

DO'S

DON'TS

FRUITS AND VEGETABLES

- All berries in season
- Amaranth Greens
- Artichokes
- Arugula
- Asparagus
- Avocado
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Butter Lettuce
- Carrot Greens
- Carrots
- Cauliflower
- Chayote
- Chicory
- Chinese Cabbage
- Chives
- Cilantro
- Coconut (Meat)
- Collards
- Dandelion Greens
- Fennel
- Garlic
- Green/Red Cabbage
- Radicchio
- Hearts of Palm
- Jerusalem Artichokes
- Kale
- Leafy Greens
- Leeks
- Mushrooms
- Napa Cabbage
- Nopales Cactus



- Okra
- Onions
- Purslane
- Radishes
- Raw Sauerkraut
Kimchi
- Romaine
- Scallions
- Sea Vegetables
(Nori, etc.)
- Swiss Chard
- Tomatillo
- Turnip Greens
- Watercress
- Zucchini

- All Beans
- All Lentils
- Apples
- Bell Peppers (unless peeled, deseeded)
- Cantaloupe
- Cherries
- Chickpeas/Garbanzo Beans (peeled)
- Chili Peppers (unless peeled, deseeded)
- Coconut (Water)
- Cucumbers (unless peeled, deseeded)
- Currants
- Dates
- Edamame
- Eggplants
- Figs
- Goji Berries
- Grapes
- Green Beans
- Legumes
- Limes
- Ripe Mango
- Melons
- Oranges
- Ripe Papaya
- Peaches
- Pears
- Peas
- Plums
- Prickly Pear
- Prunes
- Pumpkins
- Raisins
- Ripe Banana



- Soy Protein
(except fermented)
- Squashes
- Sugar Snap Peas
- Tamarind
- Textured Vegetable
Protein
- Tomatoes (unless peeled,
deseeded)

DO'S

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Flours and Refined Starchy Foods

- Almond
- Arrowroot
- Cassava
- Chestnut
- Coconut
- Green Banana
- Hazelnut
- Sesame
- Sweet Potato
- Tiger Nut

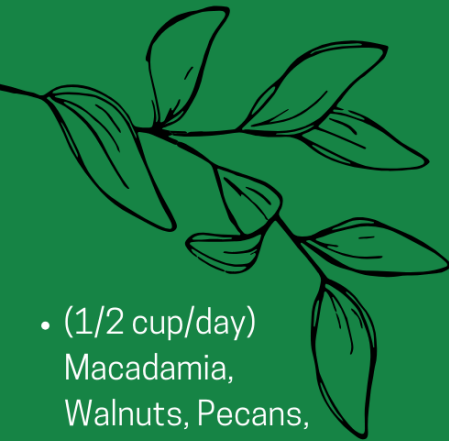


- Bread
- Cereal
- Cookies
- Crackers
- Pasta
- Pastries made from grains
- Potato Chips
- Potatoes
- Rice
- Tortillas



Nuts and Seeds

- (1/2 cup/day)
Macadamia,
Walnuts, Pecans,
Pistachios



- Brazil nuts
- Coconut (Meat)
- Chestnuts
- Flax Seeds
- Hemp Protein Powder
- Hemp Seeds
- Pine Nuts
- Psyllium
- Sesame Seeds

- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower



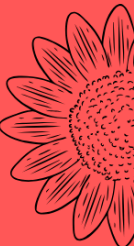
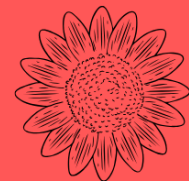
Oils

- Algae
- Avocado
- Coconut
- Macadamia
- Olive
- Perilla



- Red Palm
- Rice Bran
- Sesame
- Walnut

- Corn
- Cottonseed
- Grapeseed
- Partially Hydrogenated Vegetable or Canola Oil
- Safflower



- Soy
- Sunflower

DO'S

DON'TS

Sweeteners

- Erythritol
- Inulin
- Luo Han Guo
- Monk Fruit
- Stevia
- Xylitol
- Yacon



- Agave
- Diet Drinks
- Maltodextrin
- Splenda
- Sugar
- Sunett NutraSweet
- Sweet n Low
- SweetOne



Desserts and Healthy Bars

- Coconut Ice Cream
- 72% or greater Dark Chocolate
- Milk/Dairy Free Frozen dessert with 1 gram of sugar



