**This list is lectin-free, almost entirely animal protein-free with the exception of eggs, low/ no sugar, with a focus on natural and whole ingredients, organic when possible.** I’ve tried most items on this list. If a brand makes additional flavors not shown, they’re most likely non-compliant or taste bad/ waste of money. Links will take you to Whole Foods first, then Amazon shopping if WF doesn’t carry for easy add-to-cart.

***Vegetarian Proteins:***

* Quorn – naked chicken [fillets](https://amzn.to/3y23yso) and [pieces](https://amzn.to/3dTDrgz), [meatless grounds](https://amzn.to/3fr1Eep) (contains egg)
* [Hilary’s](https://amzn.to/3V700iH) – Hemp and Greens Veggie Burger
* [Hemp hearts](https://amzn.to/3BZWu0I)\*
* [Eden](https://amzn.to/3USD3j6) and [Jovial](https://amzn.to/3roujn4) brands\* – organic canned beans and lentils that have been pressure-cooked to remove lectins
* [Westbrae](https://amzn.to/3SKeyCL) – organic canned beans and lentils. From the owner ie the cooking process: “Our beans are cooked under high pressure, however, we do not evaluate the finished product for lectins.”

***Dairy substitutes:***

* Yogurt:
	+ Cocojune, [Culina](https://amzn.to/3EaFRlw), & [Cocoyo](https://amzn.to/3SjYkAp) Brands - organic plain unsweetened coconut yogurt
	+ [Harmless Harvest](https://amzn.to/3dTs1JM) - plain unsweetened coconut yogurt and coconut yogurt drink
* Milk:
	+ Pacific Foods\* - [Unsweetened Coconut Milk](https://amzn.to/3fwO4q1) and [Unsweetened Hemp Milk](https://amzn.to/3SwZ8C3), plain and vanilla
	+ [365 Organic](https://amzn.to/3St20zJ) – Unsweetened Coconut Milk, plain and vanilla flavors
	+ [Good Karma](https://amzn.to/3Cp6Toa)\* – Unsweetened Flax Milk, plain and vanilla flavors
	+ [Elmhurst](https://amzn.to/3UStjoP)\* – nut milks: Walnut, Hazelnut flavors only
* Kite Hill – [cream cheeses](https://amzn.to/3E7aQPh) and [ricotta cheese](https://amzn.to/3rgXJUl). Yogurt is compliant too but tastes gross IMO.
* [Just Egg](https://amzn.to/3ClJjsi)\* – the bottle version only
* [Nutiva](https://amzn.to/3LZG3pI)\* – Coconut Oil, Butter flavor
* [Nutritional Yeast](https://amzn.to/3fqYmrz)\*

***Sweet snacks:***

* Dark Chocolate Bars (1 oz per day):
	+ Lindt – [90%](https://amzn.to/3rlrN0R), 95%, & 100% Dark Chocolate
	+ [Endangered Species](https://amzn.to/3fysvoQ)\* – Strong Velvety 88% Dark Chocolate
	+ [Beyond Good](https://amzn.to/3fzBfeF) – Madagascar 92% Pure Dark Chocolate (has a nice fruity flavor)
	+ Alter Eco\* – [85%](https://amzn.to/3y21uAE), [90%](https://amzn.to/3CnlOiv) and [100%](https://amzn.to/3SBKWaC) Blackout Dark Chocolate
	+ [Thrive Market](https://thrivemarket.com/p/thrive-market-organic-paleo-dark-chocolate-95)\* – 95% Dark Chocolate
	+ [Ghirardelli](https://amzn.to/3SHpVff) - Intense Dark Chocolate Bar, 92% Cacao
* [Highkey](https://amzn.to/3RsoAYb)\* – Keto Cookies, all flavors
* [Cappello’s](https://amzn.to/3C1Ohct)\* – chocolate chip cookie dough
* Lily’s\* – [Gummy Bears](https://amzn.to/3Mb0Qa5) and [Sour Gummy Worms](https://amzn.to/3riDJR5)
* [Smart Sweets](https://amzn.to/3BXyiMn)\* – all gummy candies

