

THE YES LIST

BEVERAGES

Alcohol notes: Only one per day.

Coffee	Champagne 6 oz
Tea	Red Wine 6 oz
Water	Dark Spirits 1 oz

DAIRY

Dairy Notes: Only allowed 1oz Cheese OR 4 oz yogurt daily. Milk should only be used for creamer or for cooking, not for drinking.

Yogurt should be unsweetened.

Buffalo butter
Buffalo cheese
Cow butter (A2/France, Italy, or Switzerland)
Cow milk (A2/France, Italy, or Switzerland)
Cow ricotta (A2/Italy)
Cow yogurt (A2 only)
Cream cheese (organic)
Ghee
Goat butter
Goat cheese
Goat milk
Goat yogurt
Goat/Sheep kefir
Heavy cream (organic)
Sheep cheese
Sheep yogurt
Sour Cream (organic)
Whey protein powder

NON-DAIRY MILKS/CREAMS

Non-Dairy notes: All non-dairy milks/creams should be unsweetened. Almond products should be blanched (without the skins)

Coconut water can be used in a product but not for drinking)

Almond milk
Almond malk
Almond ricotta
Almond yogurt
Coconut milk/cream
Coconut water
Coconut yogurt
Hemp milk

CHOCOLATE

Chocolate notes: Only 1 oz of dark chocolate daily.

Cacao
Cocoa powder (non-alkalized)
Dark Chocolate 72% or darker

EGGS / EGG REPLACERS

Egg notes: All eggs should come from pastured raised chickens or omega-3. No more than 4 yolks & one egg white daily.

Eggs- pastured or Omega-3
Bob's Red Mill- egg replacer
EnerG- egg replacer

FLOURS/STARCHES

Flour/starches note: "Flour" and "starch" can be interchangeable words when it comes to manufacture's labels. While technically flour and a starch are not the same thing, when it comes to packaging, it can be the same product. When possible, try to get organic flours.

Almond (with blanched almonds)
Arrowroot
Cassava
Chestnut
Chestnut
Grape seed
Green banana
Hazelnut
Millet
Sesame
Sorghum
Sweet potato
Tapioca
Tigernut
Walnut
Yuca

THE YES LIST

GRAINS

*Grain notes: Basmati rice should be from India & only be reintroduced in phase III. Resistant starches are marked with * should only be consumed in one small serving per meal.*

Basmati white rice
Millet*
Sorghum*

FISH

Fish notes: All fish should be wild caught, not farmed. Serving size should not exceed more than (2) 4 oz daily

Anchovies
Bass (fresh water)
Calamari
Clams
Halibut
Kippers
Lobster Mackerel
Mahi-mahi
Mussels
Oyster
Salmon
Scallops
Shrimp
Squid
Tuna (only small tuna, no albacore or yellow fin)
White fish

PLANT-BASED MEATS

Notes on plant-based meats: Be sure to read the label. Often, they are a mixture of ingredients that are not on the no list and the ingredients can change without notice.

Hemp tofu
Quorn grounds (contains barley malt extract)
Quorn gluten-free products
Quorn fillets
Quorn pieces
Tempeh (grain-free only)

MEAT/POULTRY

Meat note: All meats should be Grass-fed and grass-finished. Limited to (2) 4 oz/day

**Grass-fed/grass-finished meats are becoming more available in the grocery, be sure to check the label for "grass finished" as well as "grass fed" the package marketing can be misleading.*

Poultry note: All poultry should be pastured and not fed a diet of corn, gluten, grain or soy fed. Limited to (2) 4 oz/daily
****Chicken is one of the most controversial topics and supermarket branding can be very misleading. Most chicken you find in the grocery labeled "pastured" has usually been supplementally fed with the above ingredients that are found on the no list. The only way to verify what diet chickens have eaten is to contact the vender directly. See my approved list of chicken venders.*

Beef
Bison
Boar
Chicken
Dove
Duck
Elk
Goose
Grouse
Lamb
Ostrich
Pheasant
Pork (humanely raised)
Prosciutto
Quail
Turkey
Venison
Wild game

THE YES LIST

VEGETABLES

*Vegetable notes: No limitations on amount of vegetables that can be eaten daily. Resistant starches are marked with * and should only be consumed in one small serving per meal.*

Algae	Leeks
Artichokes	Lemongrass
Arugula	Lettuce
Asparagus	Mesclun
Bamboo Shoots	Micro greens
Basil	Mint
Beets	Mizuna
Bok choy	Mushrooms
Broccoli	Mustard greens
Brussels sprouts	Napa cabbage
Cabbage	Nopales cactus
Carrots	Okra
Cassava*	Onions
Cauliflower	Parsley
Celery	Parsnips*
Celery root*	Perilla
Chicory	Purslane
Chinese cabbage	Radicchio
Chives	Radishes
Cilantro	Raw sauerkraut
Collards	Rhubarb
Dandelion greens	Romaine
Dill	Rutabaga*
Endive	Scallions
Escarole	Sea vegetables
Fennel	Seaweed Spinach
Fiddlehead fern	Sunchoke
Garlic	Sweet Potatoes*
Ginger	Swiss chard
Glucomannan*	Taro root*
Hearts of palm	Tarragon
Jerusalem artichokes	Tigernut*
Jicama*	Turnip*
Kale	Yams*
Kimchi	Yuca*
Kohlrabi	Water Chestnuts
Konjac root	Watercress
Leafy greens	

