

DOC NO. 07 · HEALTH CONCEPT

Fats That Heal

A working list of which fats belong in your kitchen, which ones don't, and why the difference matters more than the calorie count.

07

DOC HUB

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PROTOCOL

High-Protein · Low-Carb

EDITION

01



HEALTH CONCEPT

Fats That Heal

The 'fat is the enemy' era ended with the data. The real question is sourcing: which fats does your body recognize, and which does it have to detoxify?

THE PLAN'S OIL LIST

What's allowed in your kitchen

Grass-fed butter / ghee. High in butyrate, vitamin K2, conjugated linoleic acid. Stable up to 350°F (butter), 480°F (ghee).

Tallow / lard. Rendered animal fat. Dense in vitamin E and stearic acid. Stable past 400°F. Best searing fat.

Extra-virgin olive oil. Use cold — drizzles, dressings, finishing — not for high-heat searing. Polyphenols are anti-inflammatory.

Avocado oil (true cold-pressed). Smoke point 480°F. Verify the label — most supermarket 'avocado oil' is cut with seed oils.

Coconut oil (occasional). Stable, predominantly saturated. Good for the rare baking application this plan doesn't ask for.

THE BLACKLIST

Industrial seed oils — out.

Soybean, corn, canola/rapeseed, sunflower, safflower, cottonseed, grapeseed, rice bran. These are 20th-century industrial byproducts that became 'food' through marketing. They oxidize at moderate heat, deliver an unbalanced omega-6 load, and show up in nearly every restaurant kitchen and packaged product. Read every label.

THE OMEGA RATIO

Why pasture and wild matter

Wild-caught seafood, pasture-raised eggs, and grass-fed beef carry an omega-6 to omega-3 ratio near 2:1 — the range our biology is built for. Conventionally raised versions of the same foods can run 20:1 or worse. The food looks the same on the label and the plate; the chemistry is not.

"Cook in fats your great-grandmother would recognize. Avoid fats invented in the same century as the assembly line."