

INFIN8 SOULS HOLISTIC FOOD GUIDE FOR ULTIMATE HEALTH



♀ FRUITS ♀ NUTS ♀ VEGETABLES ♀ SEEDS
♀ SEAFOOD (SPARINGLY) ♀ EGGS ♀ BUTTER ♀ CHEESES

FRUITS

All fruits are acceptable, however this is a brief list of fruits that you may consume

Apples, Grapefruit, Lemons and Limes are all fat burners and can be consumed at any time. Whether it be in the form of juice or the actual fruit. Dates are natural energy boosters.

All berries are low in calories and sugar, therefore if you choose to go keto for a day, they are the best choice and only choice to stay in "fat burning mode" a.k.a Ketosis.

Keto friendly fruits, these fruits keep you in "ketosis" a fat burning state where your body begins to burn extra body fat once all the sugar has been depleted in your blood for energy, therefore it increases metabolism. When in Ketosis your liver produces more ketones and provides increased energy and focus, reduced appetite, and alters ones smell of breath and urine. Depending on how much sugar in your system it might take up to 3 days to achieve ketosis. Eggs and all green leafy foods are also keto if you choose to consume. No breads, pasta, rice, potatoes or other starches or carbs may be consumed while it keto,

Grapes Mangoes Nectarines Bananas Honeydew Coconuts

Pears Cherries Watermelon Raisins Figs Avocadoes Apples

Kiwis Strawberries Raspberries Plums Limes Cucumbers Bell Peppers

Oranges Blueberries Cantaloupe Dates Olives Celery Tomatoes Jackfruit (green unripe)

Grapefruit Apricots Currants Cranberries Plantains Zucchini

Lemons Banana chips Peaches Blackberries Apricots Squashes

VEGETABLES

All Vegetables are accepted except starches which include White Potatoes, Yucca (Cassava), and other root vegetables like Yams with the exception of Sweet Potatoes which are the only acceptable starch. Sweet potatoes are full of nutrients, fat free and great for digestive health therefore it promotes weight loss. In addition, Plantains can replace potatoes when unripe, they have to be green; they are starchy like potatoes, even though it qualifies as a fruit, when green, they are low fat and full of dietary fiber.

Vegetables can be eaten raw, steamed, sautéed, stir-frying, and roasted. The key to ultimate weight loss is to consume whole foods, which are natural carbs. No man made processed carbs like pasta, and bread. Rice can be consumed in moderation. So, instead of a sandwich, eliminate the bread and make it a salad. In salad. If you want to replace a meal or are just famished consider a smoothie with fruit, nut milks and nut butters.

- Broccoli Carrots
- Cauliflower Mushrooms
- Asparagus Kale Garlic
- Onions Baby kale
- Baby spinach Romaine
- Butter lettuce Leaf lettuce
- Salad mixes Spinach
- Corn Stir-fry mixes

GRAINS, BEANS & LEGUMES

whole grains/starches and a few different types of beans, legumes are acceptable. Mix and match them and add a vegetable side dish for a complete meal. Oatmeal is great to keep on hand for easy, healthy meals that are filling and provide long sustained energy as it takes long to digest.. Look for quick, rolled, or steel-cut oats and avoid instant oatmeal at best.

WHOLE GRAINS & STARCHES

- Oatmeal (quick, rolled, or steel-cut)
- Brown rice or Jasmine Rice
- Quinoa (Protein) Fonio
- Seitan (wheat gluten) AND Soy (Moderation)
- Sweet potatoes spelt

BEANS & LEGUMES

- Chickpeas
- Black beans
- Kidney beans
- Lentils
- Hummus
- Tahini
- All Types of Peas
- Veggie burgers (lentil, bean, or vegetable based)

SOY PRODUCTS (MODERATION AS THEY HAVE AN OVERABUNDANCE OF ESTROGEN)

- Firm tofu Soft/silken tofu
- Smoked/marinated tofu Tempeh
- Edamame (soy) Soy milk

NUTS & SEEDS

Nuts and Seeds provide healthy fats and a good balance of omega 3 and 6 essential fatty acids. Keep a couple of different whole foods like avocado, dark chocolate (antioxidants), olives, nut/seed butter for dipping fruit, or adding to oatmeal, and a couple of different oils for cooking, making salad dressings, or supplementation in smoothies.

HIGH FAT FOODS

- Avocado Edamame (SOY)
- Coconut milk Dark chocolate
- Olives Hummus

OILS

- Coconut oil
- Flaxseed oil
- Sesame oil
- Olive oil
- Avocado oil
- Regular butter or Ghee

NUTS & SEEDS

- Peanut butter Almond/Nut butters Almonds Cashews Walnuts
- Pecans Sunflower seeds Sunflower seed butter Pumpkin seeds Chia seeds
- Ground flax seeds Sesame seeds Tahini (sesame butter)

NON-DAIRY MILK PRODUCTS

Choose 1 unsweetened non-dairy milk for all-purpose use in savoury cooking, baking, and smoothies. Choose 1 great tasting non-dairy milk to add to tea, coffee, or for enjoying straight. Choose whichever plant-based milk you enjoy the flavour of most. Soy milk is high in protein but has a lot of estrogen and can cause digestive issues, so use moderation. All unsweetened nut milks with no additives are Keto.

- Soy milk Almond milk
- Cashew milk Oat milk
- Coconut milk Rice milk
- Hemp milk Flax milk

YOGURT/CHEESE

- Soy/almond/coconut yogurt Tofu (soy) desserts
- Nutritional yeast

A selection of condiments, herbs, and spices on hand makes it easy to diversify your meals.

SWEETENERS

- Organic coconut palm sugar Agave syrup
- Maple syrup Molasses
- Coconut sugar Dates
- Dried fruits (Moderation as they are high in sugar) Dark chocolate chips (NO SUGAR)
- Stevia Monk Fruit sweetener

HERBS & SPICES

- Basil Oregano Thyme Cumin Turmeric Pepper Cinnamon
- Himalayan Pink Salt, Sea or Black Salt Chili powder

CONDIMENTS

- Salsa Hummus
- Soy sauce Coconut Aminos Pepper sauces
- Mustard Nutritional yeast
- Lemon/lime juice Vinegar (apple cider, white, balsamic)