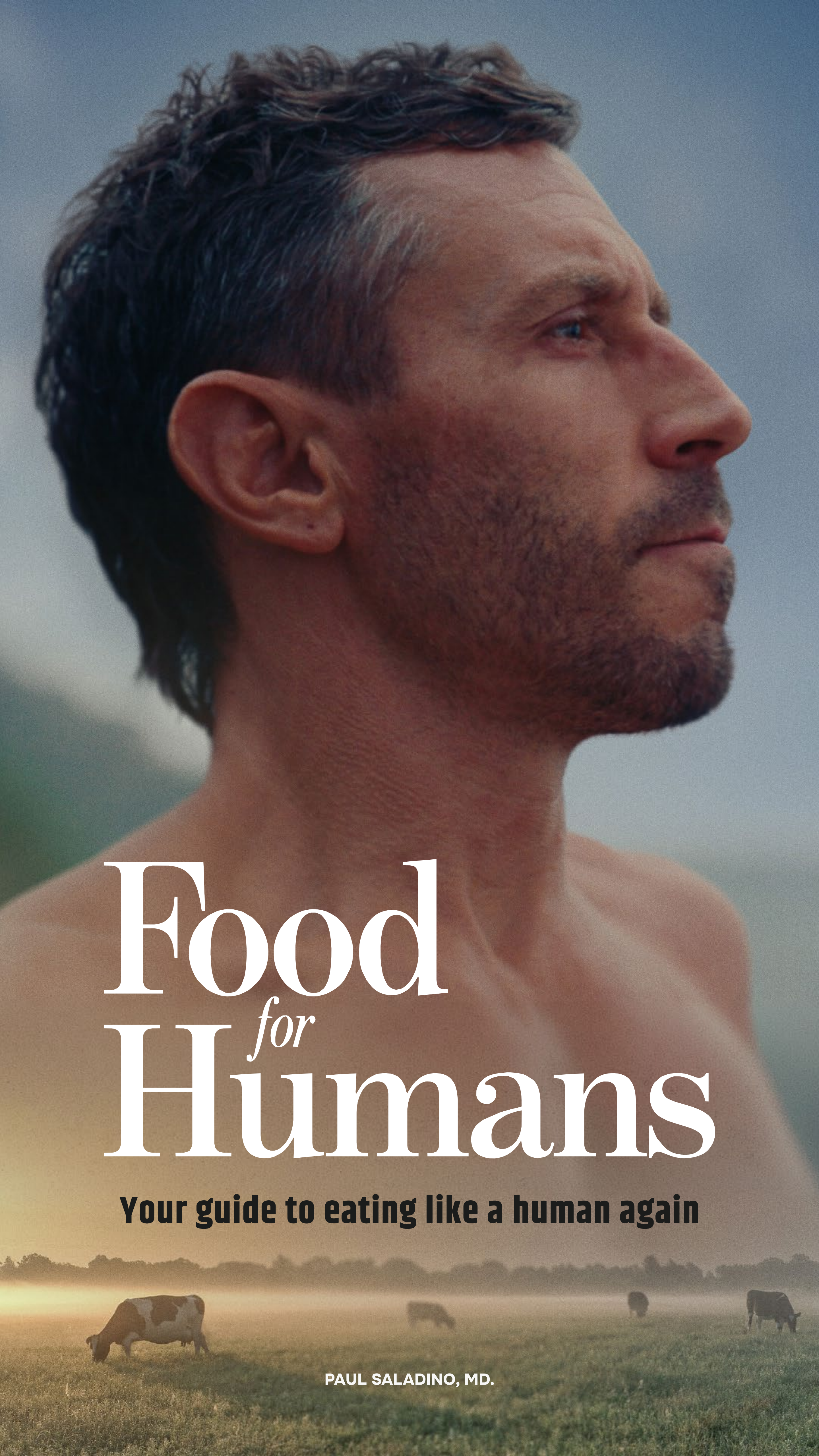


A composite image featuring a man's profile in the upper half and a farm scene in the lower half. The man has dark, curly hair and a beard, looking upwards against a clear blue sky. The lower half shows a misty farm scene at sunrise or sunset, with several cows grazing in a field.

Food *for* Humans

Your guide to eating like a human again

PAUL SALADINO, MD.

Why?

The Purpose

The quality of your human experience is **directly tied** to the quality of your food.



