

# NUTRIENT-DENSE

## What is a Nutrient-Dense Diet?

- A way of eating that gives you freedom from dieting and rules and optimizes for food quality by aiming for more color and less junk foods
- The goal of the nutrient-dense diet is to use your own awareness and intuition to guide what feels good for your body
- You may be transitioning to this diet after a low FODMAP or strict paleo diet and expanding the array of foods you eat. At first, you may have trepidation about this expansion, but we want to get away from labeling foods “good” or “bad” and move towards “How does this make me feel?”
- Use these questions as your compass as you move forward:
  - Do colorful fruits and veggies make you feel vibrant?
  - How does your body respond with gluten, grains, or dairy?
  - Does junk food and fast food make you feel good?
  - How does your body respond to small amounts of dessert every now and then?
- Asking these questions allows you to create an individualized diet that is unique to you and free of restrictions. It’s not a food “restriction” if it doesn’t feel good to eat the restricted food, rather it’s a positive action you’ve made with freedom.

## How do I eat a Nutrient-Dense Diet?

- Below you’ll find how to build a bowl or a plate optimizing for protein and color in mind and then adding carbohydrates and fat. Always aim for unprocessed, fresh, colorful foods on your plate, if possible. The individual foods listed below are simply examples. Feel free to expand beyond this list.

# 1. Build your base → start with protein

Aim for 25-30g per protein with each meal

## Proteins

Canned oysters/sardines  
Eggs  
Salmon  
Tuna  
Shrimp

Grass-fed beef  
Chicken  
Turkey  
Lamb  
Tofu/Seitan/Tempeh (if vegan/vegetarian)

# 2. Add colorful veggies or fruits

## Veggies

**Dark leafy greens:** kale, arugula, spinach, bok choy, Swiss chard  
**Root vegetables:** carrots, parsnips, sweet potatoes, beets

Asparagus  
Celery  
Cucumbers  
Broccoli  
Cauliflower  
Eggplant

## Fruits

Kiwi  
Blackberries  
Blueberries  
Raspberries  
Banana  
Orange

Strawberries  
Pineapple  
Mango  
Apple  
Lemon

# 3. Top with appropriate amount of fat

## Healthy Fats:

**Nuts/seeds:** walnuts, pumpkin seeds, chia seeds, flaxseeds, almonds, cashews, sesame seeds, sunflower

Avocado  
Hummus  
Olive oil  
Avocado oil  
Almond butter

Coconut Oil  
Ghee  
Butter

## 4. Add appropriate portions of dairy, grains, legumes (if tolerated)

Wild or brown rice  
Soba noodles  
Quinoa  
Wholegrain pasta  
Red or green lentils

Black beans  
Pinto beans  
Garbanzo beans  
Edamame

White rice  
Gluten-free bread  
Oatmeal  
Potatoes (white, purple, red)

## 5. Add organ meats (if desired)

Tip: Look for “Ancestral Blends” at the grocery store. Two great companies are **Force of Nature** or **Grassland Beef**

Beef/Lamb liver  
Beef kidney  
Beef heart  
Cow tongue  
Tripe

## 6. Add fermented food to meals, salads, or eating alone (if desired)

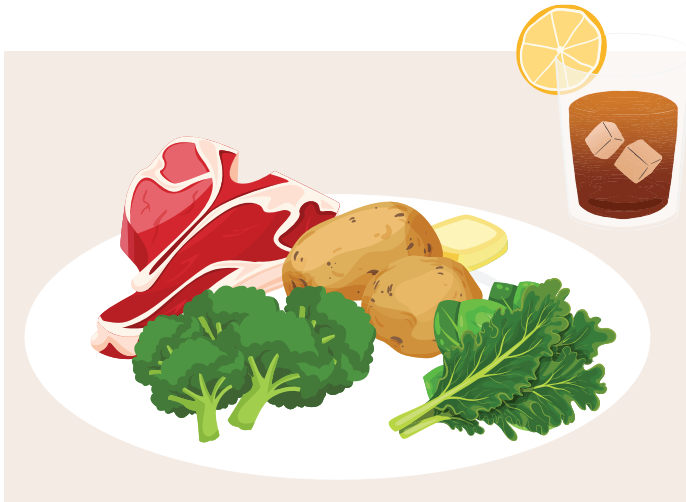
Kefir  
Beet kraut  
Sauerkraut  
Kombucha  
Miso

Tempeh  
Kimchi  
Kvass  
Sourdough bread  
Natto

## 6. Sprinkle (small amounts) of sugar, processed foods, alcohol, fried foods

If you're eating out with friends, it's OK to try any of these foods and see how you feel. Eat in a way that's in alignment with your health and fitness goals.

# Example Plates



## Grass-fed steak

- Baked potato (or sweet potato) with butter
- Roasted broccoli sprinkled with cheese
- Kale salad
- Fruit juice, iced tea, or wine on the side



- ## Thai fish curry with curry paste, coconut milk, coconut oil, coconut sugar, bone broth, green beans, carrots, eggplant, chiles
- Served on white or wild rice



- ## Chili with ground beef/organ meat blend, tomato sauce, butternut squash, bone broth, onions, garlic, spices
- Small piece of cornbread with butter
  - Green salad