



Nutrition Evaluation

MEATS

- ☐ Poultry
- ☐ Fish
- ☐ Shellfish
- ☐ Beef
- ☐ Pork
- ☐ Lamb
- ☐ Bison

VEGETABLES

- ☐ Root Veggies
- ☐ Nightshades
- ☐ Leafy Greens
- ☐ Starchy Veggies
- ☐ Cooked
- ☐ Raw

FRUITS

- ☐ All Citrus
- ☐ Berries
- ☐ Green Apples
- ☐ Red Apples
- ☐ Kiwi
- ☐ Papaya
- ☐ Lemon
- ☐ Lime
- ☐ Grapefruit
- ☐ Watermelon
- ☐ Cantaloupe
- ☐ All Others - See
Notes on Pg.2

GRAINS

- ☐ Wheat
- ☐ Corn
- ☐ White Rice
- ☐ Brown Rice
- ☐ Oats
- ☐ Barley
- ☐ Spelt
- ☐ All Others – See
Notes on Pg.2

BEANS/LEGUMES

- ☐ Lentils
- ☐ Peas
- ☐ Chickpeas
- ☐ Beans (Black,
Pinto, Navy, etc.)
- ☐ Peanuts

DAIRY

- ☐ Milk
- ☐ Yogurt
- ☐ Cheese
- ☐ All Others – See
Notes on Pg.2



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NUTS/SEEDS

- ☐ Almonds
- ☐ Walnuts
- ☐ Cashews
- ☐ Hazelnuts
- ☐ Pecans
- ☐ Seeds (Pumpkin, sunflower, sesame, quinoa)

OILS

- ☐ Coconut Oil
- ☐ Butter
- ☐ Ghee
- ☐ Avocado
- ☐ Olive
- ☐ Others – See Notes Below

Condiment Notes

Beverages

- ☐ Black Tea
- ☐ Green Tea
- ☐ Herbal Teas
- ☐ Coffee
- ☐ Juices
- ☐ Distilled Water
 - ____oz/Day
- ☐ Reverse Osmosis Water
 - ____oz/Day

OTHER

- ☐ Eggs
- ☐ Soy – Unfermented
- ☐ Soy – fermented

Any Other Notes

How Much Warm To
Hot Water? ____oz/Day