***Salty snacks:***

* [Siete](https://amzn.to/3dZkoRN)\* – Grain-Free Tortilla Chips: Sea Salt, Lime, No Salt, and Dip Chip flavors only (however these do have some chia in them so not fully lectin-free)
* [Barnana](https://amzn.to/3ClQS1X)\* – organic plantain chips: Sea Salt, Lime, and Salt & Vinegar flavors
* [Jackson’s](https://amzn.to/3SxZRTK) – salted sweet potato chips, made with avocado or coconut oil
* [Thrive Market](https://thrivemarket.com/p/thrive-market-non-gmo-sweet-potato-chips-in-organic-vco-6pk)\* – sweet potato chips
* [Hu Crackers](https://amzn.to/3Ssw9iD)\* – Sea Salt and Everything flavors (however these do have some chia in them so not fully lectin-free)
* [Fat Snax](https://amzn.to/3USPaML)\* – Almond Flour Crackers (not dairy free)
* Lesser Evil\* – [Paleo Puffs](https://amzn.to/3CmKEyX) and [Power Curls](https://amzn.to/3y1weBO): ‘No-cheese’ and Himalayan Sea Salt flavors. Fiery Hot has habanero powder, so unsure about lectin content there.
* [gimMe](https://amzn.to/3UOXRYB)\* – Avocado Oil or Organic EVOO Roasted Seaweed Snacks

***Nuts:***

* Barney Butter\* – BARE Almond Butter ([Smooth](https://amzn.to/3y26AwM) and [Crunchy](https://amzn.to/3rnWN0p)) and [Powdered Almond Butter](https://amzn.to/3rjdDxc) (uses blanched almonds)
* [Royal Hawaiian](https://amzn.to/3SPmwut)\* – seasoned Macadamia nuts: BBQ, Wasabi, Sweet Onion, Sea Salt & Pepper, Maui Onion, and all organic flavors
* [NuTrail](https://amzn.to/3y5xoMA) – Keto Cinnamon Glazed Walnuts and Pecans
* The Nut Bakery – Keto [Cinnamon Macadamias](https://amzn.to/3dTcz00), [Maple Pecans](https://amzn.to/3RscgqS), [Vanilla Walnuts](https://amzn.to/3y9B3Jl)

***Carb substitutes:***

* [Unbun](https://amzn.to/3ULzVFD) – bread, bagels, buns
* Base Culture\* – [keto bread](https://amzn.to/3StVQiQ) and [buns](https://amzn.to/3SK3SUA)
* [Siete](https://amzn.to/3E88YGb)\* – grain-free cassava or almond flour tortillas
* [Thrive](https://thrivemarket.com/search/results?filter%5Bsearch%5D=coconut%20wrap)\* – Organic Coconut Wraps
* [Nuco](https://amzn.to/3RpBbeK) – Organic Coconut Wraps
* [Kelp Noodles](https://amzn.to/3BYkJMP)
* Shirataki noodles\* (not the tofu ones)/ [Miracle](https://amzn.to/3SE7DuY) noodles and rice
* [Palmini](https://amzn.to/3E3gYs5)\* – lasagna sheets and pasta
* Cappello’s\* - [pasta](https://amzn.to/3rlMr12) (fettucine, spaghetti, lasagna) and [naked pizza crust](https://amzn.to/3Ss5liJ)
* [Jovial](https://amzn.to/3riikYe)\* – grain free cassava pastas
* [Cybele’s Pasta](https://amzn.to/3SvL9wc)\* – Green and Red Lentil flavors only. From the owner ie the cooking process: “They are dried, ground, and pressure cooked during the process of turning them into noodles. But I'm not sure if it's to the degree you need for your diet.”

