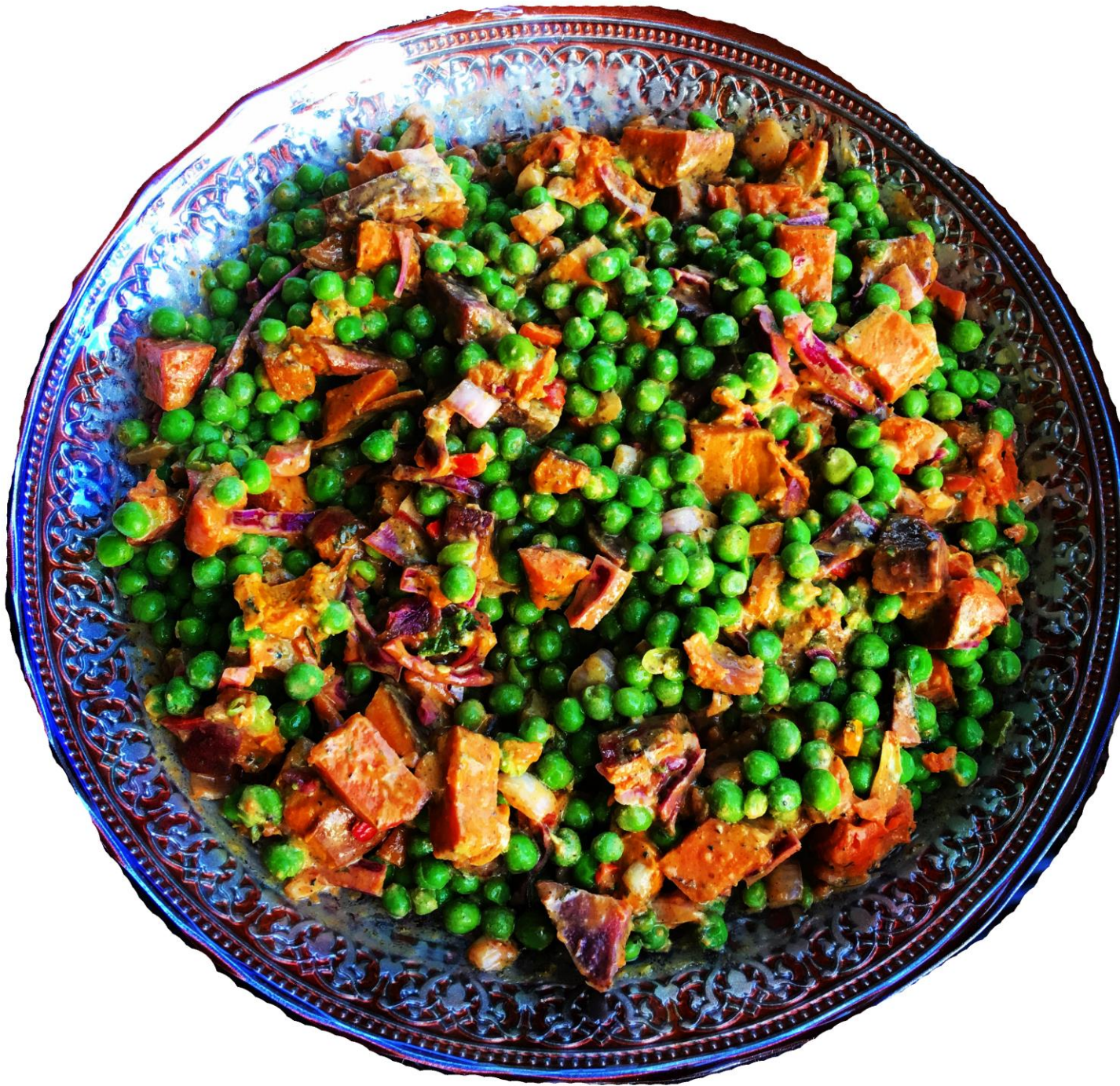


WHAT TO EAT

A GUIDE FOR LEIGH CROOKS



THE HOLYFE METHOD®

PANTRY BUILDING SHOPPING LIST

GRAINS AND FLOUR:

