

**Quick Food Reference Guide —Foods
 that Can Be Eaten In Abundance**

- FRUITS:**
- Apples
 - Apricots
 - Avocados
 - Bananas
 - Blackberries
 - Blueberries
 - Cherries
 - Cranberries
 - Coconut
 - Date
 - Figs
 - Grapefruit
 - Grapes
 - Kiwi
 - Lemons
 - Limes
 - Mangoes
 - Melons
 - Oranges
 - Papayas
- Pears
 - Peaches
 - Pineapples
 - Plums
 - Pomegranates
 - Raspberries
 - Strawberries
 - Tangerines
 - Watermelon
- HEALTHY FATS:**
- Avocado Oil
 - Coconut Oil
 - Grass Fed Ghee
 - Olive Oil
 - Palm Oil

- VEGETABLES:**
- Artichokes
 - Asparagus
 - Beet Greens/Root
 - Bell Peppers
 - Bok Choy
 - Broccoli
 - Brussels Sprouts
 - Butternut Squash
 - Cabbage
 - Carrot
 - Cassava/Cassava Flour
 - Cauliflower
 - Celery
 - Cucumbers
 - Eggplant
 - Endive
 - Green Beans
 - Jicama
 - Kale
- Leafy Greens/
Lettuce
 - Mushrooms
 - Mustard Greens
 - Okra
 - Onions
 - Parsnips
 - Pumpkin
 - Radishes
 - Seaweed
 - Spinach
 - Sprouts &
Microgreens
 - Summer Squash
 - Spaghetti Squash
 - Sweet Potatoes
 - Tomatoes/
Tomatillos
 - White Potatoes
 - Yellow Squash
 - Zucchini

NOTES: _____

Quick Food Reference Guide—Foods that Can Be Eaten In Abundance cont'd



MEAT (Grass-Fed):

- Beef
- Lamb
- Veal
- Pork (In moderation)
- Venison
- Bison

POULTRY

(Free-Range/No Antibiotics):

- Chicken
- Turkey
- Quail
- Pheasant
- Duck

Seafood (Wild Caught/No Mercury):

- Catfish
- Salmon
- Shrimp

FERMENTED FOODS:

- Coconut Yogurt
- Fermented Vegetables
- Kombucha (Tea)
- Vinegar
- Water Kefir

GLUTEN FREE GRAINS:

- Quinoa
- Steel Cut Oats

OTHER:

- Agave
- Arrowroot Starch
- Beef/Chicken Bone Broths (Gluten Free)
- Cocoa (not the same as cocoa)
- Coconut Aminos
- Coconut Cream
- Coconut Flour
- Coconut Milk
- Pure Maple Syrup
- Raw Honey
- Shredded Un-sweetened Coconut
- Tea (black/green)

HERBS/SPICES:

- Basil
- Black Pepper

- Cats Claw
- Cilantro
- Cinnamon
- Dandelion
- Garlic
- Ginger
- Lemon Balm
- Licorice Root
- Mint
- Nettle Leaf
- Oregano
- Red Clover
- Rose Hips
- Parsley
- Raspberry Leaf
- Rosemary
- Sage
- Salt (table, sea, Himalayan)

- Thyme
- Turmeric

NOTES: _____

Quick Food Reference Guide — Foods
that Should Be Avoided



DAIRY:

- Butter
- Buttermilk
- Cheese
- Condensed milk
- Cottage Cheese
- Cream/heavy whipping cream/ whip cream
- Cream Cheese
- Custard
- Eggs
- Evaporated Milk
- Frozen Yogurt
- Ice Cream
- Milk
- Sour Cream
- Yogurt

GLUTENOUS GRAINS:

- Barley
- Rye
- Triticale
- Wheat

SOY PRODUCTS:

- Edamame
- Tempeh
- Tofu
- Soy Sauce

OTHER:

- Chocolate (unless it's Cocoa not cocoa.)
- Alcohol
- Processed Foods
- Nitrates/Sulfates
- Yeast

SUGAR AND ARTIFICIAL SWEETENERS:

- Brown Sugar
- Cane Sugar
- Corn Sugar
- Corn Syrup
- High Fructose Corn Syrup & Malt Syrup
- Molasses
- Powdered Sugar
- White Sugar
- Aspartame
- Mannitol
- Stevia
- Sucralose
- Sugar Alcohols
- Xylitol

UNHEALTHY FATS:

- Canola Oil
- Corn Oil
- Hydrogenated Oil
- Rapeseed Oil
- Safflower Oil
- Soybean Oil
- Vegetable Oil
- Transfats

NOTES:

**Quick Food Reference Guide — Suggested
Foods to Eliminate in the First 30 Days**



BEANS/LEGUMES:

- Black Beans
- Chickpeas
- Kidney Beans
- Lentils
- Navy Beans
- Peanuts
- Peas
- Pinto Beans
- Split Peas
- White Beans

**NON-GLUTENOUS
GRAINS:**

- Amaranth
- Buckwheat
- Corn
- Couscous
- Kamut
- Millet

**NON-GLUTENOUS
GRAINS cont'd:**

- Oats
- Sorghum
- Spelt
- Teff

NUTS:

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia Nuts
- Pine Nuts
- Pistachios
- Walnuts
- Nut Oils, Butters
& Flours

SEEDS:

- Chia
- Flax
- Hemp
- Poppy
- Pumpkin
- Sesame
- Sunflower
- Seed oils, flours,
and butters

Foods on this list that I cannot tolerate:

NOTES:
