

NATURE'S INTENT: Simple Food Guide

A Science-Based Approach to Eating

CORE PHILOSOPHY

"Live foods for a living body. Fresh is best."

Nature designed humans as omnivores optimized for animal products and fruits. This approach aligns with evolutionary biology, nutrient density, and anti-inflammatory principles. By eating what our bodies were designed to process, we support optimal health, gut healing, and disease prevention.

GO FOODS (Eat Freely)

PRIMARY FOODS (70-80% of diet)

ANIMAL PROTEINS

- ✓ Grass-fed beef, lamb, bison
- ✓ Organ meats (liver, heart, kidney) - nutrient powerhouses
- ✓ Poultry (chicken, turkey, duck) - preferably free-range
- ✓ Pork (uncured, quality sources)
- ✓ Eggs (pasture-raised preferred)
- ✓ Bone broth (homemade ideal)

SEAFOOD - (Avoid Allergies)

- ✓ Fatty fish (salmon, sardines, mackerel, trout)
- ✓ Shellfish (oysters, shrimp, crab, lobster, mussels)
- ✓ White fish (cod, haddock, tilapia, halibut)
- ✓ Tuna

DAIRY (if tolerated)

- ✓ Full-fat milk
 - ✓ Yogurt (plain, full-fat)
 - ✓ Cheese (aged varieties often better tolerated)
 - ✓ Cottage cheese
 - ✓ Butter and ghee
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SECONDARY FOODS (20-30% of diet)

FRUITS (for energy, fiber, vitamins) - (Avoid Allergies)

- ✓ Berries (blueberries, blackberries, raspberries, strawberries)
- ✓ Citrus (oranges, lemons, limes, grapefruit)
- ✓ Apples, pears
- ✓ Bananas
- ✓ Avocados
- ✓ Papaya, mango
- ✓ Grapes, cherries
- ✓ Melons
- ✓ Dates, prunes, raisins (in moderation)
- ✓ Coconut

"FRUITS" OFTEN CALLED VEGETABLES (Avoid Allergies)

- ✓ Tomatoes
 - ✓ Cucumbers
 - ✓ Squash (zucchini, butternut, etc.)
 - ✓ Bell peppers
 - ✓ Eggplant (nightshade - some may be sensitive)
 - ✓ Okra
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OCCASIONAL TREATS

- ✓ Raw honey (small amounts)
 - ✓ Dark chocolate (70%+ cacao)
 - ✓ Sunflower Seeds
 - ✓ Pumpkin Seeds
 - ✓ Other fruit-based Seeds
 - ✓ Maple syrup (minimal use)
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HEALTHY FATS

- ✓ Animal fats (tallow, lard, duck fat)
 - ✓ Butter and ghee
 - ✓ Avocado oil
 - ✓ Coconut oil
 - ✓ Olive oil (cold-pressed, for finishing)
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NO-GO FOODS (Avoid/Eliminate)

GRAINS (all types - inflammatory, anti-nutrients)

- x Wheat, barley, rye
- x Oats
- x Rice (white and brown)
- x Corn
- x Quinoa
- x All bread, pasta, cereals, crackers
- x Tortillas, wraps

LEGUMES (anti-nutrients block absorption)

- x Beans (black, kidney, pinto, navy, etc.)
- x Lentils
- x Chickpeas
- x Peas
- x Peanuts
- x Soy products (tofu, soy milk, edamame)

PROCESSED/REFINED FOODS

- x Refined sugar
- x High fructose corn syrup
- x Candy, cookies, cakes
- x Processed snack foods
- x Fast food
- x Frozen dinners
- x Deli meats with preservatives

VEGETABLE/SEED OILS (inflammatory)

- x Canola oil
- x Soybean oil
- x Corn oil
- x Safflower/sunflower oil
- x Cottonseed oil
- x Margarine

PROBLEMATIC VEGETABLES (anti-nutrients, goitrogens, lectins)

- x Cruciferous vegetables (kale, broccoli, cauliflower, Brussels sprouts, cabbage, bok choy)
- x Spinach (high oxalates)
- x Swiss chard
- x Beet greens

- ✗ Raw potatoes
- ✗ Celery (high pesticides, minimal nutrition)

