



"Say NO" list of foods to avoid



Refined, Starchy Foods

Pasta
Rice
Potatoes
Potato chips
Milk
Bread
Tortillas
Pastry
Flour
Crackers
Cookies
Cereal
Sugar
Agave
Sweet One or Sunett
(Acesulfame K)
Splenda (Sucralose)
NutraSweet
(Aspartame)
Sweet' Low (Saccharin)
Diet drinks
Maltodextrin

Oils

Soy
Grape seed
Corn
Peanut
Cottonseed
Safflower
Sunflower
Partially hydrogenated"
Vegetable
Canola

Non-Southern European Cow's

Milk Products *(these contain casein A-1)*

Yogurt (including Greek yogurt)
Ice cream
Frozen yogurt
Cheese
Ricotta
Cottage cheese

Nuts and Seeds

Pumpkin
Sunflower
Chia
Peanuts
Cashews

Vegetables

Peas
Sugar snap peas
Legumes
Green beans
Chickpeas including as hummus)
SoY
Tofu
Edamame
Soy protein
Textured vegetable protein (TVP)
Pea protein
All beans, including sprouts
All lentils

***Vegans and vegetarians
can have these legumes
in Phase 2, but only if they
are properly prepared in
a pressure cooker.*

Fruits (some called vegetables)

Cucumbers
Zucchini
Pumpkins
Squashes (any kind)
Melons (any kind)
Eggplant
Tomatoes
Bell peppers
Chili peppers
Goi berries

KefirGrains, Sprouted Grains, Pseudo-Grains, and Grasses

Wheat *(pressure cooking does not
remove lectins from any form of wheat)*
Einkorn wheat
Kamut
Quinoa
Barley *(cannot pressure cook)*
Oats *(cannot pressure cook)*
Rye *(cannot pressure Cook)*
Bulgur
White rice
Brown rice
Wild rice
Buckwheat
Kashi
Spelt
Corn & Corn products
Cornstarch
Corn syrup
Popcorn
Wheatgrass
Barley grass