

MAXIMUM NUTRIENT DENSITY

<div><div>GLOBAL ALL-STARS ▶</div><div>The world's most nutrient-dense foods (sorry kale, time to bail).</div></div>	<div><div>Grassfed Liver</div><div>(Bonus points: consume raw or medium rare)</div><div>Superior micronutrient profile, including off-the-charts in vitamin A and vitamin B group</div></div>	<div><div>Oysters</div><div>(Lightly grilled, broiled, or roasted, never deep-fried)</div><div>Aphrodisiac properties are validated by the incredible zinc and B<sub>12</sub> levels.</div></div>	<div><div>Salmon Roe and Caviar</div><div>Rich in iodine, choline, omega-3 fatty acids EPA and DHA.</div></div>
<div><div>ANIMAL ORGANS ▶</div><div>Reclaim the forgotten ancestral tradition of “like supports like.”</div></div>	<div><div>Liver plus Bone Broth Heart, Kidney, Sweetbread, Rocky Mountain Oysters, Tripe</div><div>Choose grassfed animals</div></div>	<div><div>Organ Supplements (Capsules)</div><div>AncestralSupplements.com: freeze-dried, 100% grassfed organs (capsules)</div><div>PrimalKitchen.com: collagen peptides (powder)</div></div>	
<div><div>WILD-CAUGHT, OILY, COLD-WATER FISH ▶</div><div>Convenient, affordable, best dietary source of omega-3s.</div></div>	<div><div>“SMASH” Family:</div><div>Sardines, Mackerel, Anchovies, Salmon, Herring</div></div>		
<div><div>SHELLFISH ▶</div><div>Excellent source of monounsaturated and omega-3 fats. Choose sustainably caught/raised.</div></div>	<div><div>Oysters plus Clams, Crab, Lobster, Mussels, Octopus, Scallops</div><div>Sushi bar fare!</div></div>		
<div><div>EGGS ▶</div><div>Healthful fats, choline, B-vitamins, and life-force essence.</div></div>	<div><div>Local, Certified Humane and Pasture-Raised</div><div>Vastly superior to conventional</div></div>	<div><div>Other Eggs: Goose, Duck, Quail, Ostrich</div><div>Healthier animals; no mass production</div></div>	
<div><div>RED MEAT ▶</div><div>Superior nutritional and fatty acid profile to poultry.</div></div>	<div><div>Local or 100% Grassfed</div><div>Bone-in cuts best</div></div>	<div><div>Other Red Meat: Buffalo/Bison, Elk, Lamb, Venison</div><div>Healthier animals, no mass production</div></div>	

## THE STEAK LINE



Emphasize foods above line for maximum dietary nutrient density

<b>Chicken, Turkey, Pork</b> Inferior nutrient density and fatty acid profile if corn/soy fed.	Local or 100% grassfed/pasture-raised poultry; heritage breed pork			
<b>Raw, Organic, High-Fat Dairy</b> Avoid all conventional, pasteurized, and low- and non-fat products, or if allergic.	<ul style="list-style-type: none"> <li>Raw cheese (aged, hard, or brie), raw kefir, raw milk</li> <li>Cream cheese, heavy cream, sour cream</li> <li>Full-fat yogurt</li> </ul>			
<b>Plant Foods</b> Integrate strategically for recovery/glycogen reloading, to improve insulin sensitivity, optimize thyroid and adrenal function, and enjoy life!	<b>Avocados</b> Heart-healthy monounsaturated fats, huge potassium, high antioxidant, vitamin B6 and vitamin K.	<b>Dark Chocolate</b> Super high in antioxidants, flavanols, polyphenols; choose bean-to-bar, 80 percent cacao or higher.	<b>Fermented Foods</b> Kefir, kimchi, kombucha, miso, natto, olives, pickles, sauerkraut, tempeh; probiotics nourish healthy gut bacteria.	<b>Fruit</b> Choose locally grown, in-season fruits; berries #1 for low glycemic/high antioxidant properties.
	<b>Honey</b> Choose raw for antioxidant, antibacterial boost. Local honey can help seasonal allergies.	<b>Nuts &amp; Nut Butters</b> Nutritious protein, fatty acids, enzymes, antioxidants, phytonutrients, vitamins and minerals. (bradventures.com).	<b>Seaweed</b> Best source of iodine, vitamin D, vitamin B <sub>12</sub> , selenium, and omega-3.	<b>Sweet Potatoes/Squash</b> High antioxidant, anti-inflammatory, immune-boosting and support gut health.

Check out BradKearns.com/MOFO and K84Wellness.com for more great info and guidance.