

Flourish Food

The Flourish Food is a fantastic choice for anyone who wants to lose weight, improve brain function and physical endurance or live life with top notch health.

This food program is healthy because it eliminates "unhealthy" foods and focuses on eating naturally occurring foods, the same stuff that our distant ancestors hunted and gathered. The way God intended!

We have developed ways to mass produce foods with machinery and other similar methods. Long gone are the days of hunting animals and gathering nuts and seeds.



The foods we mass produce are typically rich in carbohydrates. We're talking about wheats, grains, sugars, and dairy. Some popular foods we can make from these ingredients are pasta, pizza, cereal, rice, pastries, candy, and ice cream. While these foods taste very good, they are unfortunately the leading cause of diseases all over the world.

Our bodies are not genetically well-adapted to these foods. These types of foods are the leading cause of diseases we see today that we never saw before. Diseases like type 2 diabetes, heart disease, osteoporosis, Alzheimer's, Parkinson's, auto-immune disease, and much more. And let's not forget, the big one, OBESITY.

Flourish Food is all about getting away from eating that "man-made" carbohydrate rich food, and getting back to the way we used to eat, the right way. You can expect many health benefits from choosing Flourish Food. Think of being extremely healthy, vibrant, alert, alive and strong! Your immune system will be the strongest it has ever been, and you will fight off many diseases naturally, and likely live a lot longer.

Top Flourish Food Tips

1. Eat lots of animal protein: Meats, poultry, eggs, pork, animal organs, fish and shellfish.
2. Eat Vegetables: Eat all varieties, cooked or raw.
3. Limit fruits for weight loss: If your goal is to lose weight, limit or don't eat fruit until ideal weight is achieved.
4. Limit sugar, wheat, corn, potato carbohydrates: The lower your carbohydrate intake, the quicker the weight loss.
5. Eat whenever you are hungry: Eat until satisfied, never over.
6. Fats are good: Don't fear them, they provide your body, heart and brain energy!

Foods You Can Eat

Meats

Beef (All steaks, flank, ground beef, veal, lamb, ribs)

Poultry (Chicken, turkey, goose)

Pork (Pork loin, pork chop, bacon)

Game Meat (Bison, rabbit, bear, goose, emu, goat, quail, deer, boar, venison, turtle, rattlesnake, squab, alligator, caribou, duck, ostrich, kangaroo, pheasant, woodcock)

Fruits

Apple, apricot, avocado, banana, blackberries, boysenberries, blueberries, cantaloupe, cranberries, coconuts, cherries, cherimoya, cranberries, dates, figs, gooseberries, grapefruit, grapes, guava, honeydew, kiwi, lemon, lime, lychee, mango, nectarine, orange, papaya, passion fruit, pears, pineapple, peaches, persimmon, plums, pomegranate, raspberries, rhubarb, tangerine, and watermelon.



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Vegetables

Artichokes, asparagus, broccoli, Brussels sprouts, beets, beet greens, bell peppers, carrots, collard greens, cabbage, chicory, cucumbers, endive, leeks, eggplant, kale, kohlrabi, mushrooms, mustard greens, onions, parsley, parsnip, hot peppers, rapini, radicchio, pumpkin, purslane, radish, cauliflower, rutabaga, okra, celery, seaweed, spinach, squash, dandelion, Swiss chard, tomatoes, turnip, watercress, arugula, bok choy, parsnips, rutabaga, sweet potatoes, yams, cassava, and zucchini.



Fish & Shell Fish

Bass, bluefish, cod, drum, eel, flatfish, grouper, haddock, halibut, herring, mackerel, monkfish, mullet, northern pike, roughy, perch, red snapper, rockfish, salmon, sardines, scrod, shark, sunfish, swordfish, tilapia, trout, tuna, turbot, walleye, sole, anchovy, turbot, all fish! Abalone, clams, crab, crayfish, lobster, mussels, oysters, scallops, and shrimps.

Nuts & Seeds

Almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pistachios, pine nuts, pecans, sesame seeds, sunflower seeds, pumpkin seeds, and walnuts.

Oil & Fats

Avocado oil, flaxseed oil, olive oil, walnut oil, ghee (butter), coconut oil, lard, duck fat, veal fat, lamb fat, tallow, and nut butters.



Eggs

Duck, chicken, goose, quail, all eggs.

Herbs & Flavor Enhancers

Thyme, parsley, lavender, basil, rosemary, chives, mint, tarragon, oregano, sage, dill, coriander, bay leaves, onions, garlic, ginger, hot peppers, black peppers, mustard seeds, fennel seeds, star anise, cayenne peppers, cumin, vanilla, cloves, chilies, paprika, nutmeg, cinnamon, turmeric, etc.

Beverages

Coffee, tea, spirits, wines, beer, and water.

Foods You Should Not Eat!

- ❑ **Dairy:** (cheese, processed butter, creamers, all milks, yogurt, ice cream, etc.)
- ❑ **All Grains, Wheats, and Doughs:** (cereal, pasta, pizza, corn, oats, barley, rice, flour, all breads, chips, noodles, cookies, muffins, and potatoes).
- ❑ **Legumes:** Black eyes peas, chickpeas, pinto, lentils, miso, peas, peanuts, snow peas, sugar snap peas, soy.
- ❑ **Sweets** (all processed sugars): All candy, chocolate, honey, chips, etc. If you are craving sugar, choose the darkest chocolate you can find (70% or higher) and eat a small amount of that. It's the healthiest way to calm a sugar craving!

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