

Dr. Jay's Grocery Checklist

What to eat and what to avoid when healing



FATS TO AVOID



Trans Fat



Anything Hydrogenated



Soybean Oil



Corn Oil



Safflower Oil



Cottonseed Oil



Canola Oil



Margarine



HEALTHY FATS TO CONSUME



Olive Oil



Avocado Oil



Coconut Oil



Coconut Milk



Hempseed Oil



Real Butter
(Raw or Kerrygold)



Coconut Flakes



MCT or 80/20
Pure coconut



Nuts



Seeds
(chia, hemp)



Grass-fed
Meat



Eggs



Organic
Cheese

*Always be cautious
of cow's milk



Yogurt

*Always be cautious
of cow's milk



Whole Milk

*Always be cautious
of cow's milk



Fatty Fish
like Salmon

**DR. JAY
DAVIDSON**

SIMPLIFYING
COMPLEX
CONDITIONS