



Hello! Here's David's Diet:

Do Not Eat

- Grains – wheat, corn, rice, cereal, bread, etc.
- Sugar – honey, agave, maple syrup, corn syrup, etc.
- Large Fruit – apples, bananas, oranges, grapefruit, papaya, etc.
- Tubers (underground) – potato, yams, sweet potatoes, beets, carrots, etc.

Do Eat

- Meats – fish, beef, lamb, poultry, eggs, etc.
- Leafy Greens – spinach, lettuce, swiss chard, kale, etc. (fresh or frozen)
- Above-ground vegetables – cabbage, asparagus, broccoli, cauliflower, zucchini, etc. (fresh or frozen)
- High Fat Dairy – hard and soft cheeses, high-fat cream, butter, etc.
- Nuts and seeds – macadamias, walnuts, pecans, almonds, sunflower seeds, etc.
- Avocado and berries – raspberries, blackberries, strawberries, and other low glycemic impact berries
- Sweeteners – stevia, erythritol, monk fruit, and [other low-carb sweeteners >](#)
- Other fats – coconut oil, olive oil, MCT oil, high-fat salad dressing, **saturated fats, etc.**

Breakfast

David may or may not be eating breakfast, please have his onsite assistant check with him. He likes to prep his breakfast himself, again, it would be important for his onsite assistant to check with him to see if he needs help with that. He normally has 2 fried eggs and bacon. With some berries.

David's Diet

His Coffee

His morning coffee is a must. He grinds the coffee beans for 20 Mississippi. The beans need to be ground to be used on a French press, which is a coarse grind. Add boiling water to the press up to the metal rim. Wait 2 minutes for the beans to release the coffee, before adding the press. Use a wooden spoon to stir the coffee, this will allow the press to slide smother once you put it on and press it down. Voila!

Snacks

Some suitable snacks could be cheese, nuts, keto cups, ham rolls, and chicharron.

He might and may not be snacking, again, onsite assistants should check with him about this.

Water bottle

David always likes to hydrate throughout the day, make sure to fill in his water bottle with drinking water and have it handy.

Ice Tea

David loves ice tea, with a sprinkle of Splenda.

Thank you for your amazing work!