***Sauces/ dressings/ condiments:***

* Primal Kitchen\* – [Dressings](https://amzn.to/3V6jq7l): Sesame Ginger, Balsamic, Caesar, Greek, Green Goddess, Honey Mustard, Ranch, Vegan Ranch, Lemon Vinaigrette. [Mayos](https://amzn.to/3rk0lAG): Avocado, Pesto and Garlic Aioli flavors. (Vegan has potato protein.) [Soy-less Teriyaki](https://amzn.to/3E8K49j).
* [Mother Raw](https://motherraw.com/) – Dressings: Caesar, Japanese, Greek, Cali Fig, Lemon Tahini, Garlic Caesar, Poppyseed, Tahini, Balsamic. Dips: Garlic Aioli, Garlic Dip, Spinach, Everything Bagel, French Onion. Note: some dressings do have white chia seeds, check before buying if you don’t want that.
* Noble Made\* – Carrot Ginger Dressing, [Carrot Ketchup](https://amzn.to/3e1xDBt)
* Ocean’s Halo\* – Soy-less Sauce, [Regular](https://amzn.to/3CmCl6q) and [Low Sodium](https://amzn.to/3rkvaVV). [Vegan Fish Sauce](https://amzn.to/3rnouGw). [Boxed vegan broths](https://amzn.to/3C0arMb) (not the pods): No Chicken, Pho, Tortilla Soup are ok. Miso, No Beef, and Thai Coconut are questionable ie lectin content.
* Gotham Greens – [Classic](https://amzn.to/3rkmf6U) and [Vegan Pesto](https://amzn.to/3rlTxCI)
* [Mike’s Organic Curry Love](https://amzn.to/3V4LesG)\* – Red, Yellow, and Green Thai Curry Sauces (not pastes) taste amazing for the craving although they do have chili pepper in them, so not fully lectin-free.
* Chosen\* - Avocado [Mayo](https://amzn.to/3fr6Rmt), [Oil](https://amzn.to/3CoMZtt), and [Spray](https://amzn.to/3Mb5Zip) (this is one of the most pure avocado oil brands). [Vegan Mayo](https://amzn.to/3RuxlAK) is questionable ie lectin content with chickpea broth and fava bean protein.
* *Notes on Hot Sauce:* Skins and seeds are the only two components of chilis that contain lectins, so removing them makes them compliant with Plant-Paradox eating. With this logic in mind, any hot sauce that’s completely smooth, like Tabasco, chipotle in adobo, Sriracha, and most hot sauces are also Plant-Paradox friendly.

***Baking:***

* Bob’s Red Mill\* – Aluminum Free [Baking Soda](https://amzn.to/3SMaceh)
* [Keto Bakes mixes](https://amzn.to/3LYLYeO): [Iced Lemon Loaf](https://amzn.to/3M2vF0n), [Cinnamon Rolls](https://amzn.to/3E1KOgx), [Vanilla Buttercream Frosting](https://amzn.to/3Rkpnud), [Snickerdoodles](https://amzn.to/3URkn2V), [Fudge Brownies](https://amzn.to/3M2mkWw), [Pumpkin Cream Cheese Muffin](https://amzn.to/3LXvN0Y)
* [Birch Benders](https://amzn.to/3UUiYsH)\* – keto mixes: Vanilla and Chocolate Cupcake/ Cake and Fudge Brownies only.
* Miss Jones – keto mixes: [Chocolate Cupcake](https://amzn.to/3y7ou17) and [Fudgy Brownies](https://amzn.to/3CpAs9a) only. These are lectin-free *except* that they use baking powder with potato starch in it.
* [Scratch](https://amzn.to/3CotWz6) – all frostings, sprinkles, and chocolate chips are lectin-free. All baking mixes (vanilla, chocolate, birthday, and chocolate chip cakes, orange cranberry bread, blueberry lemon loaf) are lectin-free *except* that they use baking powder with cornstarch in it.
* [Mindless Keto Cups](https://amzn.to/3EeMhjs) – all hot cereal cups are lectin-free, and muffin cups are lectin-free *except* that they use baking powder with cornstarch in it.
* Sweet Logic – keto baking mixes: apple cinnamon, blueberry, lemon poppyseed, and orange almond [muffins](https://amzn.to/3Cnfurj). Yellow, chocolate, and carrot [cake](https://amzn.to/3Cmlr7J). [Pancake & Waffle mix](https://amzn.to/3dTW6J7). [Brownies](https://amzn.to/3CkMi46). [Mug mixes](https://amzn.to/3CkJTGO). These are all lectin-free *except* that they use baking powder with cornstarch in it.

