



PHASE ONE FOODS LIST

There are always hidden ingredients in prepared foods.

READ ALL LABELS.

FOOD TYPES	INCLUDES	AVOID
MEATS**	Beef, Lamb, Veal, Beefalo, Wild Game, Chicken, Turkey, Cornish Hen	Lunch Meats, Cured Meats, Bacon, Sausage, Pork
SEAFOOD***	All fish and shellfish	Commercially breaded fish
OTHER PROTEINS	Tempeh, Nuts, Seeds, Nut Butters	Nut Butters that include hydrogenated oils and/or sugar, Pistachios, Peanuts
MILK	Rice, Hemp, Almond, or Cashew, Goat, Raw Goat/Cow <i>Unsweetened only</i>	Pasteurized Cow Milk
EGGS	Yolk intact	Scrambled <i>Can disrupt digestion</i>
DAIRY	Cream Cheese, Sugar-less Yogurts, Sour Cream, Whipping Cream	American Cheese, Velveeta, Processed Cheese, Natural Cheese
OILS	Butter, Flaxseed, Avocado, Olive, Coconut	Margarine, Canola, Vegetable, Hydrogenated, Safflower, Sunflower, Corn, Soybean, Peanut
VEGETABLES****	All Vegetables, V-8, Tomato Juice, Black Olives not aged in Vinegars	Starchy Vegetables (potatoes, yams, sweet potatoes, corn, peas, legumes, beans, peas)
FRUITS****	Green Apples, Berries, Avocado, Grapefruit, Lemon, Lime	All other fruits
GRAINS*	Quinoa, Arrowroot, Tapioca, Amaranth, Buchwheat, Millet <i>Almond/coconut flours are approved</i>	Cereals, Crackers, Processed or Enriched Flours, Breading, Pastries, Pastas <i>Can be eaten if made from approved ingredients</i>

FOOD TYPES	INCLUDES	AVOID
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>
SWEETENERS	Liquid Stevia, Raw Honey, Xylitol, Erythritol LIMIT monk fruit due to common sensitivities	All sugars not listed Sugar, Maltodextrin, Cane, Artificial Sweeteners, Coconut Sugar, Maple Syrup, Lactose, Corn Syrup, Sucrose, Maltose, Glucose, Dextrose, Maltodextrose, Fructose
BEVERAGES	Non-fruity Herbal Tea, Lemon Water, Bone Broth, Water (filtered, reverse osmosis or filtered), Unsweetened Coconut Milk	Soda, Diet Soda, Energy Drinks, Sugary Drinks, Alcohol, Black Tea, Coffee, Fruity Herbal Tea
YEAST PRODUCTS	None	All including breads, beer, mushrooms, baked goods
VINEGARS*****	Unpasteurized Apple Cider	Pickles, Salad Dressing, Green Olives, Sauerkraut, Ketchup, Horseradish, Mayonnaise, Kombucha, Soy Sauce, Worcestershire

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.

*****Excluded because they are fermented.