

# The Glucogenic Diet

Best Foods-Daily	Neutral Foods-3x week	Avoid Foods
Beef, chicken organ meats	Poultry - white meat	Sugar (corn syrup, honey, etc.)
Beef, lamb, venison	Eggs	Juices
Tuna, salmon, sardines, etc.	Dairy products	Starch and sugar meals
Shrimp, lobster, clams, etc.	Potatoes and starchy vegetables	Coffee, tea, alcohol, sodas
Beans, peas, lentils	Whole grain breads, pasta, cereal	Onions, peppers, tomatoes, yams
Poultry – dark meat		
Most vegetables		
<b>Protein and raw fat at 3 meals per day</b>		
Limit fresh fruit and combine with protein & fat		
High adenine meats are best for ketogenic energy		
<b>Raw Essential Fats</b> -olive oil -avocado -nut butters -coconut oil -butter -fish oil -dairy		