#### *Energy Bars:*

* [Keto Bars](https://amzn.to/3Ss1IJu): Almond Butter Brownie, Salted Caramel, Lemon Poppyseed, and Chocolate Chip Cookie Dough flavors (includes collagen)
* MariGold – [Keto Fat Bombs](https://amzn.to/3fC7qtF) (all flavors, includes collagen)
* Quest Bars: [Lemon Cake](https://amzn.to/3EhBS6C), [Double Chocolate Chunk](https://www.amazon.com/Quest-Nutrition-Chocolate-Protein-Friendly/dp/B00FEKGO1A/ref%3Dsr_1_1_sspa?crid=1YNR1AYRZBNTM&keywords=quest+bars+double+chocolate+chunk&qid=1664660089&qu=eyJxc2MiOiIxLjgxIiwicXNhIjoiMS4zNCIsInFzcCI6IjEuMjcifQ%3D%3D&sprefix=quest+bars+do%2Caps%2C142&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExV1c3SFY4NkJORzNTJmVuY3J5cHRlZElkPUEwOTQ5NzkyMUtLVDFETzc4RllISSZlbmNyeXB0ZWRBZElkPUEwMzc5ODI1M0VVSVFDMzVQTlNUMiZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=), and [Chocolate Sprinkled Doughnut](https://amzn.to/3rpSwJY) are the only flavors that don’t list sucralose in their ingredients, but the rest do so I’m skeptical. (includes whey)
* Rowdy Bars: [Keto Chocolate Cookie Dough](https://amzn.to/3y8lMZv) (includes whey)
* [Adapt Bars:](https://www.adaptyourlife.com/shop/) Coconut and Chocolate flavors (includes whey)
* [B-Up (made by Yup):](https://yupbrands.com/categories/shop-all.html) Chocolate Mint, Chocolate Chip Cookie Dough, Sugar Cookie (includes whey)

***Frozen Desserts:***

* [Keto Bakes Vegan ice cream mixes](https://amzn.to/3LYLYeO): [Chocolate](https://amzn.to/3BZC4oz), [Vanilla](https://amzn.to/3BXiaKL), [Strawberry](https://amzn.to/3LThHxV), [Moose Tracks](https://amzn.to/3rjMmLf), [Kona Coffee](https://amzn.to/3rkMudm), [Chocolate Chip](https://amzn.to/3SxHmig)
* So Delicious – blue label sugar-free **vegan** coconut milk ice creams ([vanilla](https://amzn.to/3M7v4dQ), [chocolate](https://amzn.to/3Cx7l3E), and [mint](https://amzn.to/3EhDiyf)) and [vanilla bars](https://amzn.to/3MgnSwc). This is on Dr. Gundry’s approved 2021 list, although there is pea protein in these so may be a new recipe.
* [Cado](https://amzn.to/3VhQUQf) – avocado based **vegan** ice creams with 12-13g of sugar per ½ cup serving
* Enlightened – Keto pints: [mint chocolate chunk](https://amzn.to/3M6E5nD), red velvet, [coffee chocolate](https://amzn.to/3CbhkKv), [caramel chocolate double dough](https://amzn.to/3M9epGM). Keto Bars: [Dark Chocolate](https://amzn.to/3C8yWXv), [Mint Chocolate](https://amzn.to/3V3I4oO). [Cookie Dough Bites](https://amzn.to/3SIH6Ns): Choc. Chip, Snickerdoodle, Fudge Brownie, Birthday Cake. All Keto [cheesecakes](https://amzn.to/3fK0dYN) if you don't mind cornstarch. All include dairy.
* [Rebel](https://rebelcreamery.com/collections/flavors) – all ice cream/ sorbet pints, sandwiches, and milks except peanut flavors (all include dairy except **vegan** sorbets)
* [Keto Ice Cream](https://ketofoods.com/collections/ice-cream-pints) – all flavors but peanut (includes dairy)
* [Killer Creamery](https://www.killercreamery.com/products) – all flavors but peanut (includes dairy)
* [Mammoth Creamery](https://www.mammothcreameries.com/collections/all) – all flavors but peanut (includes dairy)
* Simple Truth Ice Cream – all flavors but peanut (includes dairy). Found in most mainstream grocery stores.

***Drinks*:**

* [Four Sigmatic](https://amzn.to/3y1psfd)\* – organic mushroom superfood drink mixes: all flavor lattes, coffee, cacao, and elixirs
* [Indulgences Drink Mixes](https://amzn.to/3E6EunP) – all flavors of gourmet cocoas, coffees, and MCT drinks