

# CELLULAR HEALING DIET BALANCED PLATE (BASIC)



## COMPLEX HEALTHY CARBS

Organic Whole Grains  
(unprocessed)

## HEALTHY FATS

Olive, Coconut & Avocado oil,  
Tallow, Raw Butter, Nuts,  
Seeds, Avocado, Yogurt



## TASTE

Sauce, Sea  
Salt, Spices,  
Fresh Herbs



## PROTEIN

Organic, Grass-Fed,  
Wild-Caught Meat, Poultry,  
Fish or Eggs. Organic cottage  
cheese, Raw, grass-fed cheeses

## HIGH FIBER

Greens & Vegetables  
Healthy Carbs



ENJOY SOME FRUIT  
IN MODERATION!



TIP: CHOOSE  
FRUITS &  
VEGETABLES  
THAT ARE IN  
SEASON.



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*\*For Protein Intake on a typical day, you want to shoot for 1 Gram of Protein per 1 Pound of Body Weight that you desire to be. Or about 30 Grams of Protein per meal if Intermittent Fasting window is larger at a given time.*

# CELLULAR HEALING DIET

## BALANCED PLATE

### (INTERMEDIATE)



#### HEALTHY FATS

Olive, Coconut & Avocado oil, Tallow, Raw Butter, Nuts, Seeds, Avocado, Yogurt

#### HIGH FIBER

Greens & Vegetables  
Healthy Carbs



#### TASTE

Sauce, Sea Salt, Spices, Fresh Herbs



ENJOY SOME  
FRUIT IN  
MODERATION!

**\*Note:**  
Intermediate is typically done after advanced, as it's a way of adding grains back in slowly after having removed grains entirely from the diet.

#### PROTEIN

Organic, Grass-Fed, Wild-Caught Meat, Poultry, Fish or Eggs. Organic cottage cheese, Raw, grass-fed cheeses



#### COMPLEX CARBS

\*Gluten-Free Ancient Grains For Intermediate  
(Quinoa, Amaranth, Millet or Buckwheat)



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# CELLULAR HEALING DIET

## BALANCED PLATE

### (ADVANCED)



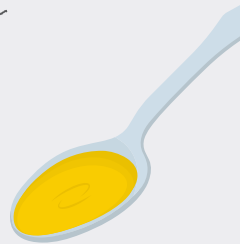
#### FIBER

Greens & Vegetables  
Healthy Carbs

#### HEALTHY FATS

Olive, Coconut & Avocado oil,  
Tallow, Raw Butter, Nuts,  
Seeds, Avocado, Yogurt

Low GI & High  
Antioxidant  
Fruit Choices.  
\*VERY  
MODERATE



*\*All Grains  
Removed  
For Advanced*

#### TASTE

Sauce, Sea Salt,  
Spices, Fresh Herbs



#### PROTEIN

Organic, Grass-Fed,  
Wild-Caught Meat, Poultry, Fish  
or Eggs. Organic cottage cheese,  
Raw, grass-fed cheeses



Brought to you by:  
Pompa Program Nutrition &  
Culinary Department.  
Enjoy!