



To maintain health and vitality it's imperative that your immune system is strong and working properly. Our immune system is continuously working to combat the germs, microorganisms, viruses, toxins and different foreign substances that we are exposed to on a daily basis.

This protocol is composed of anti-inflammatory foods and supplements that nourish the body at a cellular level to repair and maintain a strong, healthy, disease-fighting immune system

For each meal, choose foods from the **EAT THIS** column and eliminate foods from the **NOT THIS** column.

|                         | EAT THIS  | NOT THIS   |
|-------------------------|---|--|
| <b>FATS &amp; OILS</b>  | <p>Extra Virgin Coconut Oil*, Extra Virgin Olive Oil*, Walnut Oil, Flaxseed Oil, Avocado Oil*, Cod Liver Oil, Hemp Seed Oil, Olives, Avocado, And Coconut Products</p> <p><b>*These oils can be heated, just don't let them smoke.</b></p>                        | <p>Hydrogenated and Partially Hydrogenated Oils, Rancid Oils (Corn Oil, Vegetable Oil, Canola Oil, Cottonseed Oil, Soybean Oil, Safflower Oil, and Sunflower Oil), Trans Fats (Margarine, Synthetic Butters, and Shortening)</p> |
| <b>NUTS &amp; SEEDS</b> | <p>RAW Almonds, Cashews, Flaxseeds, Hemp Seeds, Pecans, Pine Nuts, Macadamia Nuts, Sesame Seeds, Sunflower Seeds, Walnuts,</p> <p>RAW Nut and Seed Butters (Almond Butter, Macadamia Butter, Cashew Butter, Raw Tahini) Olives, Avocado, And Coconut Products</p> | <p>Roasted and Sweetened Nuts or Seeds</p>   |
| <b>ANIMAL PRODUCTS</b>  | <p>Eggs –Free Range, Organic, Hormone/Antibiotic Free, Fed No Animal By-Products, and Grass-Fed Ghee (Clarified Butter)</p>   | <p>"Farm Raised" Fish, "Cage Free" Eggs, Pasteurized and Homogenized Dairy Products, "Reduced Fat" Dairy Products</p>  |
| <b>OTHER</b>            | <p>Naturally Sourced Fish Oil or Omega Supplements</p>  | <p>Products that include Soy Bean Oil and other byproducts, processed omega supplements</p>  |



| PROTEINS            | EAT THIS  | NOT THIS  |
|---------------------|---|---|
| <b>BEEF</b>         | Grass-Fed Meat (Beef, Lamb, and Bison)  | Grain-Fed Red Meats (Beef, Lamb)  |
| <b>CHICKEN/PORK</b> | Naturally-Raised, Free-Range, Hormone-Free, Antibiotic-Free Poultry (Chicken, Turkey)   | Pork (highly acidic and large toxic load) conventionally-raised poultry (Chicken, Turkey)   |
| <b>FISH</b>         | Cold Water Fish (Salmon, Mahi-Mahi, Mackerel, Halibut), from the cleanest waters (Pacific and Alaskan Oceans), and fish that are lowest on the food chain (Sardines, Anchovies) | Farm-Raised Fish (these fish are fed grains, not their natural diet and are not raised humanely). Shellfish (highly acidic and large toxic load) and Large Ocean Fish (Tuna, Cod) |
| <b>OTHER</b>        | 100% Grass-Fed Whey Protein Concentrate   | Commercial Whey Protein (if hydrolyzed, treated w/ Heat, and/or from pasteurized dairy), Processed Soy Products (Tofu, Soy Nuts, Soy Milk, Soy Formula)                           |

**Protein tip:** Have some protein with every meal, and most importantly when your body needs it most (toward the end of the day and 30-45 minutes after exercise).

| CARBOHYDRATES  | EAT THIS   | NOT THIS                         |
|--|--|----------------------------------|
| <b>GRAINS</b><br><br>Eliminate After 2 pm  | Flax or Nut Flours, and Quinoa<br><br>*Kids may have Sprouted Whole Grains or Ezekiel Bread  | Refined Grains (White and Wheat) |
| <b>FRUITS</b><br><br>Eliminate All After 2 pm<br><br>2-3 Servings per week<br><br>1 serving per week | <p>Berries (Blackberries Blueberries, Boysenberries, Elderberries, Gooseberries, Loganberries, Raspberries, Strawberries), Limes, Lemon, Granny Smith Apples</p> <p><b>In Moderation</b> – Cherries, Pear, Apricot, Melon, Oranges, Peach, Plum, Grapefruit, Prunes, Apples, Lemons, Pomegranate, Tangerines, Passion Fruit, Persimmons, Nectarines, Kiwi</p> <p><b>Minimize</b> – Banana, Pineapple, Grapes, Watermelon, Mango, Papaya, and Dates</p> |                                  |



# Lasting Immunity

Prevention is Powerful

| VEGETABLES  | EAT THIS   | NOT THIS  |
|---|--|---|
| <p><b>VEGETABLES, LEGUMES, TUBERS, &amp; ROOT VEGETABLES</b></p> <p>2-3 servings per week</p> <p>1 serving per week</p> | <p>Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Bell Peppers (Red, Yellow, Green), Broad Beans, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Chives, Celery, Chayote Fruit, Chicory, Coriander, Collard Greens, Cucumber, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts Of Palm, Jicama (Raw), Jalapeno Peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Parsley, Mustard Greens, Onions, Radishes, Radicchio, Snap Beans, Snow Peas, Shallots, Spinach, Spaghetti Squash, Summer Squash, Swiss Chard, Tomatoes, Turnip Greens, Watercress, Zucchini</p> <p><b>In Moderation</b> – Leeks, Lima Beans, Okra, Cassava, Pumpkin, Yam, Turnip, Legumes, Artichokes, Squash (Acorn, Butternut, Winter), Pumpkin, Turnip, Adzuki Beans, Black Beans, Chickpeas (Garbanzo), Cowpeas, French Beans, Great Northern Beans, Kidney Beans, Lentils, Mung Beans, Navy Beans, Pinto Beans, Split Peas, White Beans, Yellow Beans</p> <p><b>Minimize</b> – Carrots, Sweet Potatoes, And Beets</p> | <p><b>Eliminate</b> – Corn and White Potatoes</p>   |
| SWEETENERS  | EAT THIS   | NOT THIS  |
|   | <p>Stevia, Erythritol, Xylitol</p>   | <p>Refined Sugar, Artificial Sweeteners (Sucralose, Aspartame, Aspartic Acid, Maltodextrin)</p> |

## DAILY SUPPLEMENT SCHEDULE RECOMMENDATION

| SUPPLEMENT                    | With first meal                       | 1 hour before bedtime | Any time during the day |
|-------------------------------|---------------------------------------|-----------------------|-------------------------|
| <b>Probiotic</b>              | ● 1 Capsule                           | ● 1 Capsule           |                         |
| <b>Omega 3</b>                | ● 4 Softgels or 1 tsp                 |                       |                         |
| <b>Vitamin D3</b>             | ● Women - 5,000 IU<br>Men - 10,000 IU |                       |                         |
| <b>Max Greens</b>             | ●                                     |                       | ●                       |
| <b>Grass-Fed Whey Protein</b> | ●                                     |                       | ●                       |
| <b>Bone Broth Protein</b>     | ●                                     |                       | ●                       |

*Max Metabolix patients will have different recommendations*