

Allowed Foods	Prohibited Foods
<p>Vegetables: Zucchini, Mushrooms, Pumpkin Brussels, Sprouts, Celery, Garlic Leek, Asparagus, Olive, Eggplant Broccoli, Onion, red carrot Chayote, Cauliflower, Ginger Chickpea, Turnip Cucumber, Pepper, Okra, Quinoa Radish, Cabbage, tomatoes Pod</p>	<p>Vegetables: Peas Beans Lentil Peanuts</p>
<p>Leaves (all): Chard, Lettuce, Seaweed, Chives, Chives, Kale, Spinach, Fennel, Arugula, Celery, Parsley, Etc"</p>	<p>Leaves: None</p>
<p>Fruits: Avocado Blackberry Cherry (not in syrup) Coconut Cranberry Guava Kiwi Lemon Green Apple, Passion Fruit, Blueberry, Strawberry"</p>	<p>Fruits: Plum Pineapple Banana Khaki Candied Fruits Dry Fruits Lychee Papaya watermelon mango Tangerine Pear Melon Orange Fruits in Jaca Syrup</p>
<p>Cereals: No cereals for the first 30 days</p>	<p>Cereals: Rice, Wholegrain, Oats Couscous, Granola, Corn, Popcorn, Soy, Wheat</p>
<p>Meat (all): Cattle, Fish, Chicken, Pork, Lamb, Seafood, Game Meat, Offals (Liver, Heart, Etc), Poultry, Crustaceans and Bacon (prefer organic)</p>	<p>Meat (all): No restrictions</p>
<p>Oils: Extra Virgin Olive, Oil Palm, Oil Pork Lard Butter, Butter Ghee, Avocado Oil, Coconut Oil,</p>	<p>Oils: Use only the fats on the list</p>

<p>Cod Liver Oil, Omega 3, Sesame Oil</p>	
<p>Tubers: No tubers for the first 30 days</p>	<p>Tubers: Potato, Sweet Potato, Beetroot, White Carrot, Yam, Cassava</p>
<p>Sweeteners: No sweets</p>	<p>Sweeteners: Sugar (Crystal Sugar, demerara, organic, Brown, Refined) Coconut Sugar Fructose Honey Corn Syrup Maltodextrin Artificial Sweeteners</p>
<p>Seeds: Almond, Hazelnut, Pumpkin, Cashew Nuts, Brazil Nuts, Chia Seeds Sesame, Flaxseed, Sunflower, Pistachio, *only a handful a day</p>	<p>Seeds: No restrictions</p>
<p>Drinks: Water, Sparkling Water, Water with cinnamon, lemon or ginger Coffee, coffee with butter and coconut oil, Teas Coconut Milk, Kefir, Coconut Milk Green Juice Lemon, Passion Fruit, Cashew Juices Note: no sugar or sweetener"</p>	<p>Drinks: No soda, no alcohol Use only recommended drinks</p>
<p>Industrialized: Nothing industrialized, avoid them</p>	<p>Industrialized: Cereal bar Canned Drinks (none) Biscuits (none) Breakfast Cereal Chocolates, sweets and the like Frozen (none) Canned (none) Fast Food (pizza, hamburger Etc) Ready Sauces Breads, Cakes and Confectionary Soft Drinks (not even Diet) Ready- made Juices (none) Snacks, Chips and the like Ice cream</p>
<p>Spices:</p>	<p>Spices:</p>

<p>All natural (pepper, ginger, cinnamon, turmeric, etc.) Whole, Salt, Garlic, Onion ,Chives, Parsley, Basil, Cilantro, Curry</p>	<p>Industrialized Broths Powdered Seasonings Ready Seasonings Salad Dressings Ketchup Industrialized Mayonnaise Soy Sauce"</p>
<p>Pastas: No pasta</p>	<p>Pastas: Biscuits (even wholemeal) cakes Pasta (even wholemeal) Bread (even wholemeal) Toast (even wholemeal) Snacks (pies, drumstick, Fried pastry, etc.)</p>