

ANIMALS	BEEF ^{QF} BISON BOAR BUFFALO CARP CATFISH ^Q CLAMS CHICKEN ^Q COD DUCK ^F EGGS ^{QF}	GAME MEAT GOAT GOOSE ^F GROUPE ^Q HALIBUT ^Q HERRING ^F LAMB ^F LOBSTER MACKEREL MAHI MAHI ^Q MUSSELS	OCTOPUS/ SQUID ORGAN MEATS ^F OSTRICH OYSTERS PORK ^{QF} PRAWNS QUAIL RABBIT SALMON ^Q SARDINES ^Q	SCALLOPS SHRIMP ^Q SNAPPER ^Q SWORDFISH ^Q TROUT ^Q TUNA ^Q TURKEY VEAL VENISON ALL ^P
PLANTS	ARTICHOKES ^{MP} ASPARAGUS ^{QM} ARUGULA BEANS ^{PC} BEETS ^{FC} BAMBOO ^P BOK CHOY BROCCOLI ^{QMP} BRUSSELS ^M CABBAGE ^M CACAO CARROT ^{SC} CASSAVA ^P CAULIFLOWER ^M CELERY CHARD COL. GREENS ^Q	CUCUMBERS ^C EGGPLANT ^{MN} ENDIVE FENNEL ^M GARLIC ^M GREEN ONIONS ^M HERBS (ALL) KALE LEEK ^S LEGUMES ^{MPC} LETTUCE MUSHROOMS ^M MUST. GREENS ^V GREEN BEANS OKRA ^M ONIONS ^M	PARSLEY PARSNIPS PEPPERS ^{QMN} POTATOES ^{QNPC} PURSLANE RADICCHIO RADISHES RAPINI RICE ^C RHUBARB RUTABAGA ^C SEAWEED SHALLOTS ^M SNAP PEAS SPINACH ^Q SQUASH SUGAR SNAPS ^C	SUNCHOKES ^{MC} SWT POTATOES ^C TARO ^C TOMATILLOS ^N TOMATOES ^{QNC} TURNIP GREENS TURNIPS ^C WATERCRESS WILD RICE ^{PC} YAMS ^C YUCCAS ^C
FRUITS & BERRIES	APPLES ^{QM} APRICOTS ^M AVOCADOS ^{MF} BANANAS BLACKBERRIES ^M BLUEBERRIES ^Q CHERRIES ^M CRANBERRIES FIGS ^M GRAPEFRUIT	GRAPES ^Q GUAVAS KIWIS LEMONS LIMES LYCHEES ^M MANGOES ^M MELONS NECTARINES ^{QM} ORANGES	PAPAYA PASSIONFRUIT PEACHES ^{QM} PEARS ^M PERSIMMONS ^M PINEAPPLES PLANTAINS PLUMS ^M POMEGRANATES RASPBERRIES	STAR FRUIT STRAWBERRY ^Q TANGERINES WATERMELON ^M ALL ^C
SEASONINGS	ANISE ANNATTO BASIL BAY LEAF CARAWAY CARDAMOM CAROB CAYENNE ^N CELERY SEED CHICORY ^M CHILI POWDER ^N CHIPOTLE ^N CHIVES CILANTRO CINNAMON	CLOVE CORIANDER CUMIN CURRY DILL FENNEL ^M FENUGREEK GALANGAL GARLIC GINGER HORESRADISH ^M JUNIPER BERRY LAVENDER LEMONGRASS	LEMON VERBENA LICORICE MACE MARJORAM MINT MUSTARD OREGANO PAPRIKA ^N PARSLEY PEPPER (BLACK) PEPPERMINT ROSEMARY SAFFRON SPEARMINT	STAR ANISE TARRAGON THYME TURMERIC WASABI ^M
LEGEND & COMMENTS				
<p>Q = QUALITY RECOMMENDED It's worth it to spend the money on organic, pastured, or wild caught if you can find it and afford it.</p> <p>M = FODMAP Not recommended for people with gut dysfunction, bloating, or digestion issues.</p> <p>N = NIGHTSHADES Potential to cause negative inflammatory reaction in sensitive people.</p> <p>P = PROTEIN These foods are primarily protein or higher in protein relative to other foods in the same category.</p> <p>C = CARBOHYDRATE These foods are high in carbohydrates or higher in carbs relative to other foods in the same category.</p> <p>F = FAT These foods are high in fat or relatively higher in fat than other foods in the same category.</p>				
NUTS & SEEDS & BUTTERS				
ALMONDS ^M ALM. BUTTER ^M BRAZIL NUTS CASHEWS ^M CASH. BUTTER ^M CHESTNUTS CHIA FLAX HAZELNUTS ^M MACADAMIA MAC. BUTTER PECANS PECAN BUTTER				
PINE NUTS PISTACHIOS ^M PIST. BUTTER ^M PUMPKIN SESAME SES. BUTTER SUNFLOWER SUN. BUTTER WALNUTS WAL. BUTTER ALL ^{FP}				
FATS				
AVOCADO OIL LARD ^Q BUTTER ^Q COCONUT MILK ^Q COCONUT OIL ^Q DUCK FAT ^Q GHEE ^Q MACADAMIA OIL MCT OIL OLIVE OIL ^Q				
PALM OIL SCHMALTZ SESAME OIL SUET TALLOW ^Q WALNUT OIL				
LIQUIDS				
ALCOHOL ALMOND MILK ^Q COCONUT MILK ^{QF} COC. WATER COC. CREAM ^F				
COFFEE ^Q DAIRY ^{QFP} KOMBUCHA MINERAL WATER WATER TEA				

