



GOOD FOODS LIST

FOOD TYPES	INCLUDES	AVOID
MEATS**	Beef, Lamb, Veal, Beefalo, Wild Game, Chicken, Turkey, Cornish Hen	Lunch Meats, Cured Meats, Bacon, Sausage <i>Enjoy any of the above if they don't include sugar, nitrites or MSG</i>
SEAFOOD***	All fish and shellfish	Commercially breaded fish
OTHER PROTEINS	Tempeh, Legumes, Nuts, Seeds, Nut Butters	Nut Butters that include hydrogenated oils and/or sugar, Pistachios, Peanuts
MILK	Rice, Hemp, Almond, or Cashew, Goat	Cow Milk
EGGS	Free Range and/or Organic	All other eggs
CHEESE	Hard White Cheese, Cottage, Cheese, Cream Cheese, Sugar-less Yogurts	American Cheese, Velveeta, Processed Cheese
OILS	Butter, Flaxseed, Avocado, Olive, Coconut	Margarine, Canola, Vegetable, Hydrogenated, Safflower, Sunflower, Corn, Soybean, Peanut
VEGETABLES*****	All Vegetables, V-8, Tomato Juice	LIMIT Starchy Vegetables (potatoes, yams, sweet potatoes, corn, squash, peas)
FRUITS*****	All Fruits, Fruit Juices without added sugar (diluted 50%)	All other fruit juices

FOOD TYPES	INCLUDES	AVOID
GRAINS*	Sprouted Grains, Whole Grains. Brown Rice, Quinoa, Bulgar, Millet, Spelt, Barley	Cereals, Crackers, Processed or Enriched Flours, Breading, Pastries, Pastas <i>Can be eaten if made from approved grains</i>
SWEETENERS	Stevia, Raw Honey, Pure Maple Syrup, Xylitol, <u>Erythritol</u> , Coconut Sugar	All sugars not listed Sugar, Maltodextrin, Cane, Artificial Sweeteners
CONDIMENTS	Herbs, and Spices, Colored Sea Salt, Apple Cider Vinegar, Lemon Juice, Coconut Aminos, Mustard	BBQ Sauce, Ketchup, Dressings, Steak Sauce <i>Unless prepared with approved ingredients</i>
BEVERAGES	Herbal Tea, Lemon Water, Fruit Juices (see FRUITS), Bone Broth, Water (filtered, reverse osmosis or filtered)	Soda, Energy Drinks, Sugary Drinks LIMIT Black Tea and Coffee
TREATS	Anything made with approved ingredients <ul style="list-style-type: none"> • Dehydrated fruits/leathers and vegetable chips • Almond flour crackers • Nut ice cream • Veggie chips 	Cookies, Candy, Chips, Ice Cream, Pretzels, Cereal Bars, Fruit Snacks, Pudding <i>Unless prepared with approved ingredients</i>

Notes for better success:

*Whole grain must be listed as the first ingredient, avoid breads containing hydrogenated oils and sugars: avoid eating more than 1-2 servings per day.

**Grass-fed and/or range-fed is preferred.

***Fresh or wild-caught is preferred

****Organic and/or Non-GMO is preferred.

*****1-2 servings per day, unless extremely active. Organic and/or Non-GMO is preferred