



# AT A GLANCE



## GET GENEIUS RESULTS!

Your Solution to Lower Inflammation & Optimize DNA Expression. A Functional, Real Food, Elimination-Style Approach to the Ketogenic Diet

### DISCOVER A SMARTER WAY OF EATING:

- **Anti-inflammatory:** Eat the best kind of foods
- **Quantity:** Eat the best amount
- **Optimal Timing:** Eat at the best time of day

### MOVE THROUGH 2 PHASES:

#### Prep: Track, Clean & Discover.

- Track your food and clean your pantry.
- Discover your lab results.

#### Phase 1: Meet your Goal and Reduce Inflammation.

Decrease sugar, remove inflammatory foods, track protein, fat, and carbs.

**Phase 2: Reintroduction.** Reintroduce carbohydrates to personal limit. Monitor how foods make you feel.

### GENEIUS PHASE 1 STRATEGIES:

1. **Gene-supporting.** Choose superfoods. The right foods enhance gene function.
2. **Anti-inflammatory.** Eliminate inflammatory foods. Removing foods that cause inflammation allows your body to reset and heal.
3. **Low Carb.** Keep carbohydrate intake under total 50g/day. Decreasing carbohydrate intake reduces overall blood sugar and risk for diabetes.
4. **Proper Protein.** Aim for .6-1.0g per pound of lean body mass. Protein intake is critical for maintaining lean mass such as muscle, bone and blood.
5. **Appropriate Fat.** Eat quality fats, in the right amounts. The amount that you should eat depends on if you want to lose, gain or maintain your weight.
6. **Perfectly Timed.** Avoid snacking throughout the day. Keep insulin low to burn fat.
7. **Measured and Managed.** Track your food to track your progress. Record what you are eating in My Fitness Pal.

## VEGETABLES

Total intake of protein+veggies+fruit+fat ≤ 50g carbs each day

- Alfalfa Sprouts
- Artichokes
- **Arugula**
- **Asparagus**
- **Avocado\***
- **Beet Greens**
- **Beets**
- **Bell Peppers**
- Bok Choy
- **Broccoli**
- **Brussel Sprouts**
- **Cabbage**
- Carrots
- **Cauliflower**
- Celeriac
- **Celery**
- **Collard Greens**
- Cucumbers
- **Dulse Seaweed**
- Eggplant
- Endive
- Fennel
- **Garlic**
- Ginger
- Green Beans
- Jicama
- **Kale**
- **Kelp**
- Kimchi
- Kohlrabi
- Leeks
- **Lettuce and Leafy Greens (All)**
- **Mixed Greens**
- **Mushrooms**
- **Mustard Greens**
- **Nori**
- **Okra**
- **Olives\***
- **Onions**
- Parsnips
- Peppers
- Pickles (Dill)\*
- **Pumpkin\***
- Radishes
- **Romaine**
- Sauerkraut\*
- Scallions
- Shallots
- Snow & Snap Peas
- **Spinach\***
- **Spirulina**
- Sprouts
- **Squash (Yellow, Spaghetti)**
- **Swiss Chard**
- **Tomatoes\***
- **Turnip Greens**
- Turnips
- Water Chestnuts
- Watercress
- **Zucchini**

## FRUIT

Total intake of protein+veggies+fruit+fat ≤ 50g carbs each day

- Apple (½, limited)
- **Blackberries**
- **Blueberries**
- Coconut
- Grapefruit
- Kiwi
- **Lemon\***
- **Lime\***
- **Raspberries\***
- **Strawberries\***

## ANIMAL PROTEIN

Eat 0.6-1.0g of protein for every pound of lean body mass, daily. Best forms are Grass Fed, Free Range, Wild Caught, and Pasture Raised.

- Anchovies\*
- Bacon\*
- **Beef (Any Form)**
- **Bison**
- **Brisket**
- **Chicken**
- Clams\*
- Crab\*
- **Eggs\***
- **Fish (All)\***
- Jerky\* (Low Sugar)
- **Lamb**
- Lobster\*
- Oysters\*
- **Pork\***
- **Salmon\***
- **Sardines\***
- Scallops\*
- Shrimp\*
- **Turkey**
- **Tuna\***
- **Venison**

## PROTEIN POWDERS

- Ancient Nutrition Bone Broth Protein Powder\* (Chicken Source)
- Hemp Protein Powder (Hemp Source)
- Pure Paleo Protein Powder\* (Beef Source)
- Seeking Health Optimal Prenatal Powder (Pea and Rice Source)

## SEEDS

Always consider carbohydrate content in examples and portion accordingly.

- **Chia Seeds**
- **Hemp Hearts and Seeds**
- **Pumpkin Seeds** (Raw, Sprouted or Dry Roasted)

- **Sunflower Seeds** (Raw, Sprouted or Dry Roasted)
- Sesame Seeds
- Poppy Seeds

## FAT

Measure and track all fat. Fat is used to determine caloric goals and to aid in satiety.

- Avocado Mayo\*
- Avocado Oil\*
- **Avocado\***
- Butter
- Coconut Butter
- Coconut Cream
- Coconut Kefir\*
- Coconut Milk
- Cultured Coconut Yogurt\*
- Ghee
- Macadamia Nut Oil
- Mayo (Homemade)
- MCT Oil/Powder
- Extra Virgin Olive Oil
- Sesame Seed Oil
- Sunflower Butter
- Tallow (Grassfed)
- Walnut Oil

## BEVERAGES:

- Almond Milk, Unsweetened
- Bone Broth\*
- Carbonated Water (No Added Sweeteners)
- Coconut Water Kefir\*
- Electrolyte Drinks (No Added Sugar)
- Flax Milk, Unsweetened
- Low Carb Kombucha\*
- Organic Coffee\*
- (1-2 Cups)
- Organic Tea
- Water

## SWEETENERS

- Erythritol (May cause GI upset)
- Luo Han Guo Fruit
- Mannitol (May cause GI upset)
- Monk Fruit
- Raw, Organic Stevia (Powdered or Liquid)
- Sorbitol (May cause GI upset)
- Xylitol (Toxic for dogs and may cause GI upset)

## CONDIMENTS

Choose varieties with the lowest carb and sugar content.

- Coconut Aminos\*
- Ketchup\* (Avoid Corn Syrup)
- Mustard\*
- **Nutritional Yeast\***

## SALAD DRESSING

Avoid Soybean Oil & Canola Oil

- Salsa Verde/Green Salsa
- Spaghetti sauce\*
- Red Salsa\*
- **Tomato sauce\***
- Vinegar\* (**Apple Cider Vinegar**, White, Balsamic)

## FRESH HERBS

Enjoy any amount in fresh/dried form.

- Basil
- Bay Leaves
- Cilantro
- Dill
- Lavender
- Lemon Balm
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

## SPICES

Enjoy any of the following fresh or dried in any amount.

**Note:** Watch out for premade spice mixes like taco seasonings as they often contain sugar, MSG, wheat and other potential neurotoxins.

- Allspice
- Anise Seed
- Annatto
- Caraway
- Cardamom
- Celery Seed
- Cinnamon
- Clove
- Coriander
- Cumin
- Fennel
- Fenugreek
- **Garlic**
- Ginger
- Horseradish
- Juniper
- Juniper Berry
- Mace
- Mustard
- Nutmeg
- Peppercorns
- Poppy Seed
- **Sea Salt**
- Sesame Seed
- Star Anise
- Sumac
- Turmeric
- Vanilla Bean (No additives)