(All organic)

Avacado, berries, squash, cucumber, all lettuce but iceberg, coconut, cherry tomatoes, garbanzo beans (in moderation) very small amounts of pears or apples if they are high in fiber and low and sugar. They will tend to be smaller and more bitter if it tastes very sweet then it's full of sugar. It's easier to avoid most sugar fruits if possible and try to focus on berries if you're looking for the benefits of fruit without getting blood sugar spikes. Don't believe the fructose myth if it's fructose it still affects your blood sugars look up high fructose corn syrup.

Hemp hearts, pumpkin seeds, walnuts, Brazil nuts, tehini, hazelnuts. Try to soak overnight in water if possible then dry or bake low temp (for better digestion)

Stir fry:

Bell pepper, red onion, ginger, yellow squash, squash varieties, baby/bok choy (add wild meat if needed)

Wild meat only in moderation; wild salmon (frozen only) venison (deer) elk, bison

Herbs (alkaline) Dill, oregano, onion powder, Cayenne, basil, crushed pepper.

Salt and sweetners. All on my Amazon list in bio Jacobsen sea salt, organic stevia leaf extract, organic monk fruit POWDER.

https://www.amazon.com/shop/primaldadtruther

No dairy, no gluten, no seed oils, no sugar, no high carbohydrate, no acidic Meats or animal products, no bug spray, no acidic plants, no heavy metals (root veg.) Least modified as possible.

If foods are not on this list then ask yourself why they are not. There's a reason I made this list. It's not to be perfect or to be only specific to this, but this is what I eat. This list is only for reference purposes only I do not recommend anybody to have to or choose to stick to only eating these foods but these foods are (EASY TO DIGEST) if you have leaky gut (most don't know they do). This list is vitamin and nutrient packed and give just about everything you need to function as far as omega-3s, Vitamin d, vitamin b12, calcium, iron, essential amino acids, high in fiber, raw plant enzymes, high, clean plant protein (if you believe you need it), healthy fats, and much more from just the select Foods.

If you were to pick a method I would choose to consume these Foods every other day or every couple days off and on whatever you can find that works for you but make sure you're spending at least one or two or days out of the week fasting in the more the better.