

Gut Rescue

FAT BURNING ACCELERATOR FOODS



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

Yes! Foods



Grass-fed and pasture-raised meats

- Beef
- Chicken
- Goat
- Lamb
- Pork
- Turkey



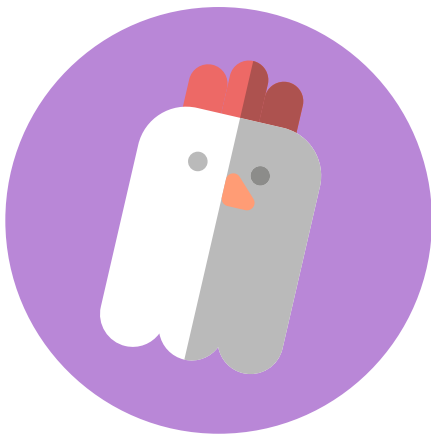
Wild Caught Seafood

- | | | |
|-------------|-----------------|---------------|
| • Abalone | • Herring | • Red Snapper |
| • Anchovies | • Lobster | • Rockfish |
| • Bass | • Monkfish | • Salmon |
| • Clams | • Mullet | • Sardines |
| • Cod | • Mussels | • Scallops |
| • Crab | • Northern Pike | • Shrimp |
| • Crayfish | • Oysters | • Tilapia |
| • Eel | • Perch | • Tuna |
| • Haddock | • Prawns | • Walleye |
| • Halibut | | |



Wild Game Meat

- | | | |
|-----------|------------|-----------|
| • Buffalo | • Goose | • Rabbit |
| • Caribou | • Kangaroo | • Snakes |
| • Duck | • Ostrich | • Venison |
| • Elk | • Pheasant | |
| • Emu | • Quail | |



Pastured or wild eggs

- Chicken
- Duck
- Goose
- Pheasant
- Quail
- Fish



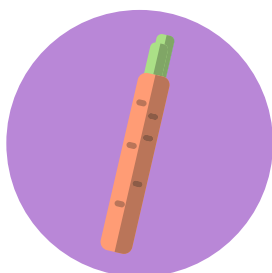
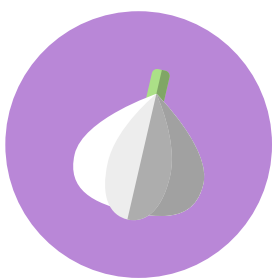
Nuts and seeds

- Almonds
- Brazil Nuts
- Nut Butters (avoid peanut)
- Hazelnuts
- Hemp Seeds
- Macadamias
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts



Non-starchy vegetables

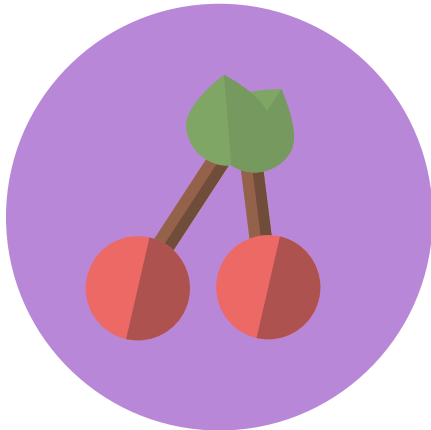
- Artichoke
- Arugula
- Asparagus
- Beets/Beet Greens
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celery Root
- Collards
- Cucumbers
- Eggplant
- Endive
- Fennel
- Fiddlehead Ferns
- Garlic
- Green Beans
- Jerusalem Artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (all kinds)
- Mushrooms
- Mustard Greens
- Olives
- Onions
- Parsnips
- Peppers (all kinds)
- Purslane
- Radishes
- Sea Vegetables
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress
- Zucchini





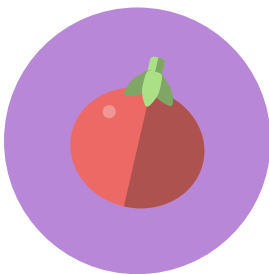
Starchy vegetables

- Squash (all kinds)
- Cassava
- Potatoes
- Pumpkin
- Rutabaga
- Sweet Potatoes
- Taro
- Turnips
- Yams



Fruits

- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Coconut
- Cranberries
- Figs
- Goji Berries
- Gooseberries
- Grapefruit
- Grapes
- Guava
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peaches
- Pears
- Persimmon
- Plantain
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star Fruit
- Strawberries
- Tangerine
- Tomatoes
- Watermelon



Fats & Oils

- Avocado oil (virgin, unrefined)
- Butter and ghee (grass-fed)
- Coconut oil (virgin, unrefined)
- Lard (pasture-raised)
- Olive oil (extra virgin)
- Palm oil (virgin, unrefined)
- Tallow (grass fed)



