MAPLE SYRUP, COCONUT PALM SUGAR AND DATES (RAW WHEN POSSIBLE).

[ROOTANDREVEL.COM](http://ROOTANDREVEL.COM)