

DR. WALKER'S NUTRITIONAL GUIDE

DO'S

- All berries in season
- Amaranth Greens
- Artichokes
- Arugula
- Asparagus
- Avocado
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butter Lettuce
- Carrot Greens
- Carrots
- Cauliflower
- Chayote
- Chicory
- Chinese Cabbage
- Chives
- Cilantro
- Coconut Meat/White Part
- Collards
- Dandelion Greens
- Fennel
- Garbanzo Beans
- Garlic
- Green/Red Cabbage
- Green Mangoes
- Green Papaya
- Green Tamarind
- Radiocchio
- Hearts of Palm
- Jerusalem Artichokes
- Kale
- Leafy Greens
- Leeks
- Limes

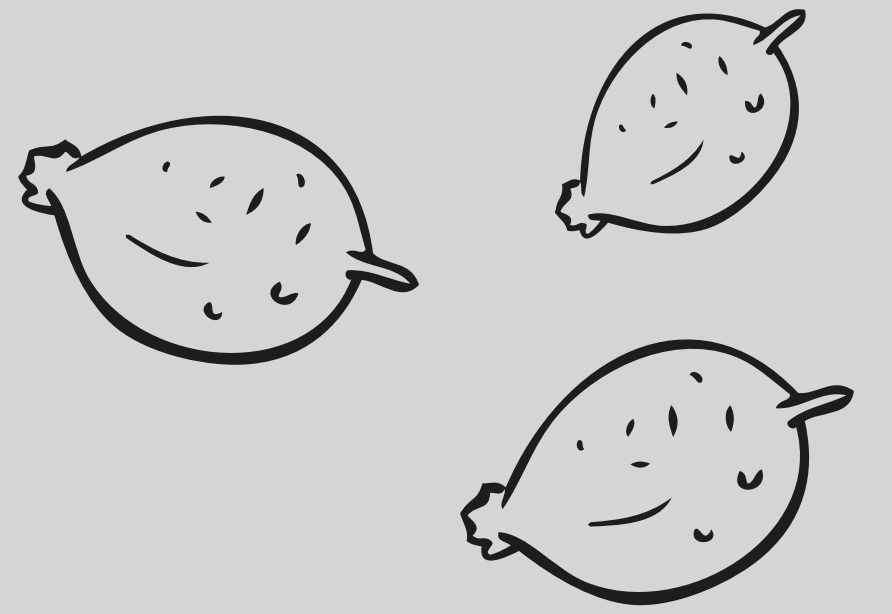


- Mushrooms
- Napa Cabbage
- Nopales Cactus
- Okra
- Onions
- Purslane
- Radishes
- Raw Sauerkraut
- Kimchi
- Romaine
- Scallions
- Sea Vegetables (Nori, etc.)
- Squash
- Swiss Chard
- Tomatillo
- Turnip Greens
- Watercress
- Zucchini

FRUITS AND VEGETABLES

DON'TS

- All Beans
- All Lentils
- Apples
- Bell Peppers (unless peeled, deseeded)
- Cantaloupe
- Cherries
- Chick Peas
- Chili Peppers (unless peeled, deseeded)
- Coconut
- Cucumbers (Unless peeled, deseeded)
- Currants
- Dates
- Edamame
- Eggplants
- Figs
- Goji Berries
- Grapes
- Green Beans
- Legumes
- Limes
- Mango
- Melons
- Oranges
- Papayas
- Peaches
- Pears
- Peas
- Plums
- Prickly Pear
- Prunes
- Pumpkins
- Raisins
- Soy Protein
- Sprouts
- Squashes
- Sugar Snap Peas
- Tamarind
- Textured Vegetable
- Tofu
- Tomatoes (Unless peeled, deseeded)
- Zucchini



