



ELEETFITNESS.COM

713.492.7221

## **The Eleet Program™ Phase 1: Ingredient List**

### **Eat:**

1. whole, natural foods.
2. only foods that will spoil, but eat them before they do.
3. naturally-raised meat including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
4. naturally-produced milk products from pasture-fed cows
5. fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
6. Make your own salad dressing using raw vinegar, extra virgin olive oil and expeller expressed flax oil.

### **Preferably Use:**

1. extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils-coconut and palm.
2. whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.
4. homemade meat stocks from the bones of chicken, beef, lamb or fish.
6. filtered water for cooking and drinking.
7. unrefined Celtic seasalt
8. natural sweeteners in moderation, such as raw honey, maple syrup, dehydrated cane sugar juice and stevia powder.
9. wine or beer in strict moderation with meals.



ELEETFITNESS.COM

713.492.7221

**Avoid:**

1. commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc.
2. all refined sweeteners such as sugar, dextrose, glucose and high fructose corn syrup.
3. white flour, white flour products and white rice.
4. all hydrogenated or partially hydrogenated fats and oils.
5. all vegetable oils made from soy, corn, safflower, canola or cottonseed.
6. fried foods.
9. products containing protein powders.
10. do not consume powdered milk or imitation milk products.
11. battery-produced eggs and factory-farmed meats.
12. highly processed luncheon meats and sausage containing MSG and other additives.
14. canned, sprayed, waxed, bioengineered or irradiated fruits and vegetables.
15. artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and commercial condiments contain MSG, even if not so labeled.
16. caffeine-containing beverages such as coffee, tea and soft drinks.