



Healthy Fats

Chia Seeds

Flaxseeds

Coconuts

Coconut oil- PRL

Olives

Organic Avocados

Raw, Organic Grass Fed Butter & Dairy

Pasture Raised, Organic Egg Yolks

Low Mercury, Wild Caught Fish: Wild Salmon, Herring, Flounder, Sardines, Mackerel, Scallop, Pacific Sole, Tilapia, Fresh water trout, Anchovies, Black Cod (WILD FISH ONLY)

Organic Grass Fed and Finished Beef

Walnuts, Algae (DHA)-PRL

Green Mix- PRL

(Grains have almost no Omega 3s but a significant amount of Omega 6s) want to reduce Omega 6 intake

If eating out- take EFA oil before meal or take DHA with meal...body will choose good oil to use!

ELIMINATE MSG from diet.

Hidden forms of MSG named:

- Natural Flavors
- Autolyzed Yeast
- Glutamate
- Calcium Caseinate
- Glutamic Acid
- Gelatin
- Textured Protein
- Yeast Nutrient
- Yeast Extract
- Yeast food
- Flavors

