

MAXIMUM NUTRIENT DENSITY

<p>GLOBAL ALL-STARS ▶ The world's most nutrient-dense foods (sorry kale, time to bail).</p>	<p>Grassfed Liver <i>(Bonus points: consume raw or medium rare)</i> Superior micronutrient profile, including off-the-charts in vitamin A and vitamin B group</p>	<p>Oysters <i>(Lightly grilled, broiled, or roasted, never deep-fried)</i> Aphrodisiac properties are validated by the incredible zinc and B₁₂ levels.</p>	<p>Salmon Roe and Caviar Rich in iodine, choline, omega-3 fatty acids EPA and DHA.</p>
<p>ANIMAL ORGANS ▶ Reclaim the forgotten ancestral tradition of "like supports like."</p>	<p>Liver plus Bone Broth Heart, Kidney, Sweetbread, Rocky Mountain Oysters, Tripe Choose grassfed animals</p>		<p>Organ Supplements (Capsules) AncestralSupplements.com: freeze-dried, 100% grassfed organs (capsules) PrimalKitchen.com: collagen peptides (powder)</p>
<p>WILD-CAUGHT, OILY, COLD-WATER FISH ▶ Convenient, affordable, best dietary source of omega-3s.</p>	<p>"SMASH" Family: Sardines, Mackerel, Anchovies, Salmon, Herring</p>		
<p>SHELLFISH ▶ Excellent source of monounsaturated and omega-3 fats. Choose sustainably caught/raised.</p>	<p>Oysters plus Clams, Crab, Lobster, Mussels, Octopus, Scallops Sushi bar fare!</p>		
<p>EGGS ▶ Healthful fats, choline, B-vitamins, and life-force essence.</p>	<p>Local, Certified Humane and Pasture-Raised Vastly superior to conventional</p>	<p>Other Eggs: Goose, Duck, Quail, Ostrich Healthier animals; no mass production</p>	
<p>RED MEAT ▶ Superior nutritional and fatty acid profile to poultry.</p>	<p>Local or 100% Grassfed Bone-in cuts best</p>	<p>Other Red Meat: Buffalo/Bison, Elk, Lamb, Venison Healthier animals, no mass production</p>	

THE STEAK LINE



Emphasize foods above line for maximum dietary nutrient density

<p>Chicken, Turkey, Pork Inferior nutrient density and fatty acid profile if corn/soy fed.</p>	<p>Local or 100% grassfed/pasture-raised poultry; heritage breed pork</p>			
<p>Raw, Organic, High-Fat Dairy Avoid all conventional, pasteurized, and low- and non-fat products, or if allergic.</p>	<ul style="list-style-type: none"> • Raw cheese (aged, hard, or brie), raw kefir, raw milk • Cream cheese, heavy cream, sour cream • Full-fat yogurt 			
<p>Plant Foods Integrate strategically for recovery/glycogen reloading, to improve insulin sensitivity, optimize thyroid and adrenal function, and enjoy life!</p>	<p>Avocados Heart-healthy monounsaturated fats, huge potassium, high antioxidant, vitamin B6 and vitamin K.</p>	<p>Dark Chocolate Super high in antioxidants, flavanols, polyphenols; choose bean-to-bar, 80 percent cacao or higher.</p>	<p>Fermented Foods Kefir, kimchi, kombucha, miso, natto, olives, pickles, sauerkraut, tempeh; probiotics nourish healthy gut bacteria.</p>	<p>Fruit Choose locally grown, in-season fruits; berries #1 for low glycemic/high antioxidant properties.</p>
	<p>Honey Choose raw for antioxidant, antibacterial boost. Local honey can help seasonal allergies.</p>	<p>Nuts & Nut Butters Nutritious protein, fatty acids, enzymes, antioxidants, phytonutrients, vitamins and minerals. (bradventures.com).</p>	<p>Seaweed Best source of iodine, vitamin D, vitamin B₁₂, selenium, and omega-3.</p>	<p>Sweet Potatoes/Squash High antioxidant, anti-inflammatory, immune-boosting and support gut health.</p>