

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:

Avocados, Onions, Garlic, Leeks,
Asparagus, Chicory Root, Beans, Carrots (Cooked), Mushrooms, Brussels Sprouts, Peas, Broccoli Florets, Artichokes, Sweet Corn, Beets

Gut Motility:

Psyllium Husk, Macadamia Nuts, Cauliflower, Celery, Cabbage (Raw), Bell Peppers, Carrots (Raw), Cucumbers, Leaf Lettuce, Chia Seeds, Ground Flaxseeds, Kale, Green Beans, Tomatoes, Zucchini, Yellow Squash

GLUCOSE SOURCE:

Safe Starches:

White/wild rice, nixtamalized masa, sprouted grain, sweet potatoes

Low Fructose Fruits::

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

2ND

CALCIUM:

Cheese (raw), Yogurt/Kefir, Whey protein isolate, Small fish with bones, Eggshell powder

FERMENTED FOODS:

Sauerkraut, Kimchi, Miso, Natto, Tempeh, Pickled vegetables, Sourdough, Kombucha, Apple cider/balsamic vinegar

3RD

ANCILLARY FOODS:

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

COLLAGEN:

Bone broth
Gelatin
Beef shank
Chuck roast
Short ribs

BEST OILS

Cooking:

Butter/ghee
Tallow
Coconut
Palm kernel

Dressings:

Extra virgin olive
Avocado

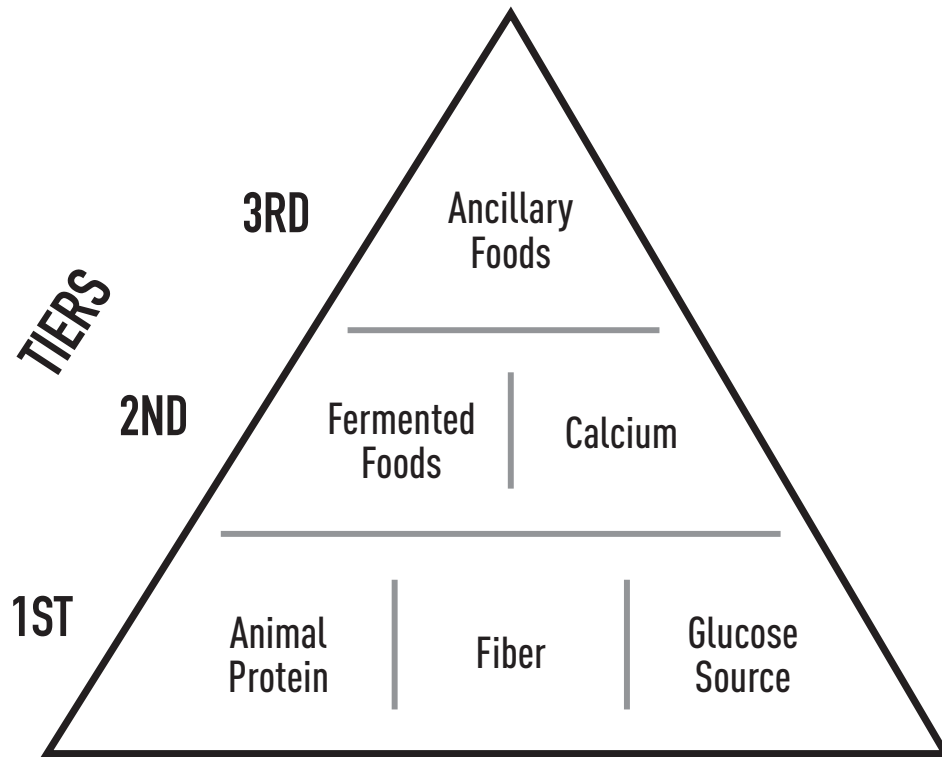
MODERATION:

Bacon
Dark meat poultry
Spinach
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, except for macadamia
Grain-fed beef/chicken
Farm-raised fish
White, enriched wheat flour
Soda
Stevia/sucralose

5N 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, 93/7 ground beef)
- 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):

- Avocados, Onions, Garlic, Leeks, Asparagus, Chicory Root, Beans, Carrots (Cooked), Mushrooms, Brussels Sprouts, Peas, Broccoli Florets, Artichokes, Sweet Corn, Beets

GUT MOTILITY (INSOLUBLE FIBER FOCUS):

- Psyllium Husk, Macadamia Nuts, Cauliflower, Celery, Cabbage (Raw), Bell Peppers, Carrots (Raw), Cucumbers, Leaf Lettuce, Chia Seeds, Ground Flaxseeds, Kale, Green Beans, Tomatoes, Zucchini, Yellow Squash

GLUCOSE SOURCE — CATEGORIZED BY CARBOHYDRATE TYPE

SAFE STARCHES (SLOW-DIGESTING & NUTRIENT-DENSE)

- Nixtamalized corn, Sprouted grains, White/wild rice, Sweet potatoes

LOW-FRUCTOSE FRUITS (MINIMAL SUGAR IMPACT)

- Grapefruits, Oranges, Bananas, Peaches, and Cantaloupes, Blackberries, Raspberries, Blueberries, Strawberries, Avocados, and Squash

TIER 2 — STRUCTURAL SUPPORT

FERMENTED FOODS

- Sourdough, miso/tempeh/natto, yogurt/kefir, kimchi, pickled vegetables

CALCIUM

- Dairy, small fish with bones, eggshell powder

TIER 3 — ANCILLARY FOODS

- Sea salt, potassium-rich foods, magnesium from dark chocolate
- Organ Meats
- Collagen (bone broth, gelatin, chuck roast, collagen peptide supplement)
- Turmeric, ginger, cinnamon