Most people are suffering with no visible signs — low energy, brain fog, bad skin, poor sleep, creeping weight gain — and they've been told it's normal. It's not. It's a mismatch between what your body was built to eat and what you're actually eating.

Food for Humans is the most flexible framework — designed for people who want to maximize variety, resilience, and vitality. It's not about restriction. It's about *knowing which inputs your body thrives on* — and having the tools to experiment, adapt, and optimize for yourself.

You Are Here

Food For Humans

The flexible framework

*Broad hierarchy of foods.
Experiment with tolerance.
Maximize variety. Great for people who are generally healthy and want to eat better.*

Animal-Based

The structured protocol

*Defined framework. Removes the most problematic plant foods.
For people with unresolved symptoms, or those who want a clear protocol without guessing.*

Carnivore Reset

The diagnostic tool

Start simple. Remove all plant foods. Find your answers.

Why?

Signals you're missing

People often miss the connection between these everyday symptoms and the foods they're eating. Your body is always talking. These are the signals most people ignore:

Skin

Eczema, acne, psoriasis, rashes

Often triggered by wheat, eggs, dairy, nightshades or oxalates.

Energy

Afternoon crashes, brain fog, fatigue

Often tied to blood sugar spikes from grains and processed carbs. Poor underlying metabolic health, nutrient deficiencies, and caffeine rollercoaster.

Digestion

Bloating, gas, IBS, acid reflux

Lectins, saponins, and fiber overload from grains, legumes, kale and broccoli.

Joints

Stiffness, inflammation, chronic pain

Nightshades and seed oils are common culprits.

Mood

Anxiety, irritability, depression

Gut-brain connection — inflammation in the gut shows up in the mind.

Sleep

Poor quality, waking at 3am, unrefreshing

Blood sugar instability and cortisol dysregulation from processed food, histamine.

Weight

Creeping gain, stubborn belly fat

Seed oils disrupt metabolic signaling; processed food overrides satiety.

Hormones

Low libido, irregular cycles, low testosterone

Nutrient deficiencies + endocrine disruptors in processed food, lack of sleep.

Food for Humans gives you a framework to **experiment, identify your triggers, and optimize**. Everyone's body is different — your genes, your gut, your environment all shape which foods work for you. This isn't a prescription. It's a toolkit for self-discovery.

How?

Actionable steps

1

Single Ingredients + Great Grandmother rule for labels

If your great-grandmother wouldn't recognize it, don't eat it. Read the label — do you recognize every ingredient? If you don't, skip it. Beef, eggs, berries, butter, salt. That's real food.

Avoid: 20-ingredient label 👎

Eat: 5 real foods on a plate 👍

2

Focus on Animal Foods + Quality Carbs

Muscle meats (fish, beef, pork, chicken, etc.), organs, and eggs as your foundation. Fruit, grains, legumes, honey, and full fat dairy as your carbohydrate sources. Animal fats for cooking. This is the nutritional core your body was built for.

Avoid : Cereal + skim milk 👎

Eat: Eggs + ground beef + berries + butter 👍

3

Ditch Processed Foods

Seed oils, refined sugar, and ultra-processed food are inputs your body doesn't recognize. They can impair satiety signaling and lead to over eating. Removing these three categories creates more change than any supplement or protocol.

Avoid: Granola bar, soda 👎

Eat: Tallow, beef jerky + apple, water 👍

4

Be Mindful of Sensitivities

Pay attention to how foods make you feel. Skin flaring after tomatoes? Brain fog after rice? Joint pain after nuts? Your body gives you signals — the framework teaches you to listen.

Track symptoms - Remove suspects - Reintroduce one at a time - Build YOUR map

What?

Fuel for health - 7 day meal plan

If you are going to eat grains they should be sprouted or fermented.

