



FOUNDER FOODS

Real Foods Guide

VEGGIES

- ✓ Arugula
- ✓ Asparagus (7*)
- ✓ Avocado (3*)
- ✓ Bamboo shoots
- ✓ Bean sprouts
- ✓ Beet greens
- ✓ Bell peppers (7!)
- ✓ Broad beans
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Burdock Root
- ✓ Butternut Squash
- ✓ Cabbage (4*)
- ✓ Carrots
- ✓ Cassava
- ✓ Cauliflower
- ✓ Celery (4!)
- ✓ Chayote squash
- ✓ Cherry Tomatoes (11!,#)
- ✓ Chives
- ✓ Collard greens
- ✓ Coriander
- ✓ Corn (#)
- ✓ Cucumber (9!)
- ✓ Dandelion greens
- ✓ Eggplant (8*)
- ✓ Endive
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger root
- ✓ Green beans
- ✓ Green onions
- ✓ Hearts of palm
- ✓ Jicama (raw)
- ✓ Jalapeno peppers
- ✓ Kale
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Lettuce (14!)
- ✓ Mustard greens
- ✓ Mushrooms (13*)
- ✓ Olives
- ✓ Onions (1*)
- ✓ Parsley
- ✓ Potatoes (10!,#)
- ✓ Radishes
- ✓ Radicchio
- ✓ Red Cabbage
- ✓ Red Potatoes
- ✓ Rhubarb
- ✓ Snap peas (15!)
- ✓ Snow peas
- ✓ Shallots
- ✓ Spinach (6!)
- ✓ Swiss chard
- ✓ Tomatoes (#)
- ✓ Turnip greens
- ✓ Watercress
- ✓ Zucchini

HIGH-FIBER, STARCHY VEGETABLES, BEANS, LEGUMES

- ✓ Acorn Squash
- ✓ Butternut Squash
- ✓ Spaghetti Squash
- ✓ Summer Squash
- ✓ Winter Squash
- ✓ Artichokes
- ✓ Leeks
- ✓ Lima Beans
- ✓ Okra
- ✓ Pumpkin
- ✓ Sweet Potatoes (12*)
- ✓ Turnips
- ✓ Yams
- ✓ Legumes
- ✓ Black Beans
- ✓ Adzuki
- ✓ Buckwheat
- ✓ Chickpeas (Garbanzo)
- ✓ Cowpeas
- ✓ French Beans
- ✓ Great Northern Beans
- ✓ Kidney Beans
- ✓ Lentils
- ✓ Mung Beans
- ✓ Navy Beans
- ✓ Pinto Beans
- ✓ Split Peas
- ✓ White Beans
- ✓ Yellow Beans
- ✓ Beets
- ✓ Parsnips
- ✓ Tempeh
- ✓ Miso

FOUNDER FOODS

MEAT, FISH, POULTRY (#)

- ✓ Poultry (turkey, chicken, duck, quail, etc) (O,HF,FR)
- ✓ Beef (O,HF,GF)
- ✓ Lamb/Goat
- ✓ Seafood/Shellfish (WC)
- ✓ Fish (WC)
- ✓ Wild-game (buffalo, venison, etc)
- ✓ Eggs (O,FR,HF)

FABULOUS FRUITS

Lower Hormone Impact (consume preferentially)

- ✓ Blackberry
- ✓ Blueberry (13!)
- ✓ Boysenberry
- ✓ Elderberry
- ✓ Gooseberry
- ✓ Loganberry
- ✓ Raspberry
- ✓ Strawberry (2!)
- ✓ Green Apple (1!)

Moderate Hormone Impact

- ✓ Cherry
- ✓ Cranberry
- ✓ Pears
- ✓ Fresh Apricot
- ✓ Fresh Fig
- ✓ Melons
- ✓ Orange
- ✓ Peach (5!)
- ✓ Grapefruit (10*)
- ✓ Prune (Pitted)
- ✓ Red Apple (1!)
- ✓ Plum
- ✓ Kiwi (9*)
- ✓ Lemons
- ✓ Lime
- ✓ Nectarine (8!)
- ✓ Tangerine
- ✓ Passion Fruit
- ✓ Persimmon
- ✓ Pomegranate

Higher Hormone Impact (consume less)

- ✓ Banana (15*)
- ✓ Pineapple (2*)
- ✓ Grapes (3!)
- ✓ Watermelon (14*)
- ✓ Cantaloupe (11*)
- ✓ Mango (6*)
- ✓ Papaya (5*,#)

