

mitochondrial support and energy production

Mitochondrial function is at the root of metabolic disease. The foods listed below prioritise electrolytes as well as the B vitamins that are critical to energy production. From a macronutrient perspective, these foods are 34% protein, 14% fat and 35% net carbohydrates.

vegetables

- spinach
- coriander
- Chinese cabbage
- lettuce
- amaranth leaves
- watercress
- chicory greens
- asparagus
- endive
- zucchini
- okra
- chard
- mushroom
- parsley
- arugula
- shiitake mushroom
- yeast extract spread
- chives
- broccoli
- seaweed
- celery
- escarole
- cauliflower
- beet greens
- mung beans
- alfalfa
- mustard greens
- cabbage
- summer squash
- radishes
- sauerkraut
- banana pepper
- artichokes
- snap beans
- pickles
- cucumber
- collards
- turnip greens
- Brussel sprouts
- radicchio
- onions
- red peppers

- turnips
- kale
- red cabbage
- chayote
- spirulina
- eggplant
- pumpkin
- rhubarb
- peas
- pinto beans
- jalapeno peppers
- soybeans
- butternut squash
- edamame
- beets
- carrots
- turnips
- winter squash
- lemongrass
- leeks

spices

- basil
- dill (fresh)
- tarragon
- paprika
- marjoram
- sage
- thyme
- bay leaf
- dill seed
- cumin
- cloves
- caraway seed

offal

- liver
- heart
- kidney

animal products

- veal
- chicken breast

- pork shoulder
- sirloin steak
- kefir
- ground beef
- pork chops
- leg ham
- ground pork
- veal loin
- cream cheese
- protein powder
- frankfurter
- lamb
- turkey
- protein powder
- chuck steak
- pastrami (fat-free)

seafood

- halibut
- salmon
- crab
- pollock
- sturgeon
- fish roe
- white fish
- rockfish
- haddock
- cod
- conch
- oysters
- crayfish
- lobster
- anchovy
- mussel
- trout
- octopus
- caviar
- flounder
- shrimp
- starfish
- whiting