Monday

Morning

Eggs, over-easy, cooked in butter.
Blueberries and banana

Midday

Burger patties (no bun), avocado, apple

Evening

Grilled ribeye, roasted sweet potato with butter & salt

Tuesday

Morning

Sourdough toast with avocado and **scrambled eggs**

Midday

Leftover steak with sliced apple, grapes

Evening

Lamb meatballs, roasted squash drizzled with honey

Wednesday

Morning

Scrambled eggs with left over roast vegetables. Side of Mango

Midday

Left over chicken sandwich with avocado on sourdough

Evening

Pan-seared Salmon, white rice, butter

Thursday

Morning

Eggs + bacon (no seed oils), mango

Midday

Leftover roast on **sourdough**

Evening

Pan-seared salmon, white rice, butter

Friday

Morning

1-2 hard boiled eggs and breakfast smoothie - whole milk, avocado, berries, honey

Midday

Cheeseburgers with lettuce wrap, sliced melon and apple

Evening

Strip streak with peeled, boiled potatoes with sour cream and cheese

Saturday

Morning

Eggs benny on beef patty, sliced strawberries and banana

Midday

Leftover steak, parmesan cheese with apple

Evening

Lamb chops, roasted with root vegetables

Sunday

Morning

Banana pancakes: egg + banana + honey in butter

Midday

Tuna + avocado, sourdough toast

Evening

Pot roast, sweet potato mash, bone broth

Weekly shopping list

Reload, restock, replenish.

Proteins



- ☐ Ground beef (1 lb) — grass-fed
- ☐ Ribeye steaks (1)
- ☐ NY strip steak (1)
- ☐ Lamb chops (0.5 lb)
- ☐ Fish fillets (1 lb)
- ☐ Chicken (1 lb)
- ☐ Eggs — 1 dozen, corn/soy-free

Fruits



- ☐ Berries (2 pints)
- ☐ Bananas (1 bunch)
- ☐ Apples (4)
- ☐ Oranges (4)
- ☐ Mango (2)
- ☐ Melon (1)
- ☐ Squash (1 small, 1/2 large)
- ☐ Seasonal fruit — whatever's fresh

Dairy (if tolerated)



- ☐ Butter (0.5 lbs) — grass-fed
- ☐ Raw* cheese
- ☐ Sour cream
- ☐ Full fat milk (if available)

**Raw is an option if you tolerate it and have access. If not, opt for grass fed dairy*

Cooking Fats



- ☐ Beef tallow
- ☐ Ghee
- ☐ Animal fats
- ☐ Extra virgin olive oil (not to cook with, for dressing or finishing)

Carbs & Grains



- ☐ Sweet potatoes (4)
- ☐ White potatoes (4) — peel + boil
- ☐ Squash (1)
- ☐ Carrots (1 bag)
- ☐ White rice (1 bag) — soak + wash
- ☐ Oats — soak overnight or sprout
- ☐ Sourdough bread — long-fermented

Pantry



- ☐ Raw honey
- ☐ Sea salt
- ☐ Bone broth — no seed oils!
- ☐ Herbs — rosemary, thyme, basil

Budget hack: Ground beef is the most affordable, versatile protein on Earth. 3lb of ground beef, 1 dozen eggs, butter, seasonal fruit, and honey — that's a full week of real food.

Food for humans framework

The complete breakdown

Animal Foods

- 

Grass-Fed Beef
- 

Pasture-Raised Eggs
- 

Lamb & Bison
- 

Pastured Pork
- 

Organ Meats
liver, heart, kidney
- 

Wild Caught Fish
salmon, sardines, shellfish
- 

Pastured Chicken
- 

Bone Broth

Approved Carbs - Fruit, Honey & Raw Dairy

- 

Berries
- 

Squash
- 

Tropical Fruit
- 

Herbs
rosemary, thyme, basil, mint
- 

Citrus
- 

Butter & Ghee
- 

Banana
- 

Olives
- 

Apples & Pears
- 

Coconut
- 

Melon
- 

Raw Milk*
- 

Raw Honey
- 

Raw Cheese
- 

Avocado
- 

Kefir

**If you don't want to consume raw dairy, grass-fed dairy can be used as an option.*

Included — Prepare Mindfully

Soak, sprout, ferment, peel, or cook well*

- 

White Rice
soak + wash
- 

Lettuce
usually well-tolerated
- 

Oats
soak, sprout, or ferment
- 

Alliums
onion, garlic, leek
- 

Sourdough Bread
long fermentation
- 

Mushrooms
- 

Sweet Potato
peel + cook
- 

Fermented Veg
sauerkraut, pickles
- 

White Potato
peel + boil 25 min
- 

Legumes
soak + cook thoroughly
- 

Carrots
- *These foods contain defense chemicals. The tolerance to those chemicals vary from one individual to another. Be sure to cook with the right protocol.*

Things to consume carefully

These are the foods that commonly cause problems

Caution — Test & Monitor

Possible sensitivities -if you do fine with these, great! If you have symptoms, be aware that these can be triggers for some people.