DO'S

FLOURS AND REFINED STARCHY FOODS

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



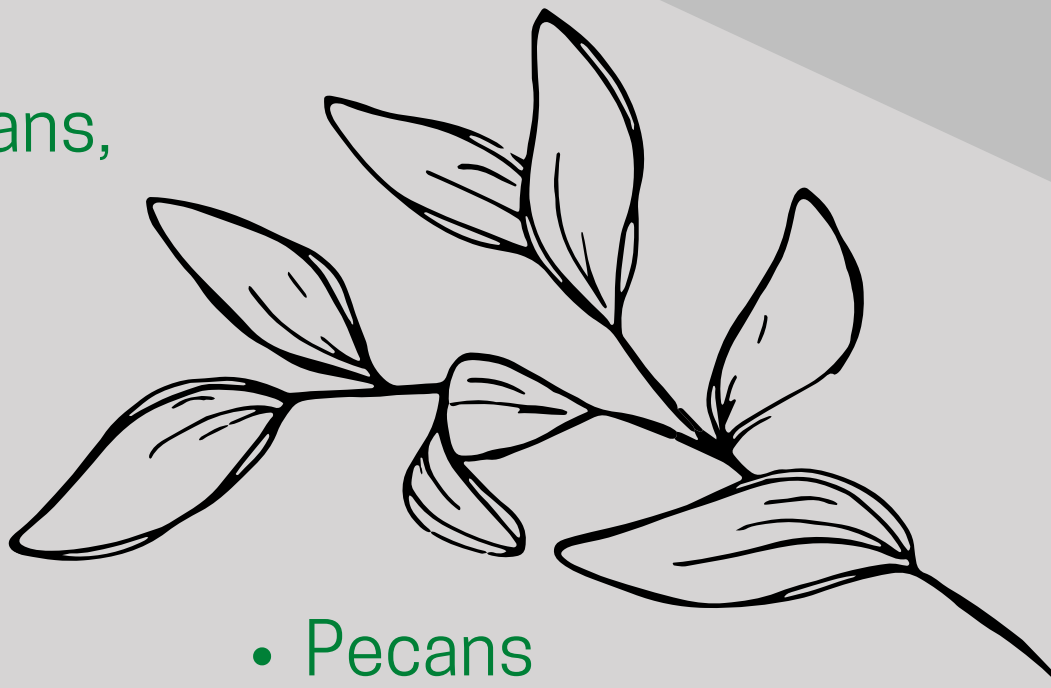
DON'TS

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



NUTS AND SEEDS

- (1/2 cup/day) Macadamia, Walnuts, Pecans, Pistachios
- Brazil nuts
- Chestnuts
- Coconut
- Flaxseeds
- Hemp Protein Powder
- Hemp Seeds



- Pecans
- Pine Nuts
- Psyllium
- Sesame Seeds

- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower



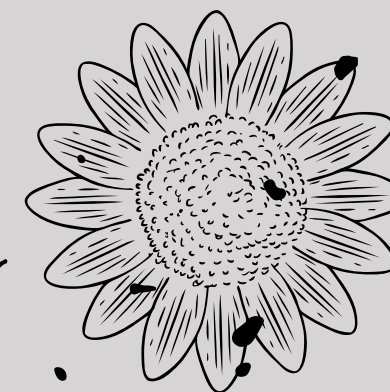
OILS

- Algae
- Avocado
- Coconut
- Macadamia
- Olive
- Perilla
- Red Palm
- Rice
- Bran

- Walnut



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



- Sefflower
- Soy
- Sunflower



DO'S

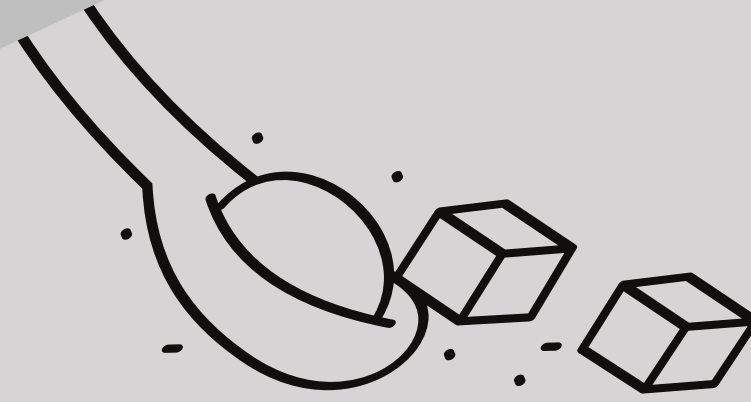
- Erythritol
- Inulin
- Luo Han Guo
- Monk Fruit
- Stevia
- Xylitol
- Yacon



