



## PHASE TWO FOODS LIST

There are always hidden ingredients in prepared foods.

**READ ALL LABELS.**

FOOD TYPES	INCLUDES	AVOID
<b>MEATS**</b>	Beef, Lamb, Veal, Beefalo, Wild Game, Chicken, Turkey, Cornish Hen	Lunch Meats, Cured Meats, Bacon, Sausage, Pork
<b>SEAFOOD***</b>	All fish and shellfish	Commercially breaded fish
<b>OTHER PROTEINS</b>	Tempeh, Nuts, Seeds, Nut Butters	Nut Butters that include hydrogenated oils and/or sugar, Pistachios, Peanuts
<b>MILK</b>	Rice, Hemp, Almond, or Cashew, Goat, Raw Goat/Cow <i>Unsweetened only</i>	Pasteurized Cow Milk
<b>EGGS</b>	Yolk intact	Scrambled <i>Can disrupt digestion</i>
<b>DAIRY</b>	Cream Cheese, Sugar-less Yogurts, Sour Cream, Whipping Cream, Goat Yogurt	American Cheese, Velveeta, Processed Cheese, Natural Cheese
<b>OILS</b>	Butter, Flaxseed, Avocado, Olive, Coconut, Grapeseed	Margarine, Canola, Vegetable, Hydrogenated, Safflower, Sunflower, Corn, Soybean, Peanut
<b>VEGETABLES****</b>	All Vegetables, V-8, Tomato Juice, Black Olives not aged in Vinegars	Starchy Vegetables (potatoes, yams, sweet potatoes, corn, peas, legumes, beans, peas)
<b>FRUITS****</b>	Green Apples, Berries, Avocado, Grapefruit, Lemon, Lime	All other fruits
<b>GRAINS*</b>	Quinoa, Arrowroot, Tapioca, Amaranth, Buchwheat, Millet, Oats, Brown Rice, Barley, Sourdough (no added sugar) <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
<b>CONDIMENTS</b>	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>
<b>SWEETENERS</b>	Liquid Stevia, Raw Honey, Xylitol, Erythritol <b>LIMIT</b> 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
<b>BEVERAGES</b>	Non-fruity Herbal Tea, Lemon Water, Bone Broth, Water (filtered, reverse osmosis or filtered), Unsweetened Coconut Milk, Homemade Lemonade sweetened with Stevia	Soda, Diet Soda, Energy Drinks, Sugary Drinks, Alcohol, Black Tea, Coffee, Fruity Herbal Tea
<b>YEAST PRODUCTS</b>	None	All including breads, beer, mushrooms, baked goods
<b>VINEGARS*****</b>	Unpasteurized Apple Cider	Pickles, Salad Dressing, Green Olives, Sauerkraut, Ketchup, Horseradish, Mayonnaise, Kombucha, Soy Sauce, Worcestershire

**Notes for better success:**

Wheat allergies are common; experiment carefully

\*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.