Nightshades

Tomato, pepper, eggplant — watch for skin/joint flares



Nuts

Start with macadamia — high oxalate risk*



Leafy Greens

kale, chard, spinach — oxalates, goitrogens



Seed Spices

cumin, coriander, pepper — test tolerance



Beans & Grains

black beans, chickpeas, lentils, quinoa, oats, brown rice, barley — cook thoroughly

* *Many nuts are high oxalate. The lowest oxalate are macadamias, pecans, pistachios, and walnuts.*

Plant Toxicity Spectrum

Fruit &
Honey

Roots &
Squash

Grains &
Stems

Leaves &
Seeds

← Low defense chemicals

High defense chemicals →

Food for Humans is inclusive — you can eat broadly. The only things to **actually eliminate** are modern ingredients your great-grandmother wouldn't recognize:

Seed Oils

Canola, soybean, sunflower, safflower, corn, peanut, grapeseed, "vegetable oil"

It's all important to remove. Check every label.

Processed Sugar

Refined sugar, high fructose corn syrup, sucrose, HFCS, maltodextrin, glucose syrup.

Use honey and fruit for sweetness instead.

Gums & Thickeners

Carrageenan, xanthan gum, guar gum, cellulose gum, modified food starch, mono and di glycerides

Common gut irritants hiding in "healthy" products.

Ultra-Processed Food

Anything with ingredients your great-grandmother wouldn't recognize. If the label reads like a chemistry experiment — **it's a product, not food.**

Artificial Sweeteners

Sucralose (Splenda), aspartame (Equal), saccharin (Sweet'N Low), and acesulfame potassium (Ace-K or Sunett). Monk fruit probably ok in small amounts, some prefer to avoid stevia.

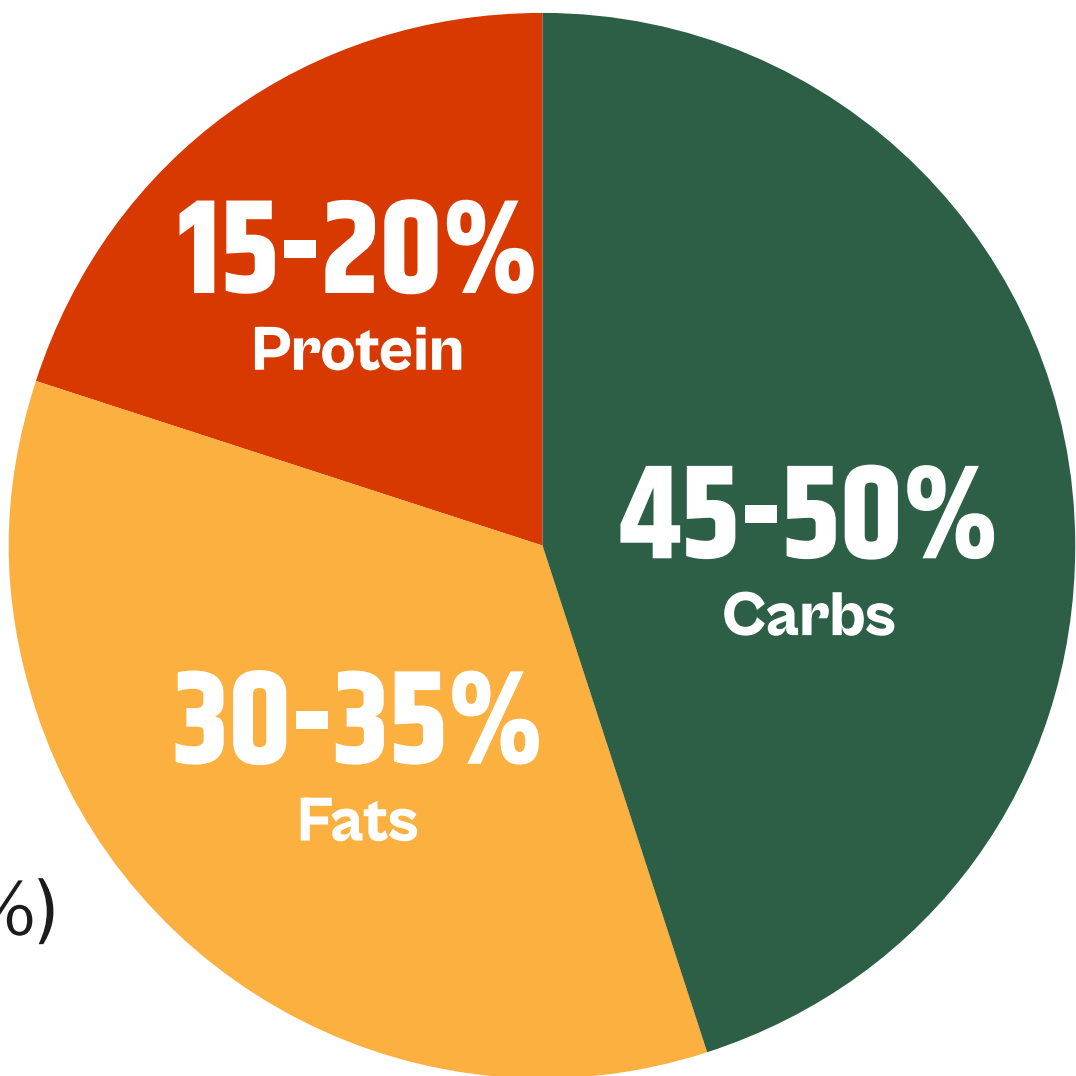
These can disrupt gut microbiome and metabolic signaling.

