

THE DANIEL PLAN GOOD FOODS LIST

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- **PRINTER FRIENDLY**

Food glorious food. Eating is simply one of life's greatest pleasures. Stocking your pantry and refrigerator with healthy choices is a practical first step in your journey to better health. You will notice that some foods you can eat freely while others are still great choices, but you should plan to eat them in moderation.

* Dr. Hyman's top superfoods
+ Dr. Amen's best brain foods

Produce (eat freely)

- Artichokes
- Arugula *
- Asparagus +
- Bell peppers (yellow, green, red, orange) +
- Bok choy +
- Broccoli * +
- Brussels sprouts * +
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Dandelion Greens
- Eggplant
- Fennel
- Green beans
- Jicama
- Kale
- Leeks
- Lemons * +
- Lettuce
- Limes +
- Mesclun

- Mushrooms
- Mustard greens
- Okra
- Onions *
- Radish
- Sea Vegetables *
- Shiitake mushrooms *
- Snap peas
- Spinach +
- Swiss chard
- Tomatoes +
- Watercress *
- Zucchini

Produce (eat in moderation)

- Acorn squash
- Apples * +
- Apricots
- Avocados * +
- Bananas +
- Beets * +
- Blackberries * +
- Blueberries * +
- Butternut squash
- Cantaloupe
- Cherries +
- Coconut +
- Corn
- Cranberries (raw)
- Goji berries * +
- Grapes
- Grapefruit +
- Honeydew
- Kiwi * +

- Mangoes
- Nectarines
- Oranges +
- Papaya +
- Parsnips
- Peaches +
- Peas
- Pears +
- Plums +
- Pomegranates * +
- Pumpkin
- Raspberries * +
- Red grapes +
- Spaghetti squash
- Strawberries +
- Summer Squash
- Tangerines
- Turnips
- Winter Squash
- Yams/sweet potatoes * +

Meats & Seafood (Wild or Grass-Fed, Hormone and Antibiotic-Free if possible)

- Anchovies
- Beef, lean cuts
- Chicken, ground white meat
- Chicken, skinless +
- Clams
- Crab
- Flounder
- Haddock
- Herring +
- Lamb
- Mackerel
- Oysters

- Salmon, wild * +
- Sardines *
- Scallops
- Shrimp
- Snapper
- Trout
- Tuna (low-mercury) +
- Turkey, ground white meat
- Turkey, skinless +

Refrigerated Products

- Cheese (hard cheese: Parmesan-Reggiano or extra-sharp) (1-2 tablespoons)
- Whole Eggs, preferably omega-3 *
- Guacamole (1/4 cup)
- 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)
- Salsa (1/4 cup)
- Tzatziki (1/4 cup)
- Tofu (organic)
- Greek yogurt (unsweetened) (8 ounces)
- Vegan or organic mayonnaise (1-2 tablespoons)

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

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

Beans (eat in moderation) If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation

- Adzuki Beans *
- Black beans * +
- Black-eyed peas
- Fava beans
- Kidney beans
- Pinto beans +
- Garbanzo beans +
- Lentils +
- Lima beans
- Navy beans
- Soybeans (edamame) (organic) +
- Split peas +
- White beans +

Seeds (eat in moderation) If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation

- Amaranth
- Buckwheat
- Chia *
- Flax *
- Hemp *
- Millet
- Pumpkin *
- Quinoa
- Sunflower *
- Sesame
- Teff

Breads, Cereals & Grains (eat in moderation)

- Barley
- Brown rice
- Bulgur (cracked wheat)
- Oats (old fashion or steel cut)
- Organic cornmeal
- Organic corn tortillas

- Polenta
- Sprouted grain bread
- Whole grain bread
- Whole wheat tortillas

Flours (eat sparingly)

- Almond flour
- Amaranth flour
- Arrowroot flour
- Brown rice flour
- Buckwheat flour
- Gluten-free flour
- Organic sprouted flour
- Whole wheat flour

Pastas (eat sparingly - except shirataki noodles which can be eaten freely)

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

Nuts & Oils (eat sparingly-raw and organic if possible)

- Almond butter
- Almonds *
- Almonds, raw
- Avocado oil
- Brazil Nuts *
- Coconut oil (raw, unrefined) *
- Coconut butter
- Cashews
- Flaxseed oil
- Hazelnuts
- Extra Virgin Olive oil *
- Grape seed oil

- Macadamia nuts
- Pecans
- Pine Nuts *
- Pistachios
- Sesame oil
- Walnuts *

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
- Garlic *
- Ginger *
- Kimchi
- Marinara sauce (organic, low-sugar)
- Marjoram
- Miso *
- Mustard
- Nutmeg
- Oregano
- Parsley *
- Raw Cacao *
- Rosemary
- Saffron
- Sage
- Thyme

- Turmeric *

Healthy Treats & Natural Sweeteners (eat sparingly)

- 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)
- Raw honey (1 teaspoon)
- Pure Maple Syrup (1 teaspoon)
- Whole leaf stevia extract (n/a)