

# **The Basics**

## **Fish**

**Any type of animal meat (beef pork, chicken, lamb), sausage, cold cuts**

## **Eggs**

**Cheese, real sour cream, real cream cheese, plain yogurt (without sugar), cream, raw milk (in moderate amounts), real butter**

## **All kinds of animal fats**

**Salads, leaves and stems of vegetables (asparagus, brussel sprouts, cauliflower, lettuce, cabbage, broccoli), cucumbers, avocados, tomatoes**

## **Nuts**