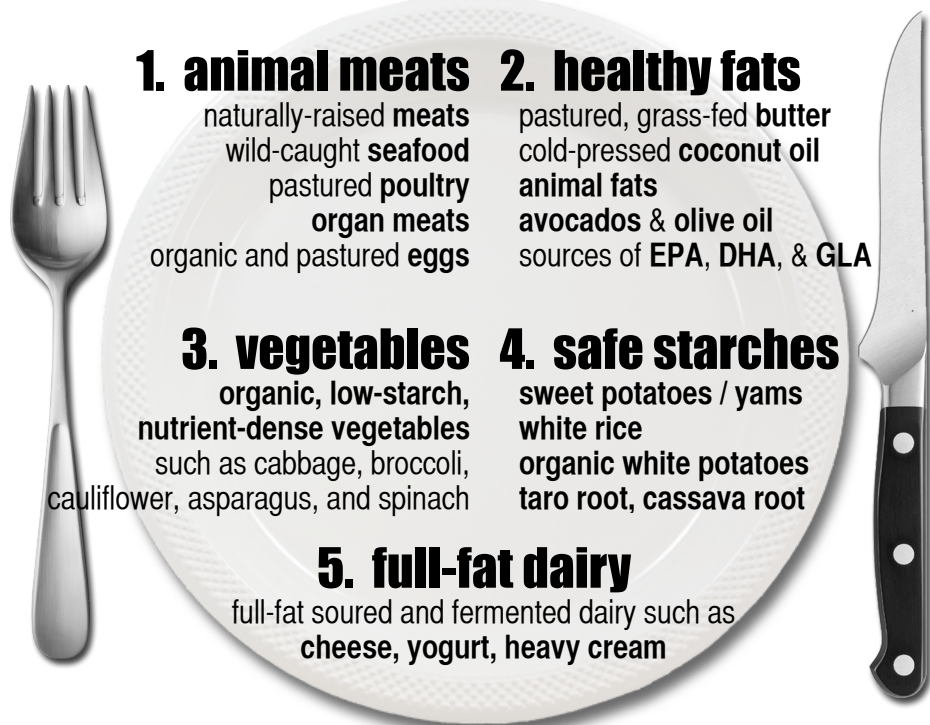


## Five Food Groups



although not technically a “food,” proper hydration is crucial on this real food journey. ideally drink at least 1/2 your bodyweight in oz per day from filtered water sources such as Reverse Osmosis carbon filtrated water. mineralize your water with a pinch of unrefined Himalayan sea salt and recommended macro and micro mineral products.



### 1. animal meats

naturally-raised **meats**  
wild-caught **seafood**  
pastured **poultry**  
**organ meats**  
organic and pastured **eggs**

### 2. healthy fats

pastured, grass-fed **butter**  
cold-pressed **coconut oil**  
**animal fats**  
**avocados & olive oil**  
sources of **EPA, DHA, & GLA**

### 3. vegetables

organic, low-starch,  
**nutrient-dense vegetables**  
such as cabbage, broccoli,  
cauliflower, asparagus, and spinach

### 4. safe starches

sweet potatoes / yams  
**white rice**  
organic **white potatoes**  
**taro root, cassava root**

### 5. full-fat dairy

full-fat soured and fermented dairy such as  
**cheese, yogurt, heavy cream**

## condiments & compliments to real food

#### in moderation

- spices and seasonings
- fruit, natural sweeteners and sweets
- hard-shelled nuts and seeds
- alcohol

#### super foods

- Fermented Cod Liver Oil
- fermented foods and drinks such as kombucha, kimchi, and sauerkraut
- bone stock



#### healthful but proceed with caution

- properly prepared legumes (beans, lentils)
- properly prepared quinoa

## basic tips for staying SuperHuman

- **begin every morning with 16oz of filtered water.**
- **claim your morning.** sit down each and every morning, give gratitude for as many things as you can possibly think of, meditate for at least 5 minutes, ideally 15 or 20, and envision yourself at your highest and best self ever!
- **have meat and fat for you first meal.** consume your first meat and fat-based meal as soon as is convenient, or after your morning workout.
- **be strategic with carb consumption.** minimize/eliminate sugar and starch intake for the first part of the day. restrict sugar and starch consumption to afternoons and evenings.
- **eliminate snacking, focus on space.** snacking constantly restarts digestion, and constantly gives the body a food-based fuel. snacking is not efficient and is not optimal. with a proper first meal, take advantage of the satiation and wait to eat until you're actually hungry. over time this should be later in the afternoon, or even not until your evening meal.
- **always attempt to train fasted.** if your workout is in the morning before noon, do not eat. if your workout is later in the day, be sure to have at least 3 hours space between your last meal and your workout. 5 hours of space is optimal.
- **set your circadian rhythms.** get at least 30 minutes of bright, outdoor light exposure each and every day. before going to bed, power down your cell phone or put it in airplane mode, push all electronics as far away from your bed as possible, and make your room extra dark.

this information is exclusively for **SuperHumans!** if you'd like to learn more, or if you'd like to ask questions, please join join our movement!



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