

# Food Tiers

## 1ST

### **ANIMAL PROTEIN:**

100% Grass-finished beef  
Cage free eggs (or yolks if sensitive to egg whites)  
Free-range or organic/air-chilled skinless chicken/turkey breast  
Wild-caught fish  
Lean pork

### **FIBER:**

#### **Gut Health:**

Psyllium Husk, Avocados, Onions, Garlic, Leeks, Asparagus, Chicory Root, Black Beans, Carrots (Cooked), Mushrooms

#### **Gut Motility:**

Macadamia Nuts, Cauliflower, Celery, Cabbage (Raw), Bell Peppers, Carrots (Raw), Cucumber, Leaf Lettuce, Kidney Beans

#### **Combo:**

Chia Seeds, Ground Flaxseeds, Brussels Sprouts, Kale, White Beans, Peas, Broccoli Florets, Artichokes, Green Beans, Kale, Tomatoes, Zucchini, Yellow Squash

### **GLUCOSE SOURCE:**

#### **Safe Starches:**

White/wild rice, nixtamalized masa, gluten free oats, sprouted grain, sweet potatoes

#### **Low Fructose Fruits:**

Grapefruits, oranges, bananas, peaches, cantaloupes, blackberries, raspberries, blueberries, and strawberries

## 2ND

### **COLLAGEN:**

Bone broth  
Gelatin  
Ground beef  
Collagen peptides

### **CALCIUM:**

Cheese, raw  
Yogurt/kefir  
Whey protein isolate  
Small fish with bones  
Eggshell powder  
Almond milk, fortified

## 3RD

### **ANCILLARY FOODS:**

Sea salt, potassium-rich foods, magnesium from dark chocolate  
Organ meats  
Turmeric, ginger, cinnamon

#### **Fermented Foods:**

Sauerkraut  
Kimchi  
Miso/Natto/Tempeh  
Pickled vegetables  
Sourdough  
Kombucha  
Apple Cider Vinegar

### **BEST OILS**

#### **Cooking:**

Butter/ghee  
Tallow  
Coconut  
Palm kernel

#### **Dressings:**

Extra virgin olive  
Avocado

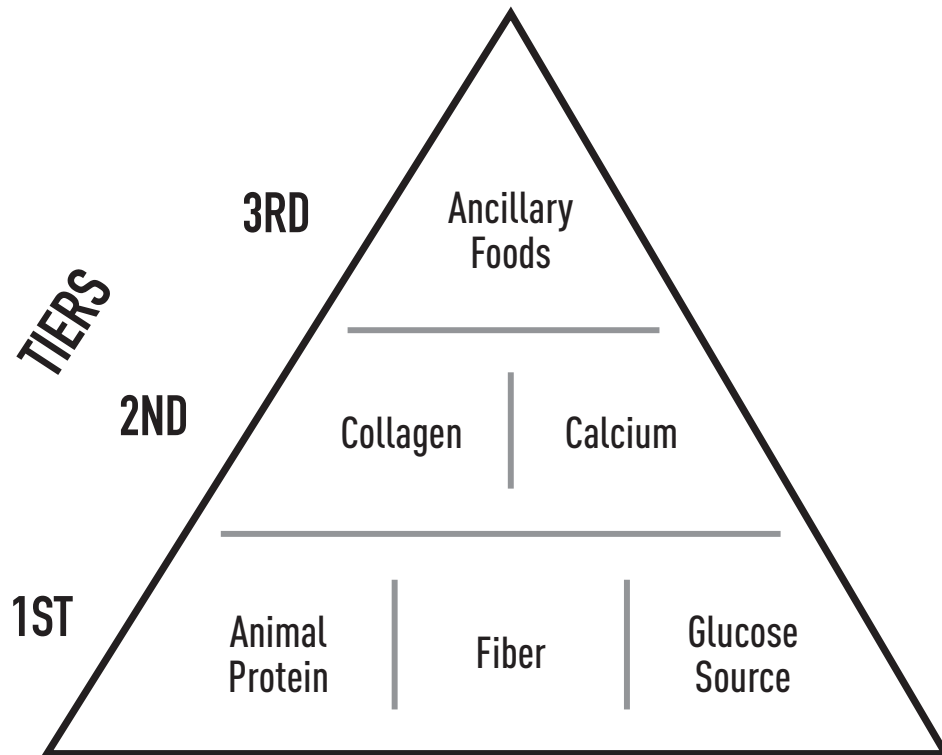
### **MODERATION:**

Bacon  
Dark meat poultry  
Raw vegetables, including lettuce  
Ice cream/Milk (try lactose-free or A2 varieties)  
High fructose fruits  
Fruit juices  
Sugar/maple syrup  
Honey, raw  
Alcohol

### **NON-OPTIONS:**

Seed oils, like soybean, corn, safflower, sunflower, canola  
Nuts/seeds (non-Tier 1)  
Grain-fed beef/chicken  
Farm-raised fish  
White, enriched wheat flour  
Soda  
Stevia/sucralose

# SN Pyramid



## TIER 1 (BASE) – FOUNDATIONAL NUTRITION

### ANIMAL PROTEIN – CATEGORIZED BY FAT CONTENT

#### FATTY PROTEIN

- Grass-finished beef (ribeye, 85/15 ground beef)
- Wild-caught fatty fish (salmon, mackerel, sardines)
- Cage free eggs (yolks if egg whites not tolerated)
- Cheese, raw

#### LEAN PROTEIN

- Lean cuts of beef (sirloin, top round)
- Free-range chicken/turkey breast
- Wild-caught lean fish (cod, grouper, haddock, mahi mahi)
- Bison
- Venison
- Lean pork

## FIBER — CATEGORIZED BY FUNCTION

### GUT HEALTH (SOLUBLE FIBER FOCUS):

- Psyllium Husk, Avocados, Onions, Garlic, Leeks, Asparagus, Chicory Root, Black Beans, Carrots (Cooked), Mushrooms

### GUT MOTILITY (INSOLUBLE FIBER FOCUS):

- Macadamia Nuts, Cauliflower, Celery, Cabbage (Raw), Bell Peppers, Carrots (Raw), Cucumber, Leaf Lettuce, Kidney Beans

### COMBO (GUT HEALTH + MOTILITY):

- Chia Seeds, Ground Flaxseeds, Brussels Sprouts, Kale, White Beans, Peas, Broccoli Florets, Asparagus, Artichokes, Green Beans, Onions, Kale, Tomatoes, Zucchini, Yellow Squash

## GLUCOSE SOURCE — CATEGORIZED BY CARBOHYDRATE TYPE

### SAFE STARCHES (SLOW-DIGESTING & NUTRIENT-DENSE)

- Nixtamalized corn
- Sprouted grains
- White rice
- Sweet potatoes
- Gluten-free oats

### LOW-FRUCTOSE FRUITS (MINIMAL SUGAR IMPACT)

- Grapefruits and oranges
- Bananas, peaches, and cantaloupes
- Blackberries, raspberries, blueberries, and strawberries
- Avocados and squash

## TIER 2 — STRUCTURAL SUPPORT

### COLLAGEN

- Bone broth, gelatin, ground beef, collagen peptide supplement

### CALCIUM

- Dairy, small fish with bones, eggshell powder

## TIER 3 — ANCILLARY FOODS

- Sea salt, potassium-rich foods, magnesium from dark chocolate
- Organ Meats
- Fermented Foods
- Turmeric, ginger, cinnamon