MISCELLANEOUS

- ✗ Artificial sweeteners
 - ✗ Most nuts
 - ✗ "Diet" foods
 - ✗ Protein bars (most contain problematic ingredients)
 - ✗ Fortified/enriched foods
 - ✗ Soda and carbonated drinks
 - ✗ Alcohol (or minimal)
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KEY PRINCIPLES

EAT WHEN HUNGRY

- No calorie counting
- No rigid meal timing
- Eat until comfortably satisfied (not stuffed)
- Limit or eliminate snacking between meals (it will soon be unnecessary)

MEAL STRUCTURE

- **Start with animal proteins first** (most nutrient-dense)
- Add fruits if desired or consume fruits as dessert
- Drink water between meals (ideally not during)

QUALITY MATTERS

- Choose grass-fed, pasture-raised, wild-caught when possible
- Organic fruits when budget allows
- Minimize or eliminate processed foods
- Fresh is always better than preserved

SUPPLEMENTATION (only for gaps)

- Magnesium (most people deficient)
- Vitamin D3 + K2 (MK-7)
- Iodine (if not consuming seafood regularly)
- Zinc + copper (if needed)
- B12 (if gut issues present)

WHY THIS WORKS

NUTRIENT DENSITY

Animal products provide complete proteins, bioavailable vitamins (B12, D3, K2), essential minerals (zinc, iron, iodine, selenium, sulfur), and healthy fats—all without anti-nutrients.

ANTI-INFLAMMATORY

Eliminates grains, seed/vegetable oils, and high-lectin foods that drive chronic inflammation.

GUT HEALING

Removes compounds that damage intestinal lining (lectins, phytates, saponins, goitrogens). FYI: bone broth and animal proteins support gut repair.

OPTIMAL ABSORPTION

Without phytates and oxalates blocking minerals, your body can actually absorb nutrients.

METABOLIC HEALTH

Stable blood sugar, reduced insulin resistance, natural weight regulation.

EVOLUTIONARY ALIGNMENT

Matches the diet humans thrived on for millions of years... not the agricultural grain-based diet of the last several centuries years.

SAMPLE DAY

BREAKFAST

- Eggs (3-4) cooked in butter
- Bacon or sausage
- Berries or half an avocado

LUNCH

- Grilled salmon or chicken thighs
- Small side of fresh fruit (apple, orange)

DINNER

- Grass-fed steak or lamb chops
- Bone broth or liver (if desired)
- Roasted butternut squash or tomato salad

OPTIONAL SNACK (if truly hungry)

- Hard-boiled eggs
 - Sardines
 - Berries with full-fat yogurt
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EXPECTED BENEFITS

SHORT-TERM (Days to Weeks)

- Increased energy and mental clarity
- Reduced bloating and digestive issues
- Better sleep quality
- Improved mood stability

MEDIUM-TERM (Weeks to Months)

- Weight normalization
- Reduced inflammation
- Improved skin health
- Better immune function
- Gut healing

LONG-TERM (Months to Years)

- Reduced chronic disease risk
 - Optimal nutrient status
 - Metabolic health
 - Cognitive performance
 - Longevity support
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IMPORTANT NOTES

1. **Initial Adaptation:** Some may experience a "healing reaction" in the first 1-2 weeks as the body adjusts and gut begins healing. This is normal.
2. **Gut Health Priority:** If you have existing digestive issues, focus heavily on bone broth, well-cooked meats, and easily digestible fruits initially.
3. **Individual Variation:** While these principles apply broadly, fine-tune based on personal response. Some people tolerate more dairy or certain fruits better than others.
4. **Not a Quick Fix:** This is a sustainable lifestyle approach, not a short-term diet. Results compound over time.
5. **Hydration:** Drink plenty of fresh water throughout the day (just not during meals).
6. **Sun Exposure:** Get regular sunlight for vitamin D synthesis and sulfur metabolism.
7. **Movement:** Regular physical activity supports nutrient utilization and metabolic health.

DISCLAIMER

This guide is based on the Nature's Intent philosophy and is for educational purposes only. It is not medical advice. Consult with a qualified healthcare professional before making significant dietary changes, especially if you have existing health conditions or take medications.

Dr. David M. Robertson is a health researcher and educator, not a physician, dietitian, or nutritionist.

"Nature's intent is clear when you know where to look. Follow the clues written in your physiology, not the trends written in magazines."

— **Dr. David M. Robertson**

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