



Healthy Tradesman Approved Foods List

MEAT & POULTRY

Beef
Chicken
Goat
Lamb
Pork
Game Meat

FISH

Anchovies
Mahi Mahi
Salmon (WILD)
Sardines
Tuna
Any other wild fish

SHELLFISH

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Prawns
Scallops

ORGAN MEAT

Hearts
Kidney
Liver
Bone Marrow Sweetbreads
Tongue

EGGS

Chicken
Duck
Quail
Other Bird Eggs

HEALTHY FATS & OILS

Avocado Oil
Extra Virgin Olive Oil
Butter/Ghee
Coconut Oil/Milk
Lard
Tallow

ANY RAW DAIRY

PREFERRED FRUIT

Blackberries
Blueberries
Cranberries
Gooseberries
Raspberries

OTHER FRUITS

Apple Apricot Banana
Cantaloupe Cherries
Coconuts Figs Goji
Berries Grapefruit
Grapes Guava Honeydew
Melon Kiwi Lemon Lime
Lychee Mango Nectarine
Orange Papaya Passion
Fruit Peaches Pears
Persimmon

HERBS AND SPICES

Any

CONDIMENTS AND DRESSINGS

Anything from Primal
Kitchen™
Olive Oil based
dressings
Avocado oil based Mayo
(must be %100)
Hot sauces without seed
oils

THINGS IN MODERATION

Coffee
Clean hard spirits
Dark Chocolate

VEGETABLES

Not necessary for human
health, but eat what
makes you feel good.
Stay away from **Legumes**

COMPLETELY AVOID

SEED OILS

Canola oil (aka rapeseed
oil)
Corn oil
Cottonseed
Grapeseed oil
Soybean oil
Sunflower oil
Safflower oil
Rice bran oil

NUTS & SEEDS

Avoid, especially
peanuts.

GRAINS

Completely Avoid

If you only ate from
this list, you would
be healthier than 95%
of the population