

Eat for your Genes – APOE4

DEER APPROVED!

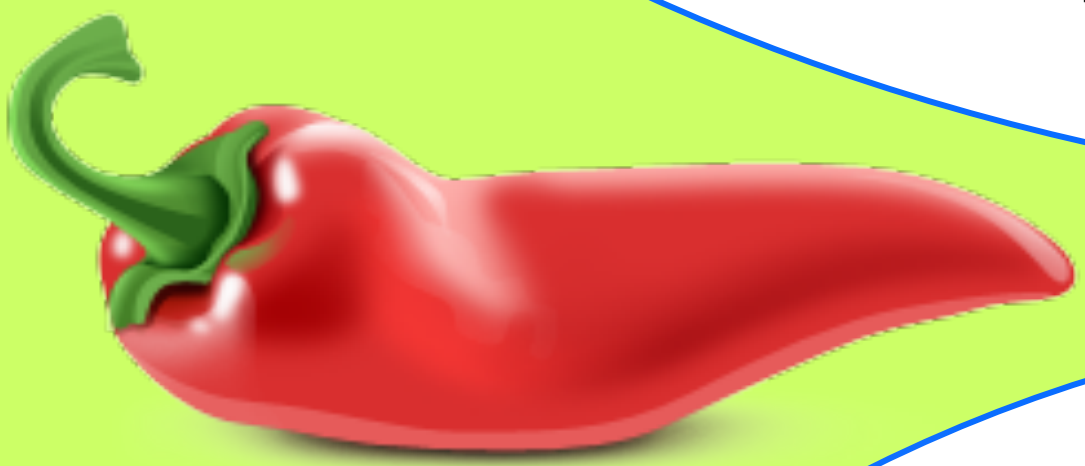
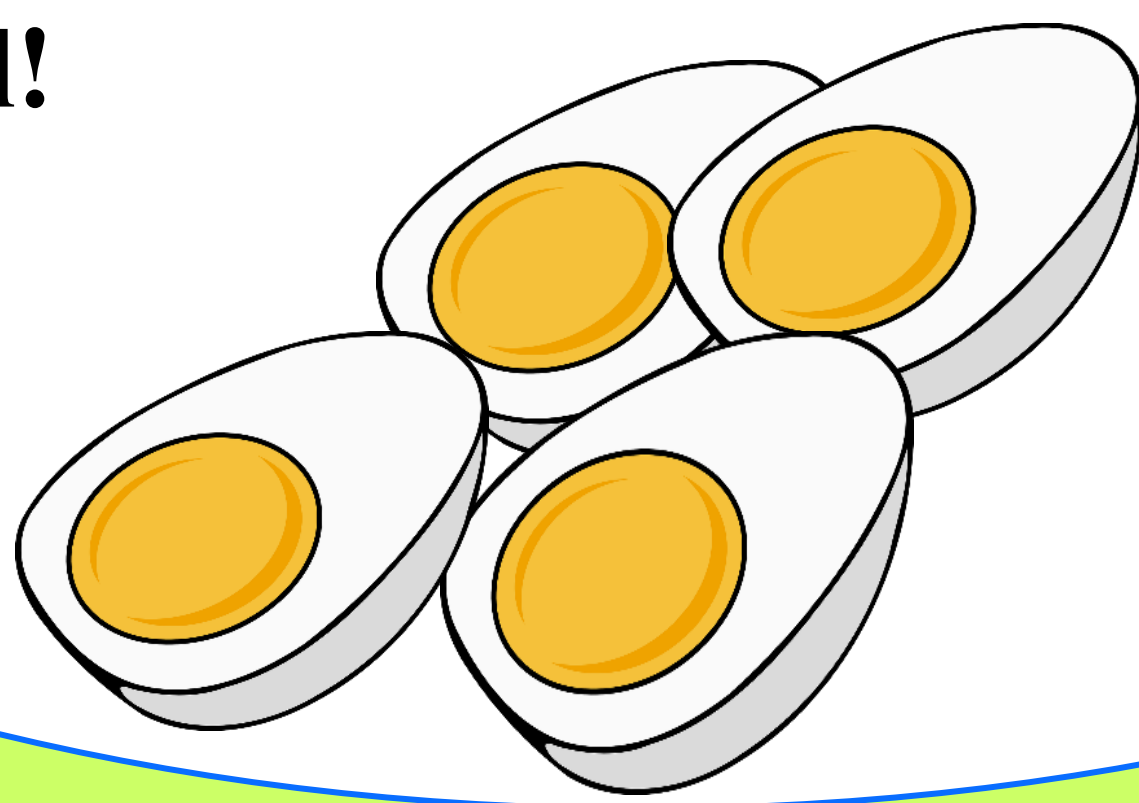
Deer are Herbivores and so are APOE4 people

40% of your plate is protein & fat 60% complex carbohydrates

OVO PROTEIN

EGGS

- Eggs are the most perfect protein
- Eat both the yolk and the whites
- Eating Cholesterol does not increase your cholesterol!



HEALTHY FATS/PROTIENS

(In Moderation)

OLIVE OILS ▪ AVOCADOS ▪ OLIVES
GRASS FED MEAT ▪ FREE RANGE CHICKEN
▪ COCONUT MILK ▪ AVOCADO OIL ▪ FISH ▪
ALMOND MILK ▪ SEEDS ▪
NUTS AND NUT BUTTERS



VEGAN AND VEGETARIAN PROTEIN

HIGHEST PROTEIN VEGETABLES

Asparagus ▪ Mung Bean Sprouts ▪ Broccoli ▪
Spinach ▪ Brussels Sprouts

CHICKPEA PROTEIN POWDER

CHIA SEEDS, FLAX, WALNUTS, ALMONDS
AVOCADOS, NUTS AND SEEDS

LOWER CARB BEANS/LEGUMES

Green Beans ▪ Chickpeas
Lentils, Black-eyed Peas, and Kidney Beans
(in moderation if you have inflammation)

Fruits, Starchy Veggies & Grain (limit quantities)

Berries ▪ Apples ▪ Citrus Fruit ▪ Pears
Plums ▪ Peaches ▪ Nectarines
Carrots ▪ Sweet Potatoes ▪ Beets
Oats ▪ Quinoa ▪ Barley ▪ Rice ▪ Millet

