



## ENJOY

## AVOID



### FRUITS & VEGETABLES

#### All vegetables, especially, organic raw

(50-90% raw everyday) and steamed, sautéed, baked, juiced, blenderized in smoothie

Sprouts, especially that you grow at home from organic seeds, especially broccoli, radish

Whole fresh fruit and very diluted juices; use fruit juice for sweetener in baking

Fermented vegetables (sauerkraut, kimchi), sea vegetables

Bananas (OK to eat occasionally, like 1x/week)

Pineapple

Dried fruit (except for children and athletes and those needing to gain weight)

Raw mushrooms

IF you suffer from joint stiffness and pain, eliminate Nightshade vegetables (tomatoes, white potatoes, peppers, eggplant)



### BEANS, LEGUMES, etc.

Lentils: green, brown, red. Chickpeas (garbanzo beans) mung, adzuki - Sprouted and/or cooked

Dried beans, split peas and other legumes including organic edamame and tofu

Organic, non-GMO soy (tempeh, miso)

Soy that is highly processed or hydrolized, along with heat processed powders and GMO or processed soy



### GRAINS

Non-gluten grains: brown rice, millet, quinoa, amaranth, teff, buckwheat

**GLUTEN** Grains: wheat, oats, barley, spelt, kamut, rye, triticale



### NUTS, OILS and FATS

ORGANIC AND RAW nuts and seeds: walnuts, pumpkin, sesame and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond cashew or tahini

ORGANIC Cold pressed olive oil and flax seed oils, sesame, sunflower, walnut, coconut, pumpkin, and almond oils

**DO NOT EAT ANY** nut that has ever caused any reaction such as tingling, swelling or redness, or coughing.

Margarine, shortening, processed oils, non-organic canola oil or soy-rapeseed, non-organic mayonnaise

Corn oils, other vegetable oils, lard



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### EGGS

Only from organically-fed free-range chickens

Eliminate for 30 days IF you currently eat them more than twice a week OR if you have EVER had an aversion to or any reaction from eggs

### DAIRY

Dairy substitutes: unsweetened organic rice and nut milks such as almond milk, coconut milk, hemp milk, hazelnut milk, pea milk and organic soy milk

Butter as a rare treat in restaurants when there is nothing else, or organic ghee at home as a rare treat is acceptable

**ALL DAIRY:** anything from cow, sheep or goat: milk, cheese, cottage cheese, cream, yogurt, ice cream, frozen yogurt, products containing whey, casein, milk solids

### MEAT, POULTRY, FISH

Wild caught small ocean fish and wild salmon, halibut, cod, canned sardines, some wild game, organic free range meats: lamb, duck, chicken, turkey, bison, ostrich, rabbit

Pork, veal, cold cuts, deli meats, canned meats, hot dogs

Shrimp, crab, mussels, oysters and most sushi

Avoid farmed salmon, tuna, tilefish, other large fish. **Swordfish is toxic-never eat it**

### SWEETENERS

Dates, apple sauce, fruit juice, molasses, fresh stevia, xylitol (no insulin response and 40% of calories)

Raw honey, maple syrup occasionally, not daily

Refined sugar, white/brown sugars, sucralose, corn syrup, high fructose corn syrup, beet sugar, agave syrup

### BEVERAGES

Drink at least 6-8 cups of filtered water per day. Herbal teas, hot or cold, spring waters, coconut water, fermented beverages like kombucha

Alcohol, coffee and other caffeinated beverages, soda