

Symbios[®] NUTRITION

GUIDEBOOK



Achieve
your goals with
a customized
plan from our
nutritional
expert!

Eat Freely
Limit Quantity
Foods to Avoid

EAT FREELY

Animal Protein Foods

- Meat (beef, lamb, pork)
- Organ meats
- Seafood
- Poultry
- Eggs
- Uncured meats
- Bone broths

Added Fat

- Butter
- Lard
- Ghee
- Olive oil
- Avocado oil
- Macadamia oil

Dairy & Dairy Replacements

- Cheeses: Full and medium fat, hard & soft
- Cream
- Coconut cream

Condiments

- Salt & pepper
- Pure herbs & spices (without fillers or additives)

Non-starchy Vegetables & Fruits

- Fatty fruits: avocados & olives
- Salad vegetables: cucumbers, lettuce, tomatoes, celery
- Green leafy vegetables: lettuce, spinach, arugula, watercress
- Cruciferous vegetables: broccoli, cauliflower, cabbage, Brussels sprouts, watercress, kale, turnips, radishes
- Nightshades: tomatoes, peppers, aubergines (eggplant)
- Marrows & squashes: (baby marrow, summer squash, gem squash, pumpkin)
- Mushrooms
- Onions

Beverages

- Water, plain or carbonated
- Tea
- Coffee
- Flavored water (lemon, lime, cucumber, or mint)
- Iced tea (homemade & unsweetened)

LIMIT QUANTITY

Animal Protein Foods

Limit to occasional consumption

- Processed meats (including poultry), such as luncheon meats, commercial bacon, bologna, sausages, or meats with additives.

Dairy & Dairy Replacements

Limit to 1/2 - 1 cup daily

- Full-cream milk
- Full-cream plain yogurt
- Coconut milk (unsweetened)
- Almond milk (unsweetened)

Nuts and Seeds

Limit to 1-2 handfuls daily

- Macadamia nuts are recommended
- All nuts and seeds are acceptable except cashews because they are high in carbs

Condiments

Limit to occasional consumption

- Herbs & spices with fillers or additives

Grains

Limit to 1/2 cup, up to 7 times a week*

- Quinoa

Added Sugar

Limit to two pieces per day

- Dark chocolate with over 85% cocoa mass

Non-starchy Vegetables

Limit to occasional consumption

- Onions
- Sweet potato
- Butternut
- Corn
- Carrots

Legumes

Limit to 1/2 cup, up to 7 times a week*

- Beans
- Peas
- Lentils
- Peanuts

Beverages

- Sweetened with xylitol, erythritol, stevia, or monk fruit
- Alcohol: Liquor (i.e., gin, vodka, or whiskey)(1 unit = 1 ounce or 30 ml), dry wine (1 unit = 3 ounces or 80 ml), men can have 2 units per day, and women can have 1 unit per day.

Fruits

Limit to one tennis ball-sized fruit or 1/2 cup, one to seven times per week*

- All fresh fruit except bananas & grapes
- Berries are recommended

Sweeteners

Limit to 1-2 tsp., per day

- Stevia or monk fruit
- Erythritol or Xylitol
- Honey (1 tsp.)

*A general portion is 1/2 cup or 1 handful, depending on your goals and tolerance. Eat less if you are carbohydrate intolerant, metabolically unhealthy, or overweight.

FOODS TO AVOID

Added Sugar

- Confectionary sweets
- Sugary snacks (i.e., candy or chocolate)
- Desserts (i.e., cakes, cookies)
- Cereal and bread
- Sweetened yogurts
- Tinned goods (canned fruits and baked beans)

Dairy & Dairy Replacements

- Fat-free or low-fat dairy products
- Rice milk
- Soy milk
- Coffee creamers
- Processed cheese spreads
- Puddings
- Condensed milk

Nuts & Seeds

- Cashews

Fruits

- Bananas & grapes
- Dried and tinned fruit
- Processed fruit juice

Legumes

- Soy products

Condiments

- Sugar-sweetened sauces or spices (e.g., ketchup, tomato, or BBQ sauce)

Starches & Starchy Vegetables

- Grains & food derived from grain (such as bread or pasta), wheat, rye, barley, oats, rice, millet, amaranth, buckwheat, farro, sorghum, etc.
- Potato
- Anything ending in "ose" (i.e., dextrose or maltose).

Added Fat

- Industrially processed seed or vegetable oil, such as sunflower, canola, or corn oil, & products made from them (e.g., salad dressing, mayonnaise, margarine, & spreads)

Beverages

- Sugar-sweetened drinks, soda
- Artificially sweetened beverages (i.e., soda zero or light)
- Fruit juice
- Concentrates
- Alcohol: Any apart from wine & liquor (i.e., beer, alcohol pops, cordials, cocktails, etc.)

Sweeteners

- Sugar of all names, syrups, & nectars
- Artificial sweeteners such as aspartame or saccharin
- Polyols (apart from xylitol & erythritol, which have limited use)

Processed & Fast Foods

- Pizza, burgers, fries, etc.