



CFD Power Foods!

What do Surgeons, Scientists, Olympians, Fortune 500 CEO's, have in common? They know the Golden Rule:

PUT GOOD IN TO GET GOOD OUT

They know to get the best out of themselves, they have to eat for it. This list has been generated from people that went through clinical-style elimination diets for:

Attention Deficit
Bloat
Brain Fog
Cognition
Diarrhea
Fatigue
Food Sensitivity
Gas
Hormone Imbalance
Lethargy
Libido
Performance
Rash
Skin Lesions
Sleep Quality
Visceral Fat (belly fat)

This list is ALL the foods that crossed over in ALL populations that became asymptomatic. That's a fancy way of saying:

"When high performers eat from the list they feel awesome as F\$@&"

The last 10 years, this list has been refined with:

Autoimmune Patient
Experts Allergy Patient
Experts Surgeons
Scientists
Olympians
Elite Entrepreneurs.

The VERY BEST FOODS that high performing humans respond well to.
Science in.
Performance Out.



Proteins

Not all proteins are created equal. Stick to these.

Bake, Broil, Boil, Grill, Dice, Slice, chop, Shred. These protein sources are the center of any meal. With so many options, there are endless possibilities!

- ✓ Anchovies
- ✓ Black Cod
- ✓ Chicken
- ✓ Clams
- ✓ Duck
- ✓ Goose
- ✓ Herring
- ✓ Lamb
- ✓ Mollusks
- ✓ Oysters
- ✓ Pheasant
- ✓ Pollock
- ✓ Scallops
- ✓ Turkey
- ✓ Venison
- ✓ Wild Salmon



Fruits

Not all proteins are created equal. Stick to these.

Load up! These fruits are full of deliciousness. Add them to rice, blend them up and freeze into popsicles, dry them out or bakd them with rice into dessert bars.

However, you make them, just eat them!

- ✓ Avocados
- ✓ Bananas
- ✓ Berries
- ✓ Cherries
- ✓ Coconut
- ✓ Dates
- ✓ Grapes
- ✓ Melons
- ✓ Papaya
- ✓ Pineapple
- ✓ Plantains



Vegetables

“Boil ‘em, mash ‘em, stick em in a stew.”

Load up on these powerhouse foods. Packed with vitamins and minerals, these bad boys can be eaten en masse and have the versatility to be incorporated in every meal, breakfast through dinner!

- ✓ Artichokes
- ✓ Beets
- ✓ Bok Choy
- ✓ Cabbage
- ✓ Carrots
- ✓ Celeriac
- ✓ Celery
- ✓ Chard
- ✓ Collard Greens
- ✓ Cucumber
- ✓ Ginger root
- ✓ Kale
- ✓ Lettuce
- ✓ Mizuna
- ✓ Mustard Greens
- ✓ Parsley
- ✓ Pickles
- ✓ Rutabaga
- ✓ Spinach
- ✓ String Beans
- ✓ Watercress
- ✓ Zucchini



Starches and Grains

Filling and fibrous.

Grains make a great side dish for any meal or use them in fun, and unexpected ways.

Rice bun anyone?

- ✓ Amaranth
- ✓ Brown Rice
- ✓ Parsnip
- ✓ Pumpkin
- ✓ Quinoa
- ✓ Rice Noodles
- ✓ Sweet Potatoes
- ✓ Turnips
- ✓ White Jasmine Rice
- ✓ Wild Rice
- ✓ Winter Squash
- ✓ Yams



Oil

Oil makes everything delicious.

Seriously. Coconut Oil in Rice, Grilled Chicken Coated in Olive Oil. Avocado Oil in Quinoa. You can cook with it, flavor with it, or coat with it

- ✓ Extra Virgin Olive Oil
- ✓ Virgin Coconut Oil
- ✓ Avocado Oil



Spices

They say that variety is the spice of life!

Flavor to your heart's desire with these!

- ✓ Allspice
- ✓ Anise
- ✓ Basil
- ✓ Bay leaves
- ✓ Black pepper
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Cloves
- ✓ Coriander
- ✓ Cumin
- ✓ Ginger Powder
- ✓ Nutmeg
- ✓ Oregano
- ✓ Thyme
- ✓ Turmeric



Herbal Tea

Once only used for medicinal purposes, tea is a perfect beverage in any occasion!

Feeling nauseous? Mint. Need to sleep? Chamomile. Need to poop? Dandelion Root. Allergy relief? Nettles. Tea has it all. Drink up!

- ✓ Atragalus
- ✓ Burdock
- ✓ Chamomile
- ✓ Dandelion Root
- ✓ Licorice
- ✓ Mint
- ✓ Nettle
- ✓ Rooibos
- ✓ Rose