



"YES PLEASE" list of acceptable foods



Oils

- Algae oil (Thrive culinary brand)
- Olive Oil
- Coconut Oil
- Macadamia oil
- MCT oil
- Avocado oil
- Perilla Oil
- Walnut oil
- Red Palm
- Rice bran
- Sesame oil
- Flavored cod liver oil



Sweeteners

- Inulin
- Yacon
- Monk Fruit
- Xylitol
- Stevia (SweetLeaf is my favorite)
- Just Like sugar (made from Chicory root (inulin))
- Luo Han Guo (The Nutresse brand is good)
- Erythritol (Swerve is my favorite as it also contains Oligosaccharides)

Flours

- Coconut
- Almond
- Hazelnut
- Sesame (and seeds)
- Chestnut
- Cassava
- Green Banana
- Sweet Potato
- Tiger Nut
- Grape seed
- Arrowroot



Herbs and Seasonings

- All except chili pepper flakes
- Miso

Nuts and Seeds (1/2 Cup per day)

- Macadamia nut
- Walnuts
- Pistachios
- Pecans
- Coconut (not water)
- Hazelnuts
- Chestnuts
- Brazil nuts (in limited quantities)
- Pine nuts (in limited quantities)
- Flaxseed
- Hemp seeds
- Psyllium
- Coconut milk (unsweetened dairy substitute)



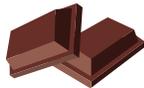
Olives

ALL



Dark Chocolate

72% or greater (1oz/ day)



Ice Cream

- Coconut Milk Dairy Free Frozen Dessert [the So Delicious blue label, which contains only 1 gram of sugar]
- LaLoo-s goat's milk ice cream

Energy Bars

- Quest bars: Lemon, Cream Pie, Banana Nut, Strawberry Cheesecake, Cinnamon Roll & Double Chocolate Chunk *ONLY*
- B-Up bars (sometimes found as Yup Bars): Choc Mint, Choc Chip, Cookie Dough & Sugar Cookie *ONLY*
- Human Food bar (humanfoodbar.com)
- Adapt Bar: Coconut and Chocolate (*Adaptyourlife.com*)

Vinegars

ALL (without added sugars)

Wine (6oz/ day)

Red



Spirits (1oz/ day)

Fruits (limit all but avocado)

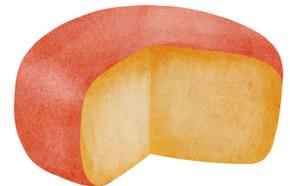
Crispy pears (Anjou, Bose, Cornice)

- Avocados
- Blueberries
- Raspberries
- Blackberries
- Strawberries
- Cherries
- Pomegranates
- Figs Dates
- Kiwis
- Apples
- Citrus (no juices)
- Nectarines
- Peaches
- Plums
- Apricots



Dairy Products [1 oz. cheese or 4 oz. yogurt/ day]

- Real Parmesan (Parmigiana-Reggiano)
- French/Italian butter
- Buffalo butter (available at Trader Joe's)
- Ghee
- Goat yogurt (plain)
- Goat milk as creamer
- Goat cheese
- Butter
- Goat and sheep kefir
- Sheep cheese and yogurt (plain)
- Coconut yogurt
- French/Italian cheese
- Switzerland cheese
- Buffalo mozzarella (Italy)
- Whey protein powder
- Casein A-2 milk [as creamer only]
- Organic heavy cream
- Organic sour cream
- Organic cream cheese



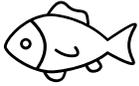


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Fish [any wild-caught-4 oz./day]

- Whitefish
- Freshwater bass
- Alaskan halibut
- Canned tuna
- Alaskan salmon
- Hawaiian fish
- Shrimp
- Crab
- Lobster
- Scallops
- Calamari/squid Clams
- Oysters
- Mussels
- Sardines
- Anchovies

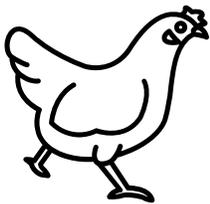


Plant-Based "Meats"

- Quorn:
 - Chik'n Tenders, Grounds,
 - Chik'n Cutlets, Turk'y Roast.
 - Bacon-Style Slices
- Hemp tofu
- Hilary's Root
- Veggie Burger (hilaryseatwell.com)
- Tempeh [grain-free only]

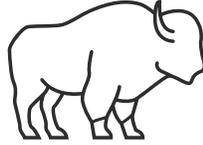
Pastured Poultry (not free-range-4 oz./day)

- Chicken
- Turkey
- Ostrich
- Pastured or omega-3 Eggs (up to 4 daily)
- Duck
- Goose
- Pheasant
- Grouse
- Dove
- Quail



Meat [grass-fed and grass-finished-4 oz./day]

- Bison
- Wild game
- Venison
- Boar
- Elk
- Lamb
- Beef
- Prosciutto
- Pork *



*Humanly Raised

Resistant Starches

- Tortillas (*Siete brand-only those made with cassava and coconut flour or almond flour*)
- Bread and bagels *made by Barely Bread*
- Julian Bakery Paleo Wraps (*made with coconut flour*)
- Paleo Coconut Flakes Cereal {*In Moderation*}
- Green plantains
- Green bananas
- Baobab fruit
- Cassava (tapioca)
- Sweet potatoes
- yams Rutabaga
- Parsnips
- Yucca
- Celery root [celeriac]
- Glucomannan [konjac root]
- Persimmon
- Jicama
- Taro root
- Turnips
- Tiger nuts
- Green mango
- Millet
- Sorghum
- Green papaya



"Foodles"

(my name for acceptable noodles)

- Cappello's fettuccine & other pastas
- Pasta Slim
- Shirataki noodles
- Kelp noodles
- Miracle Noodles
- Kanten pasta
- Miracle Rice
- Korean sweet potato noodles



Vegetables

- Cruciferous Vegetables
- Broccoli
- Brussels sprouts
- Cauliflower
- Bok choy
- Napa cabbage
- Chinese cabbage
- Swiss chard
- Arugula
- Watercress
- Collards Kohlrabi Kale
- Green and red cabbage
- Radicchio
- Raw sauerkraut Kimchi
- Celery
- Onions
- Leeks
- Chives
- Scallions
- Chicory
- Carrots (raw)
- Artichokes
- Beets (raw)
- Radishes
- Spinach
- Okra
- Asparagus
- Garlic
- Mushrooms
- Leafy Greens
- Romaine
- Red and green leaf lettuce

Other Vegetables

- Nopales cactus
- Carrot greens
- Daikon radish
- Jerusalem artichokes/ sunchokes
- Hearts of palm
- Cilantro
- Mesclun (baby greens)
- Endive
- Dandelion greens
- Butter lettuce
- Fennel
- Escarole
- Mustard greens
- Mizuna
- Parsley
- Basil
- Mint
- Purslane
- Perilla
- Algae
- Seaweed
- Sea vegetables