- Organic Brown Rice (sprouted is best)
- Organic Sprouted Quinoa
- Organic Whole Grain Oats (Oatmeal Oats)
- Sprouted Corn/Sweet Potato Tortilla Chips (“Way Better Snacks” brand)
- Kasha/Buckwheat Flour (Bob’s Red Mill Brand)
- Organic Almond Flour (Bob’s Red Mill Brand)
- Organic Quinoa Flower (Bob’s Red Mill Brand)

NUTS, SEEDS, DRIED FRUIT AND POWDERS:

- Organic Flax Seed Meal
- Pecans
- Pumpkin Seeds
- Walnuts
- Macadamia Nuts
- Goji Berries
- Chia Seeds
- Blue Green Algae
- Spirulina
- Camu Powder
- Organic Hemp Seeds
- Organic Medjool Dates
- Organic Cacao Powder
- Organic Almond Butter

FRUIT:

- Frozen Organic Berries (Blueberries, Strawberries)
- Fresh Pineapple (Whole pineapple)
- Limes
- Lemons
- Organic Green Apples
- Bananas
- Avocados

VEGETABLES:

- Butternut Squash
- Spaghetti Squash
- Organic Vegetables: Brussel Sprouts, Kale, Spinach, Arugula
- Collard Greens for Wraps
- Organic Salad Greens
- Organic Zucchini for Spiralizing, etc.
- Okinawan Potatoes
- Seaweed Sheets of Your Choice for Wraps and Crumbling

BEANS:

- Black Eyed Peas
- Organic Black Beans

PROTEIN:

- Organic , Free Range, Pasture Raised Eggs
- Non-GMO Organic Tofu

SPICES AND CONDIMENTS:

- Organic Tamari Sauce (It's like soy)
- Organic Raw Honey
- Organic Maple Syrup
- Olive Oil
- White Vinegar or Apple Cider Vinegar (Small amounts for dressings)
- Coconut Oil (for oil pulling)

OTHER:

- Amy’s Meals
- Black Bean Burgers (Frozen, wheat free, organic)
- Organic Seaweed Snacks
- Organic Almond Milk
- Organic Soy Milk

SPICES:

- Fresh Ginger
- Fresh Garlic
- Fresh Basil
- Fresh Rosemary
- Garam Masala
- Coriander
- Curry Powder
- Cardamom
- Parsley
- Sea Salt

LEIGH’S FOOD LIST

Type of Food	Most Beneficial	Neutral	Not Beneficial
Meats and Poultry		Chicken, Cornish hens, turkey	Beef, pork, lamb, veal, venison, duck, goose
Seafood	Carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, sea trout, silver perch, snail, whitefish, yellow perch	All kinds except those listed as not beneficial	Anchovy, barracuda, beluga, bluefish, bluegill bass, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, hake, halibut, herring, lobster, lox, mussels, octopus, oysters, scallop, shad, shrimp, sole, squid, striped bass, tilefish
Dairy		Greek plain yogurt, feta, goat cheese, goat milk, ghee, kefir, ricotta, mozzarella	All other cheeses and milk (Most dairy products are not digestible for Type As)

LEIGH'S FOOD LIST

Type of Food	Most Beneficial	Neutral	Not Beneficial
Fats	Flaxseed oil, olive oil	Canola oil, cod liver oil	Oil of corn, cottonseed, peanut, safflower and sesame
Nuts	Peanuts, pumpkin seeds	All kinds except those listed as not beneficial	Brazil nuts, cashews, pistachios
Beans	Beans (azuki, black, green, pinto, red soy), lentils and black-eyed peas	All kinds except those listed as not beneficial	Beans – copper, garbanzo, kidney, lima, navy, red, tamarind
Grains	Amaranth, buckwheat, basmati rice (in moderation), Quinoa		Cream of wheat,, farina, granola, grape nuts, wheat germ, seven grain, shredded wheat, wheat bran, durum wheat
Bread and Noodles	Ezekiel Bread (only if you need it for a transition to a wheat free diet for now.) Flour (oat, almond, brown rice, quinoa)	All kinds except those listed as not beneficial	English muffins, bread (high-protein whole wheat, multi-grain), matzos, pumpernickel, wheat bran muffins, flour (white, whole wheat), pasta (semolina, spinach)

LEIGH’S FOOD LIST

Type of Food	Most Beneficial	Neutral	Not Beneficial
Vegetables	<p>Garlic, onions, broccoli, carrots, collard greens, kale, pumpkin, spinach, Okinawan potato</p> <p>Artichoke, chicory, greens (dandelion, swiss chard), horseradish, leek, romaine, okra, parsley, alfalfa sprouts, tempeh, tofu, turnip.</p> <p>***Eat vegetables in as natural a state as possible (raw or steamed) to preserve their full benefits.</p>	<p>All kinds except those listed as not beneficial.</p>	<p>Peppers, olives, white potatoes, all kinds of cabbage, tomatoes, eggplant, shitake mushrooms.</p>

LEIGH'S FOOD LIST

Type of Food	Most Beneficial	Neutral	Not Beneficial
Fruits	<p>Berries (blackberries, blueberries, boysenberries, cranberries), plums, prunes, figs, pineapples, cherries, apricots</p> <p>*Most fruits are allowed for Type As, although try to emphasize more alkaline fruits. They can help to balance the grains that are acid forming in Type As.</p> <p>*Grapefruit, lemon (These fruits exhibit alkaline tendencies after digestion which has a positive effects on the Type A stomach)</p>	All kinds except those listed as not beneficial	Melons, cantaloupe, honeydew, mangoes, papaya, bananas (except very ripe), coconuts, orange, rhubarb, tangerines

LEIGH’S FOOD LIST

Type of Food	Most Beneficial	Neutral	Not Beneficial
Spices	<p>Tamari, miso, garlic, ginger, cardamom, cilantro, dill, cumin, black strap molasses</p> <p>**The right combination of spices can be powerful immune-system boosters for Type As.</p>		<p>Vinegar, pepper (black, cayenne, white), capers, plain gelatin, wintergreen</p> <p>***Avoid these because the acids tend to cause stomach lining irritation. Spicy foods tend to increase fire in Pitta Dosha and should be avoided.</p>
Condiments			<p>Ketchup, mayonnaise, pickles, relish, Worcestershire sauce</p> <p>**These products should be avoided because Type As have low levels of stomach acid.</p>

LEIGH’S FOOD LIST

Type of Food	Most Beneficial	Neutral	Not Beneficial
Beverages	<p>Hawthorn, aloe, alfalfa, burdock, echinacea, ginger and green tea</p> <p>Red wine (1 glass / day)</p> <p>Coffee (1 cup / day- no more as too much caffeine increases pitta dosha’s fire.)</p>		<p>Beer, distilled liquor, seltzer water, soda, black tea</p> <p>**These don’t suit the digestive system of Type As, nor do they support the immune system)</p>

LEIGH'S POCKET FOOD GUIDE

PRINT AND CUT OUT FOR A WALLET SIZED GUIDE

Foods that encourage optimum thyroid health + weight loss

- Vegetables of nearly all kinds including green juices
- Fermented Organic Soy Foods Avoid processed, GMO soy. (TOFU, TEMPEH)
- Olive Oil drizzled or on low heat for cooking (Aids efficient digestion, prevents fluid retention)
- Bone Broth (chicken/fish only): Avoid store bought bone broth and make it yourself to retain the high level of nutrients.

ENCOURAGE WEIGHT GAIN, thyroid complications, POOR HEALTH

- MEAT (Poorly digested and will store as fat)
- DAIRY (Inhibits nutrient metabolism and increases mucous)
- KIDNEY + LIMA BEANS (Interferes with digestive enzymes and slows metabolic rate)
- WHEAT IN OVER ABUNDANCE (Inhibits insulin efficiency and is acidic in A blood types)
- GLUTEN (Sticks to the intestinal walls, won't digest, related to leaky gut syndrome and thyroid complications)
- SUGAR, TRANS FATS, ARTIFICIAL FLAVORINGS AND DYES, PACKAGED/PROCESSED FOODS.