

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:**
- Kale
 - Leafy Greens/
Lettuce
 - Mushrooms
 - Mustard Greens
 - Okra
 - Onions
 - Parsnips
 - Pumpkin
 - Radishes
 - Seaweed
 - Spinach
 - Sprouts &
Microgreens
 - Summer Squash
 - Sweet Potatoes
 - Tomatoes/
Tomatillos
 - White Potatoes
 - Zucchini
 - 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

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

- OTHER:**
- Agave
 - Arrowroot Starch
 - Beef/Chicken Bone Broths (Gluten Free)
 - Coconut Aminos
 - Coconut Cream
 - Coconut Flour
 - Coconut Milk
 - Pure Maple Syrup
 - Raw Honey
 - Shredded Un-sweetened Coconut
 - Tea (black/green)
- HERBS/SPICES:**
- Basil
 - Cats Claw
 - Cilantro
 - Cinnamon
 - Dandelion
 - Garlic
 - Ginger
 - Lemon Balm
 - Licorice Root
 - Mint
 - Nettle Leaf
 - Oregano
 - Red Clover
 - Rose Hips
 - Parsley
 - Raspberry Leaf
 - Rosemary
 - Sage
 - Thyme
 - Turmeric

NOTES: _____

**Quick Food Reference Guide — Foods
that Should Be Avoided**



DAIRY:

- Butter
- Buttermilk
- Cheese
- Condensed milk
- Cottage Cheese
- Cream
- Cream Cheese
- Custard
- Eggs
- Evaporated Milk
- Frozen Yogurt
- Ice Cream
- Milk
- Sour Cream
- Yogurt

GLUTENOUS GRAINS:

- Barley

GLUTENOUS GRAINS

CONT'D:

- Rye
- Triticale
- Wheat

SOY PRODUCTS:

- Edamame
- Tempeh
- Tofu
- Soy Sauce

OTHER:

- Chocolate (unless it's Cocoa not cocoa.)
- Alcohol
- Processed Foods

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 cont'd:**

- Oats
- Sorghum
- Spelt
- Teff

NUTS:

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

**NON-GLUTENOUS
GRAINS:**

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

SEEDS:

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

Foods on this list that I cannot tolerate:

NOTES:
