



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.

Thank you for your amazing work!