Naturally Fermented Foods

- Kefir
- Kimchi
- Kombucha (low sugar)
- Pickles
- Sauerkraut
- Yogurt (sheep, goat, cow, or alternative milk)



Spices & Herbs

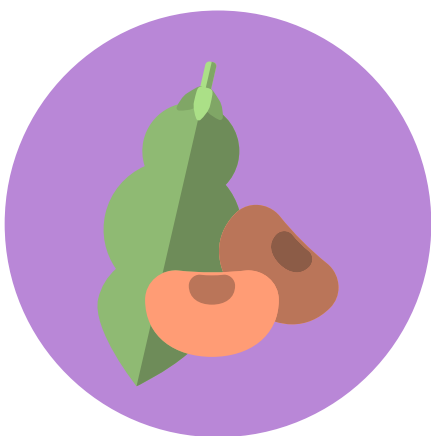
- All fresh herbs
- Spices without added ingredients



Tea

- Organic and unsweetened

Sometimes? Foods



Legumes

- Black beans
- Chickpeas (Garbanzo beans)
- Kidney beans
- Lentils



Gluten-Free Grains

- Gluten-free oats
- Amaranth
- Buckwheat
- Millet
- Quinoa
- Rice (all varieties)



Coffee

Grass-fed and raw dairy

- Yogurt
- Kefir
- Cheese



Dark Chocolate

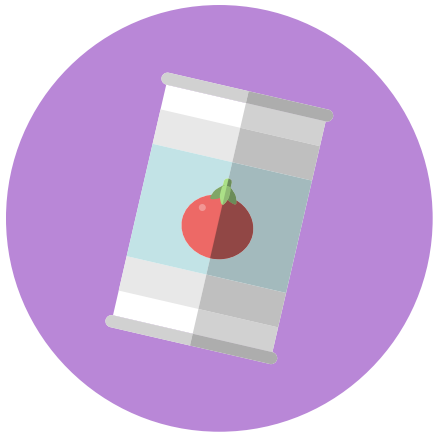
Nut & Seed Oils

- Macadamia Oil
- Sesame Oil
- Walnut Oil



Natural Sweeteners

- Honey
- Maple syrup
- Dates
- Coconut sugar
- Stevia



Whole-Food Minimally Processed Packaged Foods

- Vegetable Chips made with healthy oils
- Healthy condiments
- Single ingredient canned vegetables
- Gluten-free bread, crackers, or chips
- Minimally processed meat sticks and jerky

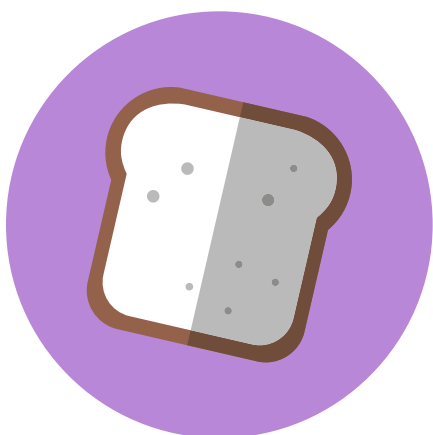
No! Foods



Gluten-containing grains

- Wheat
- Barley
- Rye

Peanuts



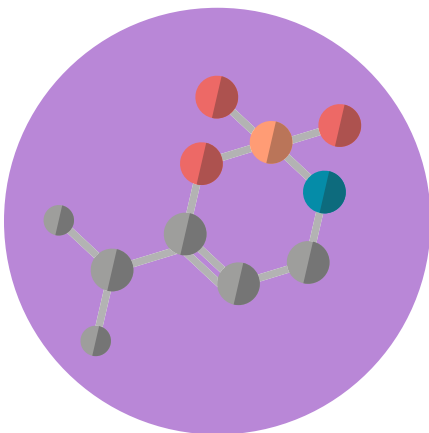
Highly Processed and refined foods

- Frozen prepared foods
- Cereals
- Pasta
- Bread
- Canned foods
- Deli meats



Processed Sugars

- Sugar
- Corn syrup
- Caramel
- Cane sugar
- Cane juice crystals
- Fruit juice concentrate
- Agave nectar
- Fructose
- Dextrose
- Dextrin
- Maltose
- Lactose
- High-fructose corn syrup
- Glucose
- Galactose
- Sucrose
- Molasses
- Malt syrup



Artificial sweeteners

- Acesulfame Potassium (Sweet One)
- Aspartame (NutraSweet, Equal)
- Saccharin (Sweet 'N Low)
- Sucralose (Splenda)



Soy

- Soy milk
- Soy sauce
- Tofu and tempeh
- Soy isolate protein



Processed Oils

- Trans fats
- Hydrogenated oils
- Vegetable oil
- Corn oil
- Soybean oil
- Peanut oil
- Canola oil
- Cottonseed oil

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