

Whole Grains or Starchy Vegetables

(Vegetables with an "*" is to be eaten in moderation when reducing carbohydrates
soak seeds, legumes and grains overnight to improve digestion, absorption
and assimilation)

Whole & Sprouted Grains:

- Brown rice
- Bulgur (cracked wheat)
- Oats (old fashion or steel cut)
- Organic cornmeal
- Organic corn tortillas
- Millet
- Polenta
- Quinoa
- Sprouted grain bread
- Sprouted grain tortillas

Pastas: (Eat sparingly. Shiritaki
noodles can be eaten freely)

- Brown rice
- Black rice
- Buckwheat
- Quinoa
- Shiritaki (Look for konjac
flour, not yam flour)

Starchy Vegetables:

- Acorn squash*
- Beets*
- Butternut squash*
- Carrots
- Corn*
- Parsnips*
- Pumpkin*
- Spaghetti squash*
- Turnips*
- Winter Squash*
- Yams/sweet potatoes*

Beans/Peas/Lentils:

- Adzuki Beans
- Black beans
- Black-eyed peas
- Fava beans
- Kidney beans
- Pinto beans
- Garbanzo beans
- Lentils
- Lima beans
- Navy beans
- Split peas
- White beans

Low Glycemic Fruit:

- Apricots
- Avocados
- Berries
- Cantaloupe
- Cherries
- Coconut
- Grapes
- Grapefruit
- Green apples
- Kiwi
- Oranges
- Peaches
- Pears
- Plums
- Prunes
- Tangerines
- Watermelon

Natural Sweeteners:

- Pure Maple Syrup (1 tsp)
- Raw honey (1 tsp)
- Whole leaf stevia extract
(use sparingly)

Beverages: (Avoid beverages with artificial sweeteners or flavorings,
food dyes or added sugars. 6-8 ounces)

- Almond milk, unsweetened
- Coconut milk, unsweetened
- Coffee
- Hemp or Chia milk, unsweetened
- Rice milk, unsweetened
- Tea, black
- Tea, green
- Tea, herbal
- Water (64 or more
ounces per day)

Healthy Oils: (eat sparingly-raw and organic if possible)

- Avocado oil
- Butter (do not buy butter's that come in a tub)
- Coconut oil (raw, unrefined)
- Coconut butter
- Flaxseed oil
- Extra Virgin Olive oil (not to cook with)
- Walnut oil

Nuts & Seeds: (Nuts & seeds make great snacks, but eat in moderation.
If possible, soak seeds and nuts overnight to improve digestion, absorption
and assimilation)

- Almond butter
- Almonds, raw
- Amaranth
- Brazil Nuts
- Buckwheat
- Cashews
- Chia
- Pistachios
- Pumpkin
- Sunflower
- Sesame
- Teff
- Walnuts
- Flax

Healthy Snacks:

- Applesauce, unsweetened (1/2 cup)
- Dark chocolate (70% cacao)
(10 - 20 grams, equivalent to 1 -2 squares)
- Dried Fruits: currants, dates, figs, prunes, raisins
(sulfite-free, 1 - 2 small pieces)
- Greek yogurt (unsweetened) (8 ounces)
- Guacamole (1/4 cup)
- Salsa (1/4 cup)
- Tzatziki (1/4 cup)
- Sauerkraut
- Hummus (ideally homemade, but if store-bought
look for a hummus made with extra virgin olive oil
and no preservatives. Lemon should be the only
preservative) (1/4 cup)

Spices, Seasonings & Dressings

(eat freely and rotate new spices into your diet often)

- Balsamic vinegar
- Balsamic vinaigrette
- Basil
- Chilies
- Cinnamon
- Cilantro
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Kimchi
- Marinara sauce
(organic, low-sugar)
- Marjoram
- Miso
- Mustard
- Nutmeg
- Oregano
- Parsley
- Raw Cacao
- Rosemary
- Garlic
- Ginger
- Saffron
- Sage
- Thyme
- Turmeric
- Mayonnaise
(Vegan or organic
1-2 tbs)

Non-Starchy Vegetables

- Artichokes
- Arugula
- Asparagus
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Dandelion Greens
- Onions
- Radish
- Sea Vegetables
- Shiitake mushrooms
- Snap peas
- Eggplant
- Fennel
- Green beans
- Jicama
- Kale
- Leeks
- Lemons
- Lettuce
- Limes
- Mesclun
- Mushrooms
- Mustard greens
- Okra
- Spinach
- Swiss chard
- Tomatoes
- Watercress
- Zucchini

Meat And Seafood

- Chicken Breast
- Chicken Thigh
- Whole Chicken
- Ground Chicken
- Turkey Breast
- Whole Turkey
- Ground Turkey
- Wild Hailbut
(steak or fillets)
- Wild Salmon
(steak or fillets)



Good Foods!