

THE P.A.W.S. PROTOCOL



PROTEIN

MEAT	SEAFOOD 2x/week	WILD GAME	DAIRY	BEANS
Eggs	Wild caught salmon	Elk	Greek or coconut yogurt	White
Grass-fed beef	Trout	Venison	Whole milk from: Cows, Sheep, Goats	Cranberry
Lamb	Sardines	Buffalo	CHEESES:	Black
Chicken	Snapper	Cornish game hen	Parmesan	Pinto
Turkey	Cod	Turkey	Mozzarella	Kidney
Ground beef	Oysters	Pheasant	Romano	Chickpeas
Pork	Liver	Quail	Gruyere	Lentils
	Anchovies		Swiss	
	Shrimp		Gouda cheese	
			Brie	
			Fontina	
			Feta	
			Goat	

VEGETABLES

FATS & OMEGA 3				UNLIMITED			LIMITED		FRUITS	
Olives	Grass fed butter	Sardines	Wild rice	Spinach	Brussel sprouts	Onions	Sweet potato	Avocados	Kiwi	
EVOO	Mayo made with avocado oil	Anchovies'	Fresh ground flax seed	Kale	Broccoli sprouts	Garlic	Carrots	Raspberries	Papaya	
Cheese	Pasture raised eggs	Walnuts		Arugula	Microgreens	Asparagus	Peas	Blackberries	Lemons	
Sour cream	Wild salmon	Pumpkin seeds		Dark leafy greens	Watercress	Artichoke	Turnip	Strawberries	Pineapple	
Cream cheese	Mackerel	Chia		Collards	Zucchini	Chard	Radish	Blueberries	Pears	
Coconut oil/cream	Oysters	Grass-fed beef		Broccoli	Beets	Cucumbers	Okra	Cherries		
Avocados		Seaweed and algae		Cauliflower	Bell peppers	Eggplant	Rutabaga			
				Cabbage	Tomatoes	Squash				

NUTS AND SEEDS			COOKING FATS			HERBS & SPICES			BEVERAGES	
Walnuts	Sesame	Macadamia	EVOO	Ghee	Garlic	Spearmint	Spring water	Green tea		
Pumpkin	Fresh ground flaxseed	Hazelnuts	Unrefined coconut oil	Bacon grease	Basil	Cocoa powder	Chamomile tea	Golden milk lattes		
Sunflower seeds	Pistachio	Brazil nuts	Unrefined avocado oil	Beef tallow from grass fed cows	Parsley	Everything but the bagel seasoning	Nut milks	Warm water w/ lemon		
Chia	Almonds	Pecans	Butter		Turmeric	Dark chocolate (70% or higher)	Sparkling flavored waters			
Hemp hearts	Cashew				Himalayan sea salt	Spirulina up 2x week				