

Fats

Fats are essential for human nutrition — they are not the enemy. In moderation, dietary fat does not make you gain weight, nor does it raise cortisol levels. Instead, fats are vital for hormone production, brain function, and cellular health. Healthy fats, such as those from avocados, nuts, olive oil, coconut, and fatty fish, provide long-lasting energy, support absorption of fat-soluble vitamins (A, D, E, K), and help regulate inflammation throughout the body.

Not all fats are created equal. Highly processed seed oils — such as soybean, corn, sunflower, safflower and canola oils — are high in omega-6 fatty acids and often oxidized during processing. Consumption of these oils trigger chronic inflammation, oxidative stress, and contribute to metabolic and cardiovascular issues over time.

By prioritizing whole, natural fats and cutting out processed seed oils, you support hormone balance, cognitive function, heart health, and overall vitality. Fat is not something to fear — when chosen wisely, it is a cornerstone of long-term health and energy.

Nuts/seeds (listed by protein content, starting with the highest):

- Walnuts
- Pumpkin seeds
- Peanuts
- Sunflower seeds
- Sesame
- Almonds
- Cashews
- Brazil nuts
- Hazelnuts
- Pecans
- Chestnuts
- Pistachios

- Coconut
- Macadamia

Oils/fats:

- Butter
- Cream
- Ghee
- Coconut oil
- Beef tallow
- Lard
- Olive oil

Herbs, Spices and Minerals

PRO-TIP: You should use these in your cooking every day

- Turmeric
- Ginger
- Oregano
- Thyme
- Rosemary
- Cayenne
- Pepper
- Cinnamon
- Raw cocoa
- Basil
- Parsley
- Cilantro
- Dill
- Nettle
- Dandelion
- Caraway
- Peppermint
- Paprika
- Cloves
- Fennel
- Wild garlic
- Bitter herbs
- Celtic Sea Salt/ Natural salt/ Rock salt (no iodized table salt or kosher salt – they have no nutritional value)