Macro guidelines

How much is too much?

Protein: From meat, chicken, fish, eggs, dairy.

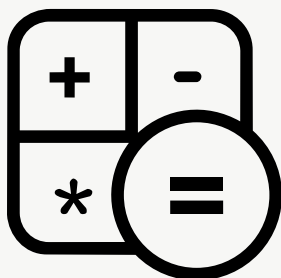
Fat: 30-35% of calories. Critical for hormones and brain health. Too little (<20%) = hormonal decline.



Carbs: Scaled to activity level. Fruit, honey, roots, properly prepared grains or beans*.

In the Food for Humans framework, **you can eat all of these foods**. The framework educates you on how to prepare them to minimize toxins and be mindful of how your body responds. There's a spectrum of toxicity — and your job is to find your sweet spot.

Touch on the **Food for Humans Macro Calculator** to dial in your exact numbers based on your goal weight and activity level.



MACRO CALCULATOR
PAULSALADINOMD.COM

**Properly preparing grains involves soaking for 4-12 hours in warm water with lemon juice or apple cider vinegar (acidic ph) to break down phytic acid and improve digestibility. Rinse well after soaking, then simmer in fresh water or broth until tender to maximize nutritional absorption, remove impurities, and improve digestion.*

Food for Humans is a framework for **self-experimentation**. Here's the protocol for finding your optimal mix:

1

Start Clean

Eat from the Foundation and Included Tier on Page 6. Set the baseline to find your signal for 2 weeks. Meat, organs, eggs, fruit, honey, animal fats.

2

Note your baseline

How's your energy? Skin? Digestion? Sleep? Mood? This is your clean signal.

3

Add one food

Introduce one Caution-tier food. Eat it for 3–5 days. Watch for changes.

4

Build your map

Keep what works. Remove what doesn't. Retry in 30 days. Your map is yours.

The goal isn't the most restricted diet. It's the **widest variety of foods your body thrives on**. Food for Humans is how you find that range — through experimentation, not dogma.



A note from Paul:

Health is not the absence of disease.

Health is being able to do the things you love with abundant energy and freedom from limitations.

This is your birthright as a human. And it is achievable when you give your body foods it recognizes. This is what Food for Humans is all about.

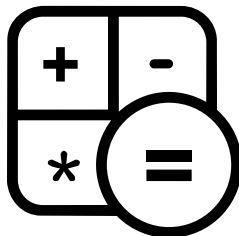
The Food for Humans framework is meant to be broad, and also intentional. It is meant to help us remember how humans have eaten for hundreds of thousands of years and where we have come from.

I know your best days lie ahead. **I'm rooting for you.**

- Paul



IF YOU NEED MORE HELP, JOIN THE COMMUNITY HERE
COMMUNITY.HEARTANDSOIL.CO



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