

Sample Immuno Calm Progression Phase 1-2

**Breakfast
Lunch
Dinner**

Proteins: Palm of your hand, thickness of pinky

Yogurt	Pistachio/butter	Scallop	American cheese	Walnut/butter
Collagen (beef)	Crab	Turkey	Tuna	Coconut/yogurt
Egg white	Halibut	Codfish	Pecan/butter	Rainbow trout
Goat's milk	Cashew/butter	Almond/butter	Sesame/tahini	Shrimp
Salmon	Cow's milk	Sunflower seed/butter	Beef	Clam
Catfish	Lamb	Egg yolk	Venison	Whey
Cheddar cheese	Cottage cheese	Peanut/butter		

**Breakfast
Lunch
Dinner**

Carbohydrates: 1/2 size of your fist (can replace with a fruit)

Corn	Black bean	Lentil	Oat	Spelt
Soybean	Barley	Amaranth (grain)	Green pea	Sweet potato
Tapioca	Cassava	Yucca	Rice	Garbanzo bean
Chick peas	White potato	Hops	Kamut	Butternut squash
Millet	Mung bean	Lima bean	Navy bean	Buckwheat
Wheat	Quinoa	Rye	Pinto bean	

**Breakfast
Lunch
Dinner**

Fruits: 1/2 size of your fist

Banana	Apple	Mango	Cherry	Blueberry
Strawberry	Apricot	Cantaloupe	Date	Raspberry
Papaya	Honeydew melon	Plum	Grapefruit	Grape
Pear	Peach			

**Breakfast
Lunch
Dinner**

Vegetables: unlimited.....1/2 of your plate

Green Asparagus	Green Cabbage	Radish	Tomato	Romaine lettuce
Celery	Swiss chard	Zucchini	Eggplant	Bell pepper
Leek	Green bean	Jalapeño	Beet	Yellow onion
Brussels sprouts	Kale	Carrot	Mushroom	Bok choy
Scallions	Cucumber	Spinach	Broccoli	

**Breakfast
Lunch
Dinner**

Fats: nuts small handful, oils tbsp

Ghee	Clarified butter	Pistachio/butter	Walnut/butter	Flaxseed
Avocado/oil	Coconut/oil	Pecan/butter	Cashew/butter	Almond/butter
Sesame/tahini	Sunflower seed/butter	Olive oil	Peanut/butter	

Herbs/Flavor Enhancers:

Himalayan sea salt	White distilled vinegar	Cane sugar	Turmeric	Maple
Coriander seed	Vanilla	Coffee	Carob	Paprika
Tea	Cayenne pepper	Mustard seed	Cardamom	Cinnamon
Rosemary	Cumin	Sage	Lemon	Peppermint
Black pepper	Dill	Ginger	Garlic	Tamarind
Oregano	Yeast-baker's/brewer's			