

Goddess Splendor

5-Day Revitalization Video Series

Julie Renee



Day 2: Healthy Fats

Moderate amounts of healthy fats

- Focus on incorporating healthy monounsaturated fats from nuts and seeds, and the following oils: olive, avocado and high-oleic safflower oils.
- Enjoy in moderation naturally-occurring saturated fats in meats, coconut oil and dairy products, such as cheese and yogurt.
- Recognize that essential omega-3 fats are just that – essential to health – and can be enjoyed via 3 servings cold water ocean fish or grass-fed meats weekly and/or via an omega-3 (DHA/EPA) supplement.
- Avoid trans fat and pro-inflammatory polyunsaturated vegetables, oils, such as corn, soybean safflower, sunflower, cottonseed and grapeseed oils.

Healthy fat options

Aioli	1 Tbsp	Cream, heavy, whipped pressurized	¼ cup
Almond butter	1 Tbsp	Flax seed, milled	1 Tbsp
Almonds (raw, roasted or smoked)	10 nuts	Macadamia nuts	5 nuts
Avocado	½ Small (½ cup cubed)	*MCT oil	1 Tbsp
Butter, dairy	1 Tbsp	Olive Oil	1 Tbsp
Cashew butter	1 Tbsp	Peanut butter	1 Tbsp
Cashews	10 nuts	Peanuts, dry roasted	20 nuts
Chia seeds	1 Tbsp	Pecan, halves	10 halves
Coconut flaxes, unsweetened	½ cup	Pistachios	15 nuts
Coconut milk, canned	¼ cup	Safflower, high-oleic oil	1 Tbsp
Coconut oil	1 Tbsp	Sesame butter or tahini	1 Tbsp
Cream Cheese	1 Tbsp	Sesame Seeds, whole, dried	1 Tbsp
Cream, fluid, heavy whipping	2 Tbsp	Sunflower Seeds, dry roasted kernels	1/3 cup
		Walnuts, halves	6 halves

*Medium-Chain Triglyceride oil