SWEETENERS

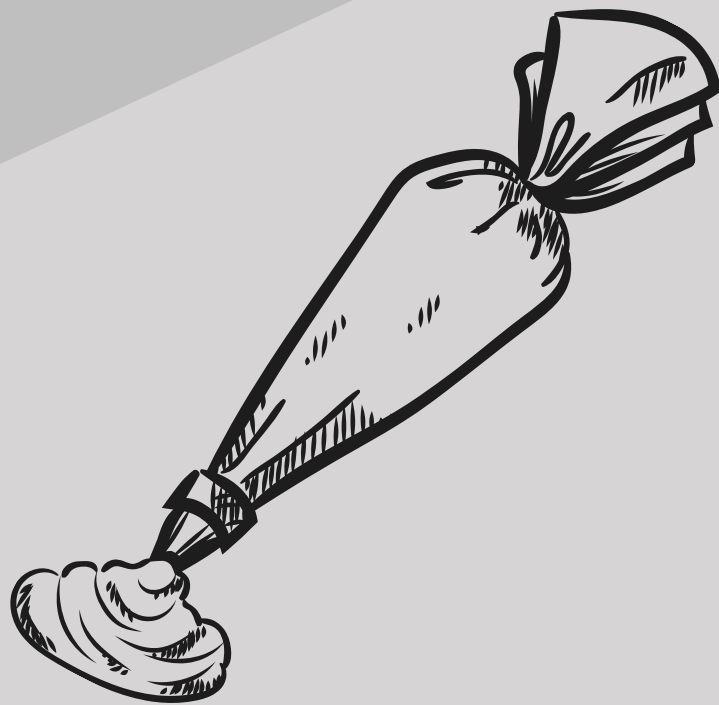
DON'TS

- 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 PSEUDO GRAINS

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



WINE AND SPIRITS

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



MORE DO'S

VINEGARS AND HERBAL TEAS

- All Vinegars
- Burdock
- Chamomille
- Elderberry



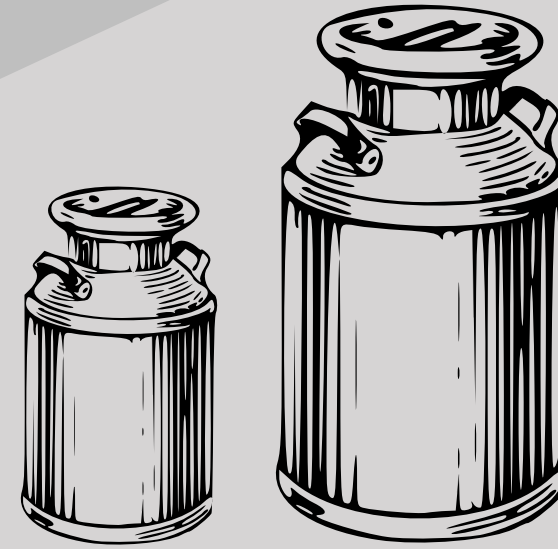
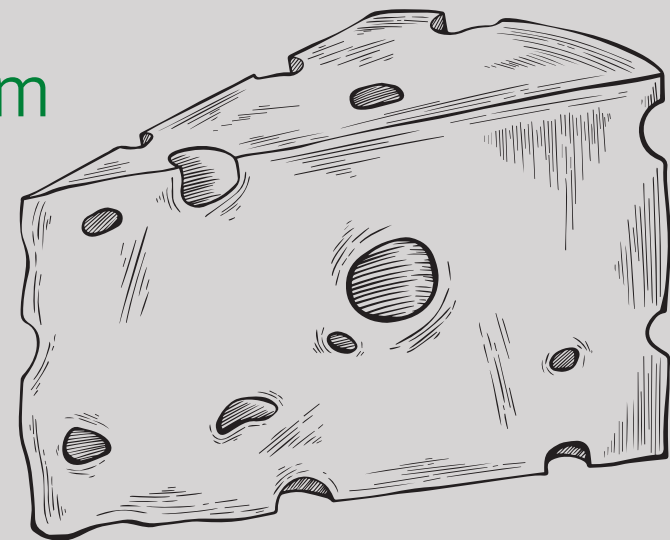
- Fennel
- Ginger
- Raspberry
- Tila

DO'S

DON'TS

DAIRY PRODUCTS

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

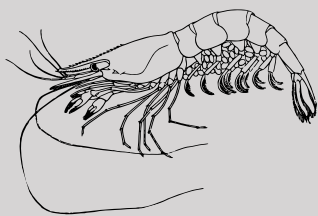
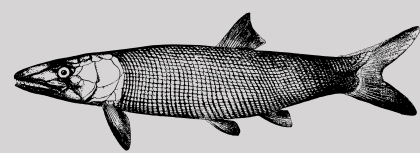


- American Cheese
- Casein Protein Powders
- Contains Casein A1 Yogurt
- Cottage Cheese
- Frozen Yogurts
- Greek Yogurt
- Kefir
- Ricotta Cheese

MORE DO'S

FISH

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



- Oysters
- Sardines
- Scallops
- Shrimp
- White Fish

MEAT

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



very limited quantity
grass fed
4 oz. per day

DO'S

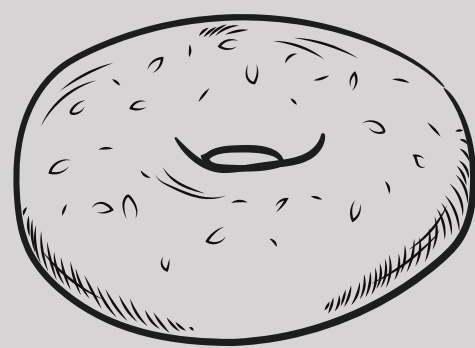
PLANT-BASED MEATS

- Hemp Tofu
- Hilary's Roots
- Quorm
- Tempeh (Grain Free Only)
- Veggie Burger



RESISTANT STARCHES

- Baobab Fruit
- Bread and Bagels made by a bakery
- Cassave
- Celery Roots
- Glucomannan
- Green Bananas
- Green Mango
- Green Papaya
- Green Plantains
- Jicama
- Millet Sorghum
- Paleo Wraps made with
- Coconut Flour
- Parsnips
- Persimmon
- Rutabega
- Siete Brand Tortillas
- Sweet Potatoes/Yams
- Taro Roots
- Tiger Nuts
- Turnips
- Yucca



in moderation

NOODLES

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

MORE DO'S

PASTURE-BASED POULTRY

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



SEASONING AND SPICES

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



not red chili flakes