About this Guide

At Rebooted Body, we promote six core pillars of human health (<https://rebootedbody.com/six-pillars>). The first of those pillars is to nourish your body with real food. Of course, this begs the question, "What is real food?"

This one-page "playbook" or "cheat sheet" is designed to give you a comprehensive overview of your real food options while also helping you see at a glance what foods can best help with certain goals (such as targeting foods that are relatively higher in protein or avoiding FODMAPs for gut healing).

It's important to understand that not all real foods work for all people and not all real foods are appropriate in all situations.

Someone who is interested in losing body fat will want to follow a different approach than someone who is interested in general health & wellbeing. And both of these groups would follow a different approach than someone interested in athletic performance or adding lean muscle mass, for example.

Even though all three of those groups are still fueling their bodies with real food, they need to make different adjustments in order to reach their goals or align with their current desires.

In our 90-Day Total Body Reboot program (<http://startmyreboot.com>) we offer all the tools, guidance, and support you need for getting a body and life you love without obsession, perfectionism, or the misery of conventional dieting. We also include mini-blueprints that give you the exact adjustments to make for the three core goals most of our clients have: Fat Loss, General Health & Wellbeing, and Performance/Strength.

Total Body Reboot is a practical and adaptable foundation that we recommend every single man and woman on the planet adopt as the basis for their healthy lifestyle. You can find out more about our Total Body Reboot program at <http://startmyreboot.com>

DON'T MISS OUR PODCAST!

REBOOTEDBODY.COM

Listen to our Podcast

What is a podcast?

A podcast is like a radio show that doesn't have commercials and that you can listen to any time you'd like (and pause/continue at any time). We recommend subscribing to our podcast on your mobile device (free) and listening to episodes during your walks!

How to listen...

Download any podcast app on your phone, search for "Rebooted Body" inside the app, and subscribe (it's free!).

REBOOTED BODY PODCAST

A show that brings you in-depth education, discussion, and practical insights for losing body fat, getting fit with functional exercise, and understanding the psychology of your habits. Over 185 hours of free content with over 200 five-star ratings!

APPLE DEVICES

[Overcast](#)

[Stitcher Radio](#)

ANDROID DEVICES

[Podcast Addict](#)

[Stitcher Radio](#)

DOWNLOAD
ONE OF THESE