GRAINS / BREADS

- ✓ Quinoa
- ✓ Basmati Rice
- ✓ Millet
- ✓ Oats
- ✓ Polenta
- ✓ Brown Rice
- ✓ Wild Rice
- ✓ Amaranth Whole Grain Sprouted Bread
- ✓ Whole Grain Sprouted Tortilla
- ✓ Sourdough (Traditionally Fermented)

DAIRY (#)

- ✓ Cheese (R,O,HF,GF,W)
- ✓ Milk (O,GF,HF,W)
- ✓ Cottage Cheese (O,4% or better)
- ✓ Yogurt (O,U,W)
- ✓ Ghee/Butter (O,GF,HF)

FOUNDER FOODS

FRIENDLY FATS

- ✓ Sesame Oil (R,LH)
- ✓ Walnut Oil (O,HH)
- ✓ Extra Virgin Olive Oil (R,O,LH)
- ✓ Avocado Oil (R,HH)
- ✓ Almond Oil (O,HH)
- ✓ Macadamia Nut Oil (R,O,LH)
- ✓ Coconut Oil (R,O,HH)
- ✓ Palm Oil (R,HH,Sust.Harvested)
- ✓ Butter (O)
- ✓ Ghee (O,HH)

DRINK TO YOUR HEALTH

- ✓ Herbal teas
- ✓ Green/Black Tea
- ✓ Almond Milk (U)
- ✓ Rice Milk (U)
- ✓ Coconut Milk (U)
- ✓ Water (Pure/filtered or sparkling)
- ✓ Chicken Broth (O,LS)
- ✓ Vegetable Broth (O,LS)
- ✓ Fresh Vegetable Juice
- ✓ Miso

NUTS / SEEDS (Raw, organic, unsalted)

- ✓ Almonds
- ✓ Chia Seeds
- ✓ Flax Seeds
- ✓ Hazelnuts
- ✓ Hemp Seeds
- ✓ Pecans
- ✓ Pine Nuts
- ✓ Pumpkin Seeds
- ✓ Sesame Seeds
- ✓ Sunflower Seeds
- ✓ Walnuts
- ✓ Nut Butters (R,O,U)

SEA VEGGIES

- ✓ Arame
- ✓ Kombu
- ✓ Hijiki Seaweed
- ✓ Nori Seaweed

SEASONINGS / CONDIMENTS

- ✓ Lemon
- ✓ Lime
- ✓ Cayenne (Spicy Peppers)(12!)
- ✓ Celtic/Himalayan Sea Salt
- ✓ Garlic
- ✓ Mustard
- ✓ Tahini
- ✓ Herbs/Spices
- ✓ Apple Cider Vinegar
- ✓ Brown Rice Vinegar
- ✓ Balsamic Vinegar
- ✓ Ginger (Fresh or pickled)
- ✓ Honey (Local,R)
- ✓ Maple Syrup (R)
- ✓ Brown Rice Syrup
- ✓ Coconut Sugar
- ✓ Stevia (Liquid)
- ✓ Pure Cocoa Powder (U,64% or better)

FOUNDER FOODS

CANNED FOODS SUGGESTIONS

- ✓ Artichokes
- ✓ Tomato Sauce
- ✓ Tomatoes (Whole)
- ✓ Beans (Can be hard to digest)
- ✓ Salmon (WC)
- ✓ Sardines
- ✓ Tuna (WC,Dolphin safe)

FROZEN FOODS

- ✓ Berries
- ✓ Fish (WC)
- ✓ Spinach
- ✓ Kale
- ✓ Mixed Veggies

ADD YOUR OWN NOTES:

DESCRIPTIVE KEY

Recommended Qualities

- | | |
|--|-------------------------------------|
| R ... Raw, unprocessed, unrefined | HF ... Hormone-free |
| U ... Unsweetened | LS ... Low-sodium / Low-Salt |
| NH ... Do Not Heat | WC ... Wild Caught |
| LH ... Only Low or No Heat | GF ... Grass-fed |
| HH ... High Heat Stable | FR ... Free-Range |
| O ... Organic | W ... Whole (Full Fat) |

Pesticide Residues of Common Foods

- * ... Clean, low pesticide: Number is the rank - 1 is the cleanest, yeah.
- ! ... High pesticide: Number is the rank - 1 is the worst, boo. Buy organic.

Of note:

- # ... Caution... frequently genetically-modified (GMO)

