

Dr. Jay's Grocery Checklist

What to eat and what to avoid when healing

✗ FATS TO AVOID

- ✗ *TransFat*
- ✗ *Safflower Oil*
- ✗ *Soybean Oil*
- ✗ *Corn Oil*
- ✗ *Cottonseed Oil*
- ✗ *Canola Oil*
- ✗ *Anything Hydrogenated*
- ✗ *Margarine*

✓ HEALTHY FATS TO CONSUME

- Olive Oil*
- Avocado Oil*
- Coconut Oil*
- Hempseed Oil*
- Real Butter (Raw or Kerrygold)*
- Coconut Flakes*
- MCT oil 100% from coconut*
- Nuts*
- Whole Milk*
- Seeds (chia, hemp)*
- Fatty Fish like salmon*
- Grass-Fed Meat*
- Coconut Milk*
- Organic Cheese*
- Yogurt*
- Eggs*

DR. JAY DAVIDSON SIMPLIFYING COMPLEX CONDITIONS