

List of What TO Eat

Eat the foods contained on this list in generous amounts.

Wherever possible, choose locally grown, organic produce. For meats, your best choice is locally raised, pastured and organically fed. A simple way to prepare delicious meals is to choose 1-3 veggies, 1 fat, and 1 protein.

CARBOHYDRATES

VEGETABLES

Alfalfa	Bok Choy	Greens (beet greens, collard, dandelion, kale, mustard, turnip, etc.)	Lettuce (endive, escarole, romaine or iceberg)	Sauerkraut (raw)
Amaranth	Brussels sprouts	Hearts of palm	Mushrooms	Scallions
Artichoke	Cabbage	Herbs (parsley, basil, cilantro, rosemary, thyme, etc.)	Okra	Snow peas or pea pods
Asparagus	Carrots	Jicama	Olives	Spinach
Avocado	Cauliflower	Kale	Onions	Summer squash
Bamboo shoots	Celery	Kohlrabi	Parsnips	Swiss chard
Beans (green, Italian, yellow or wax)	Chicory	Leeks	Parsley	Turnips
Bean sprouts	Chinese cabbage		Radishes	Water chestnuts
Beets	Chinese spinach		Rhubarb	Watercress
Broccoli	Cucumber		Rutabaga	Zucchini
	Fennel			
	Green onions			

NIGHTSHADE VEGETABLES

You may wish to eliminate nightshades if you have issues with inflammation.

Eggplant	Peppers (green, red, yellow, orange, jalapeno chili, cayenne, pimento)
Paprika	
Tomato	
Tomatillo	

FRUITS

Lemons and Limes – unlimited

Choose ONE (and only one) of these per day...

- 1 Granny Smith apple OR
- 1 “green tipped” banana OR
- ½ cup berries (**except strawberries**) OR
- 1 small grapefruit or ½ large grapefruit

FATS

Avocado	Duck Fat
Bacon grease	Fish oil/Cod liver oil
Butter/Ghee (clarified butter)	Lard
Coconut oil/milk/cream	Olives/Olive oil
	Tallow

NUTS & SEEDS

Limit two portions per day. A “dainty handful” is a portion. For nut and seed butters, 2 TBSP is a portion. *Except peanuts (see Don’t Eat List).*

PROTEINS

Beef	Gelatin (Great Lakes or Vital Proteins)	Protein Powder – with only one ingredient (hemp, pea, rice, whey, etc.)
Eggs	Dairy (see Don’t Eat List for details)	*Limit protein powders to 1-2 servings per day. Aim to get your protein from real foods rather than powder.
Fish/Seafood	Fermented Soy: miso, natto, tempeh,	
Pork	Tamari (wheat-free soy sauce)	
Poultry		

SPICES & HERBS

Use organic spices and herbs to enhance your meals, including vanilla extract, raw cacao, vinegar, mustard, spices, coconut aminos (to replace soy sauce), etc.

Check labels for sugar, gluten, anything artificial, hydrogenated oils, etc.

BEVERAGES

Water	Almond milk (unsweetened)
Herbal teas	Coconut milk (canned, “whole” unsweetened)
Mineral water	Kombucha (limit to 8oz/day, 5g of sugar or less per serving)
Plain seltzer	Coconut water (limit to 8oz/day, 5g of sugar or less per serving)
Coffee	
Caffeinated tea	

List of What NOT to Eat

Remember, you can do anything for 3 weeks!

CARBOHYDRATES

VEGETABLES

ALL STARCHY VEGGIES

Corn

Peas

Potatoes (a nightshade)

Sweet Potatoes

Winter Squash

Note: Some people do require more carbs (e.g., if you are very active). Your body will tell you if it needs more carbs. If so, you may have ½ - 1 cup of sweet potato or winter squash per day. (e.g., butternut squash, etc.).

BEVERAGES

Alcohol of any kind

Juice of any kind

Soda, Club Soda

"Mixed" drinks (examples: coffees, juices, protein shakes, etc.)

Milk, cream, creamer (see **DAIRY** below)

GRAINS and LEGUMES

You may wish to leave out ALL grains and legumes for this. If you choose them, follow the guidelines here: Limit ½ cup cooked, non-gluten containing grains such as rice, quinoa, beans and lentils.

ALL PROCESSED FOODS

This includes products labeled "Gluten Free."

ALL SWEETENERS

This includes anything artificial or natural.

FRUITS

ALL FRUITS – Except lemons and limes, and the choices mentioned on the "Eat These" list only in limited portions.

FATS

Hydrogenated and partially hydrogenated fats of any kind. Vegetable oils such as Canola, corn, safflower, soy, grapeseed, etc.

PROTEINS

Peanuts, peanut butter

Soy *except fermented (See "Eat These" foods list for examples)

DAIRY: While you may choose to leave ALL dairy out for this, some may choose to include dairy.

Follow these guidelines on choices and limited portions:

- Only WHOLE-FAT (raw or gently pasteurized) milk, cream, butter and hard cheese.
- Limit 8oz of milk per day, Limit 2oz of hard cheese per day.

If you have a strong sensitivity to dairy, you may wish to eliminate butter and ghee as well.

NOTES: