

Cruciferous Vegetables bok choy broccoli brussels sprouts cabbage (green/ red) cauliflower collards kale kimchi kohlrabi napa cabbage radicchio sauerkraut (raw) Swiss chard watercress	Other Vegetables artichokes asparagus bamboo shoots beets (raw) carrot greens carrots (raw) celery chicory chives daikon radish fiddlehead ferns garlic garlic scapes ginger hearts of palm horseradish Jerusalem artichokes leeks lemongrass mushrooms nopales (cactus) okra onions parsnips puntarella radishes rutabaga scallions shallots water chestnuts	Fatty Fruits Avocado (<1 per day) Olives, all types	Herbs, Seasonings, Condiments avocado mayonnaise coconut aminos fish sauce (no sugar added) herbs and spices (all but chile flakes) miso mustard nutritional yeast sea salt (ideally iodized) tahini vanilla extract (pure) vinegars (any w/o added sugar) wasabi	Seafood (wild caught, 4 oz. per day) Alaskan salmon anchovies calamari/squid clams cod crab freshwater bass halibut Hawaiian fish inc. mahi-mahi, ono, opah lobster mussels oysters sardines scallops shrimp (wild only) tuna (canned) whitefish	Sweeteners (first 3 are best) stevia (SweetLeaf is great) monkfruit; also known as luo han guo (Lakanto brand is good) allulose (look for non-GMO) erythritol (Swerve is good, as it contains oligosaccharides) inulin (Just Like Sugar is great) xylitol yacón (Sunfood Sweet Yacon Syrup is available on Amazon) local honey and/or manuka honey (very limited!)
Leafy Greens algae arugula basil butter lettuce cilantro dandelion greens endive escarole fennel mesclun (baby greens) mint mizuna mustard greens parsley perilla purslane red/ green leaf lettuces romaine lettuce seaweed spinach	Resistant Starches (moderate) cassava (tapioca) celery root (celeriac) glucomannan (konjac root) jicama millet parsnips persimmon rutabaga sorghum sweet potatoes/ yams taro root tiger nuts turnips yucca baobab fruit green bananas green mango green papaya green plantains	Fruits (eat only when in season) (Limit to 1 serving on weekends) pomegranates passion fruit seeds raspberries blackberries blueberries strawberries apples apricots cherries citrus (no juices) cranberries pears (Anjou, Bosc, Comice) kiwis nectarines peaches plums tomatoes (seeded and peeled)	Oils algae oil (Thrive brand) avocado oil black seed oil canola oil (organic only) coconut oil cod liver oil (lemon/ orange) macadamia oil MCT oil olive oil (extra virgin) perilla oil pistachio oil red palm oil rice bran oil sesame oil (plain/ toasted) walnut oil	Pastured Poultry (4 oz. per day) chicken duck game (pheasant, grouse, dove, quail) goose ostrich pastured or omega-3 eggs (up to 4/ day) turkey	Processed Resistant Starches (in moderation) (Can be eaten every day in limited quantities, but those w/ pre/diabetes should consume only 1/week) Barely Bread's bread/ bagels (no raisins) Cappello's fettucine and other pasta California Country Gal Sandwich Bread Egg Thins by Crepini Julian Bakery Paleo: Wraps, Thin/ Sandwich Bread Mikey's Original and Toasted Onion English Muffins Positively Plantain tortillas Real Coconut Coconut & Cassava Flour Tortillas/ Chips Siete grain-free chips/ tortillas (has chia) Simple Mills Almond Flour Crackers sorghum pasta SRSLY sourdough non-lectin bread & rice-free sourdough rolls Terra Cassava, Taro, and Plantain Chips Thrive Market Organic Coconut Flakes Trader Joe's Jicama Wraps Trader Joe's Plantain Chips
Items in green are Dr. Stegall's top cancer fighting foods.		Nuts/ Seeds (½ cup per day) almonds (only blanched or Marcona) Barúkas nuts Brazil nuts (<3 a day) chestnuts coconut (not coconut water) flaxseeds hazelnuts hemp protein powder hemp seeds macadamia nuts coconut coffee fruit pecans pili nuts pine nuts pistachios psyllium seeds Sacha Inchi seeds sesame seeds tahini (sesame paste) walnuts	Flours almond (blanched) arrowroot cassava chestnut grape seed green banana hazelnut millet sesame (and seeds) sorghum flour sweet potato tiger nut	Meat (100% grass-fed, 4 oz. per day) beef bison boar elk grass-fed jerky (low-sugar versions) lamb pork (humanely raised) venison wild game	Foodles Edison Grainery sorghum pasta Jovial cassava pastas Kanten Pasta kelp noodles konjac noodles millet pasta (Bgreen Food brand, all but angel hair) Miracle Noodles/ rice Natural Heaven Hearts of Palm Pasta Palmini Hearts of Palm Noodles shirataki noodles (tofu free) Slim Pasta Sweet Potato Pasta Trader Joe's Cauliflower Gnocchi
			Beverages (oz. per day) Champagne (6 oz.) coconut milk/cream (unsweetened) coffee/ tea (all types) dark spirits (1 oz.) hydrogen water KeVita brand low-sugar kombucha Pellegrino or Panna water red wine (6 oz.)	Dairy (Limit to 1 oz. cheese or 4 oz. yogurt/ day) buffalo butter (available at Trader Joe's) buffalo mozzarella (Italian) A2 casein milk cheeses from Switzerland French/Italian butter & cheeses ghee (grass-fed) goat's and sheep's milk kefir (plain) goat's milk cheese/ creamer/ plain yogurt organic cream cheese organic heavy cream organic sour cream Parmigiano-Reggiano sheep's milk cheese/ plain yogurt whey protein powder (grass-fed cow, goat, sheep)	Acceptable Food Ingredients: expeller safflower oil expeller sunflower oil potato starch soluble corn fiber soy lecithin sunflower lecithin