

FRESH FOODS TO EAT

VEGETABLES

Artichoke
Arugula
Asparagus
Avocado
Bamboo Shoots
Beets & Greens
Bok Choy
Broccoli/Broccolini
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Collards
Cucumber
Daikon
Dandelion
Endive
Fennel
Garlic
Ginger
Greens
Jerusalem Artichokes
Jicama

Kale
Kohlrabi
Leeks
Lettuce
Mustard Greens
Nopales
Okra
Olives
Onions
Parsnip
Plantain
Raddichio
Radish
Rapini
Rhubarb
Rutabaga
Salsify
Scallions
Seaweed
Spinach
Sweet Potato
Taro
Turnip
Yucca

SQUASHES

Acorn
Butternut
Chayote
Delicata
Pumpkin
Spaghetti
Summer
Zucchini

MEAT/FISH/POULTRY

Beef
Bison
Bone Broth
Chicken
Deer
Duck
Fish - low mercury
Elk
Lamb
Pork
Turkey
Seafood

FRUITS

Apples
Apricots (fresh)
Avocados
Berries
Cherries
Coconut
Grapefruit
Grapes
Kumquats
Lemon,Lime
Oranges
Nectarines
Peaches
Pears
Plums
Prunes (whole)

FOODS TO AVOID

Gluten
Corn
Dairy
Soy * (see page 2)
Fast/Processed Foods
Trans/Hydrogenated Fats
Rancid Fats

Eggs
Nightshades* (see page 2)
Peanuts
Alcohol
Caffeine (coffee, tea, chocolate)
Sugar & sweeteners
GMOs
High glycemic fruits - tropical
Fruits - dried and canned
Beans/Legumes
Nuts/seeds
Grains

BEVERAGES

Water
Herbal Teas
FRESH Vegetable juices

OILS FOR COOKING

Coconut

OILS FOR NON-COOKING

Extra Virgin Olive Oil
Grapeseed

CONDIMENTS/MISC

Apple cider vinegar
Arrowroot starch
Artichoke hearts
Capers/caper berries
Coconut amino acids
Coconut milk (canned)
Fermented foods
Fish sauce
Hearts of palm
Honey*
Nori/seaweed
Olives - dried & cured
Oysters - canned
Sardines/Salmon - canned

MORE YES FOODS

HERBS & SPICES

Basil Leaf
Bay Leaf
Camomile
Carob powder
Chervil
Chives
Cilantro
Cinnamon
Cloves
Dill
Fennel Leaf
Garlic & Powder
Ginger
Horseradish
Kaffir Lime Leaf
Lavender
Lemon Balm
Lemongrass
Mace
Majoram
Nutritional yeast
Onion & Powder
Oregano
Parsley
Peppermint

Rosemary
Saffron
Sage
Sea Salt - good quality
Savory
Shallots
Spearmint
Tarragon
Thyme
Truffle
Turmeric
Wasabi

MORE NO FOODS

SOY INCLUDES

Edamame
Miso
Soy Milk
Soy Protein
Soy Sauce
Tempeh
Tofu

NIGHT SHADES INCLUDE

Eggplant
Paprika
Peppers
Potatoes
Tomatillos
Tomatoes

DAIRY INCLUDES

Butter
Ghee
Goat, sheep and cows milk products
Whey protein
Yogurt