

6 WEEK IRON CORE NUTRITION PLAN

Protein

170g Lamb
170g Duck
170g Oysters
170g Venison
170g Skinless Chicken Breast
170g 99% Lean Turkey Breast
170g Wild Salmon
170g Clams
170g Goose

Fats

1.5 TB. Coconut Oil
1.5 TB Avocado Oil
1.5 TB Extra Virgin Olive Oil
0.5 Medium Avocado

Carbs

0.5 Cup Cooked Quinoa
0.5 Cup Cooked Brown Rice
0.5 Cup Cooked White Rice
0.75 Cup Mash Sweet Potato
0.75 Cup Yams
0.75 Cup Blueberries
0.75 Cup Raspberries
0.75 Cup Strawberries
0.75 Cup Melon
0.75 Cup Pineapple
0.75 Cup Grapes
0.75 Cup Cherries
1 Small Banana
2 Cup Pumpkin
2 Cup Turnips
2 Cup Parsnips
2 Cup Winter Squash
0.5 Cup Cooked Wild Rice

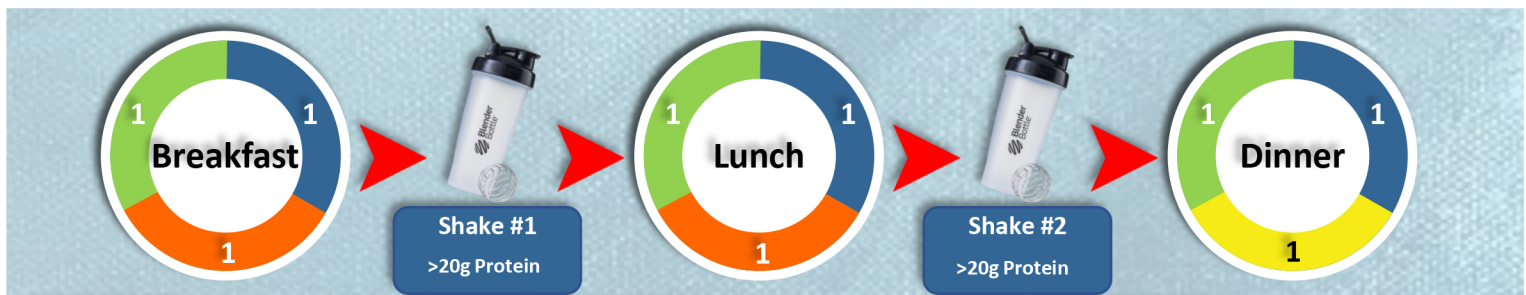
Veggies

1 Cup String Beans
1 Cup Celery
1 Cup Artichoke
1 Cup Spinach
1 Cup Collard Greens
1 Cup Cucumber
1 Cup Beets
1 Cup Kale
1 Cup Lettuce
1 Cup Water Cress
1 Cup Zucchini

Spices/Seasonings

Allspice	Cumin
Basil	Ginger Powder
Bay Leaves	Nutmeg
Black Pepper	Oregano
Cinnamon	Thyme
Cloves	Turmeric
Coriander	

Handful of:
Ginger Root
Parsley
Cilantro



What is this plan?

This plan is not meant to starve you skinny. Instead, it's actually designed to eliminate any foods that are causing you:

Poor Sleep Quality
Gas

Indigestion
Upset Stomach

Bloating
Fatigue

Belly Fat
Hormone Imbalance

By taking out certain foods from your diet, your body will be able to properly absorb the RIGHT foods and actually give you the results you have been wanting. Look at it as a 'reset' diet.

The foods list given are meant to substitute the macronutrients you are currently eating.

What does that mean?

For example, if you are counting macros and currently eating 45g FAT/120g CHO/100g PRO per day, you will still eat those same macros! It is the food sources we are changing here, not the quantity of food!