Sprouted and Psuedo Grains

- Barley
- Brown/White Rice
- Buckwheat
- Bulgar
- Corn
- Corn Products
- Kashi
- Oats
- Quinoa
- Rye
- Spelt
- Wheat Einkorn
- Wheat Kamut
- Whole Grains



Wines and Spirits

- Aged (1 oz.)
- Champagne (One 6 oz. glass per day)
- Red (One 6 oz. glass per day)



Vinegars and Herbal Teas

- All Vinegars
- Burdock
- Chamomille
- Elderberry
- Fennel
- Ginger
- Raspberry
- Tila

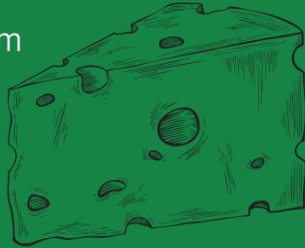


DO'S

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Dairy Products

- 1. oz. cheese or 4 oz. Coconut Yogurt per day
- A2 Milk
- Buffalo Mozzarella
- French/Italian Butter (grassfed)
- Goat/Sheep Kefir
- Goat Cheese
- High-Fat French/Italian Cheeses (eg. Triple Cream Brie)
- High-Fat Switzerland Cheese
- Sheep Cheese (Plain)



- American Cheese
- Casein Protein Powders
- Cottage Cheese
- A1 Milk/Kefir
- Ricotta Cheese



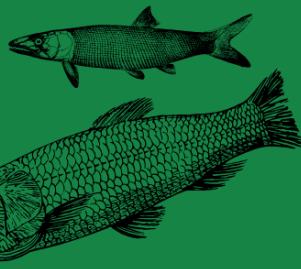
MORE

DO'S



Fish

- Any **Wild** Caught (2 oz. per day)
- Alaskan Salmon
- Anchovies
- Calamari/Squid
- Canned Tuna
- Crab
- Freshwater Bass
- Hawaiian Tuna
- Lobster
- Mussels



- Oysters
- Sardines
- Scallops
- Shrimp
- White Fish

Meat

- **Grass-Fed**/Finished (4 oz. per day)
- Beef
- Bison
- Elk
- Lamb
- Pork
- Prosciutto
- Venison
- Boar
- Wild Game



DO'S

Plant-Based Meats

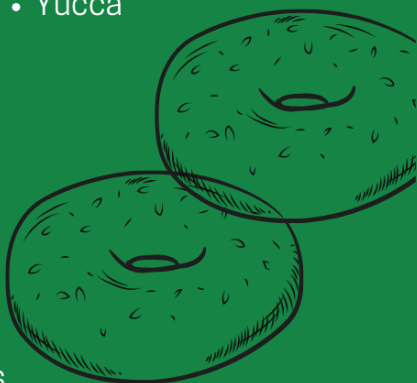
- Hilary's Roots
- Quorn
- Tempeh (grain free only)



Resistant Starches

in moderation

- Baobab Fruit
- Cassava
- Coconut Flour
- Celery Roots
- Glucomannan
- Green Bananas
- Green Mango
- Green Papaya
- Green Plantains
- Jicama
- Millet/Sorghum
- Parsnips
- Persimmon
- Rutabaga
- Siete Brand Tortillas
- Tortillas (Coconut, Cassava, Almond Flour)
- Sweet Potatoes/Yams
- Taro Roots
- Tiger Nuts
- Turnips
- Yucca



Noodles

- Cappello's Fettuccine
- Kanten Pasta
- Miracle Noodles
- Miracle Rice
- Pasta Slim
- Shirataki Noodles



MORE DO'S

Pasture-Based Poultry

- 2-4 oz. Per Day (**Avoid Farm-Raised**)
- Chicken
- Dove/Grouse
- Duck
- Goose
- Ostrich
- Pastured or Omega 3 Eggs (4 Yolks or 1 Egg White Daily)
- Quail
- Turkey



Seasoning and Spices

- Achiote
- Basil/Sweet Basil
- Bay Leaf
- Black Pepper/Turmeric
- Cayenne/African Bird Pepper
- Cloves
- Dill
- Ginger
- Habanero
- Onion Powder
- Oregano
- Pure Sea Salt
- Powdered/Granulated Seaweed
- Savory
- Sweet Basil
- Tarragon
- Thyme
- Sage

