

FOOD LIST BY TYPE

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Meats

- Poultry
- Turkey
- Chicken Breast
- Pork Tenderloin
- Pork Chops
- Steak
- Lean Beef
- Sirloin Steak
- Tri-tip Steak or Roast
- Filet Mignon
- Turkey Bacon
- Hamburger
- Lean Veal
- Ground Turkey
- Pork Loin
- Chuck Steak
- Bacon
- Pork
- Ground Beef
- Grass Fed Beef
- Chicken Thigh
- Chicken Leg
- Chicken Wings (yum!)
- Lamb rack
- Shrimp
- Lobster
- Clams
- Salmon
- Bass
- Cod
- Halibut
- Tilapia
- Herring
- Trout
- Mackerel
- Tuna
- Crab
- Scallops
- Crayfish
- Shellfish
- Mussels
- Clams
- Venison Steaks
- Buffalo
- New York Steak
- Lamb Chops
- Rabbit
- Goat

- Bear
- Bacon
- Eggs (duck, chicken or goose)

Vegetables

- Asparagus
- Avocado
- Artichoke hearts
- Brussels sprouts
- Carrots
- Spinach
- Celery
- Broccoli
- Zucchini
- Cabbage
- Peppers (All Kinds)
- Cauliflower
- Parsley
- Eggplant
- Green Onions
- Butternut Squash
- Acorn Squash
- Yam
- Sweet Potato
- Beets
- Lettuce
- Mushrooms
- Garlic
- Kale
- Turnips
- Bok Choy
- Leek
- Squash (All kinds)
- Swiss Chard
- Tomatoes
- Parsnip
- Collard Greens
- Cucumber
- Mustard Greens
- Onions
- Radish
- Rutabaga

Oils/Fats

- Coconut oil
- Olive oil
- Macadamia Oil
- Avocado Oil
- Grass fed Butter

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Nuts

- Almonds
- Cashews
- Hazelnuts
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Macadamia Nut
- Walnuts
- Brazil Nuts
- Pistachios
- Chestnuts
- Acorns
- Sesames Seeds

Fruits

- Apple
- Avocado
- Blackberries
- Papaya
- Peaches
- Plums
- Mango
- Lychee
- Blueberries
- Grapes
- Lemon
- Strawberries
- Watermelon
- Pineapple
- Guava
- Lime
- Raspberries
- Cantaloupe
- Tangerine
- Figs
- Oranges
- Bananas
- Cranberries
- Apricot
- Figs
- Gooseberries
- Blackberries
- Pomegranate

Dairy

- Butter

- Cheese
- Cottage Cheese
- Non fat dairy creamer
- Skim milk
- 2% milk
- Whole milk
- Dairy spreads
- Cream cheese
- Powdered milk
- Yogurt
- Pudding
- Frozen Yogurt
- Ice Milk
- Low fat milk
- Ice cream

Soft drinks

- Coke
- Sprite
- Pepsi
- Mountain Dew
- _____

Fruit Juice

- Apple Juice
- Orange Juice
- Grape Juice
- Strawberry Juice
- Chinola Juice
- Starfruit Juice
- Mango Juice

Grains

- Cereals
- Bread
- English Muffin
- Toast
- Sandwiches
- Triscuits
- Wheat Thins
- Crackers
- Oatmeal
- Cream of Wheat
- Corn
- Wheat

Legumes

- All beans (listed below)
- Black Beans

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- Broad Beans
- Fava Beans
- Garbanzo Beans
- Horse Beans
- Kidney Beans
- Lima Beans
- Mung Beans
- Adzuki Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Green Beans
- String Beans
- White Beans
- Peas (listed below)
 - Black Eyed Peas
 - Chickpeas
 - Snowpeas
 - Sugar snap peas
- Peanuts
- Peanut butter
- Miso

Lentils

- Lupins
- Mesquite

Soybeans

- All soybean products and derivatives
- Tofu

Fatty Meats

- Spam
- Hot Dogs
- Other low-quality meats

Candy bars (Listed Below)

- Snickers
- Snickers Peanut Butter
- 100 Grand
- Butterfinger
- Milky Way
- Reeses
- Payday
- M&Ms
- Hershey's
- Nestle Crunch
- Almond Joy

- Mounds
- Reese's Fast Break
- Reeses' Pieces
- Twix
- Twix Peanut Butter

Sweetener

- Sugars
- Honey

Other

- Eggs
- Coconut Oil
- Clear hard Alcohol
- Metamucil
- Paleo Protein
- Olive Oil
- Red Wine
- Coconut Milk
- Green Tea
- Avocado Oil
- Coffee
- Almond Milk