FRUIT

*Fruit note: Fruits should only be eaten in season. Avocado, lemons, limes, and olives can be eaten year-round. The only dried fruits acceptable are sugar-free cranberries, dates, & figs. Resistant starches are marked with * should only be consumed in one small serving per meal and can be eaten year round.*

Apples
Apricots
Avocados
Blackberries
Blueberries
Breadfruit
Cherries
Citrus
Coconut*
Cranberries
Dates
Figs
Green bananas*
Green mango*
Green papaya*
Green plantains*
Jackfruit
Kiwis
Olives
Nectarines
Peaches
Pears
Persimmon*
Plums
Pomegranates
Raspberries
Strawberries

THE YES LIST

HERBS & SEASONINGS

Herbs & Seasoning notes: All seasonings/herbs are acceptable except red chili pepper flakes. Be sure to read the label on all products including seasonings to make sure they don't contain additives that are not on the yes list.

Avocado mayonnaise	Miso
Balsamic vinegar	Mustard
Coconut aminos	Nutritional yeast
Curry paste	Tahini
Extracts (all)	Vinegars
Fish sauce	Wasabi
Iodized sea salt	

OILS/SHORTENING

*Oil notes: See ** next to oils should not be heated. These shortenings are made with nonhydrogenated palm fruit oil or palm fruit oil plus coconut oil. Some brands also make non-compliant products as well so be sure to read the label on all oils and shortenings.*

Algae oil
Avocado oil
Coconut oil
EVOO (extra virgin olive oil)
Flavored cod liver oil
Flaxseed oil**
Ghee
Grain Brain shortening
Hempseed oil**
Macadamia oil
MCT oil
Nutiva shortening
Olive oil extra virgin
Perilla oil
Red palm oil
Palm fruit oil and palm oil
Rice bran oil
Sesame oil
Spectrum shortening
Walnut oil

SWEETENERS

Allulose
Bocha Sweet
Erythritol
Inulin
Just Like Sugar
Lakanto Maple Flavored Syrup
Luo han guo
Monk fruit
Stevia
Swerve
Xylitol
Yacón

NUTS & SEEDS

Nuts & seeds notes: Daily limit of nuts 1/2 cup a day. All almonds must be blanched (without skins) including in nut butters. Nut butters made from any compliant nuts are allowed up to 1 tbs daily. Be sure to read the label when buying nuts and nut butters, hidden additives often lurk in the ingredients.

Almonds
Baruka nuts
Brazil nuts
Coconut
Chestnuts
Flaxseeds
Hazelnuts
Hemp protein powder
Hemp seeds
Macadamia nuts
Nut butters
Pecans
Pine nuts
Pistachios
Poppy
Psyllium
Sesame
Walnuts

THE NO LIST

DAIRY

Dairy notes: Dairy that from A1 casein cows (non-Southern European Cows) are not allowed. Compliant alternatives to some of these products can be found on the YES list.

- Butter
- Cheese
- Cottage cheese
- Yogurt

FRUITS & VEGETABLES

*Fruit & vegetable notes: See * for items that can be reintroduced in Phase III- If it has been pressure cooked OR skinned & de-seeded. Vegan/Vegetarians can reintroduce legumes (beans & lentils) during Phase II*

- All lentils*
- Beans*
- Bean sprouts
- Bell peppers*
- Chickpeas*
- Chili peppers*
- Cucumbers*
- Edamame
- Eggplant*
- Goji berries
- Grapes
- Green beans
- Legumes*
- Lentil pasta*
- Melons
- Pea protein
- Peas
- Pineapple
- Pumpkin*
- Soy
- Soy protein
- Squashes*
- Sugar snap peas
- Textured vegetable protein (TVP)
- Tofu
- Tomatoes*
- Watermelon
- Zucchini*

MEATS/POULTRY

Meat notes: Meats should not be fed a diet of corn, gluten, grain or soy.

SEAFOOD

Seafood note: No farmed or seafood fed a diet of corn, gluten, grain or soy.

NUTS & SEEDS

- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower

REFINED/STARCHY FOODS

Refined/starchy foods notes: Alternatives to many of these products can be baked at home using compliant ingredients on the YES list. Most store-bought baked goods are unfortunately on the no list. Read the label very carefully for list of ingredients on all store bought items.

- All-Purpose flour
- Bread
- Cereal
- Cookies
- Crackers
- Pasta
- Pastry
- Potato chips
- Potatoes*
- Rice
- Tortillas
- Whole grain flour
- Whole wheat flour

THE NO LIST

SEASONINGS

Seasoning notes: Some alternatives to these products can be made at home, using compliant ingredients.

Chili pepper flakes
Ketchup
Mayonnaise
Soy sauce
Steak sauces

GRAINS, SPROUTED GRAINS, PSEUDO- GRAINS and GRASSES

*Grain notes: See * for items that can be reintroduced in Phase III- If it has been pressure cooked. See X for items that lectins can never be removed by pressured cooking, so they are permanently on the no list. White Basmati rice from India is the only type of white rice that can be reintroduced in phase III.*

Amaranth*
Barley X
Barley grass
Brown rice
Buckwheat
Bulgur
Corn
Cornstarch
Kashi
Oats X
Popcorn
Quinoa*
Rye X
Spelt
Wheat X
Wheat Einkorn
Wheat Kamut
Wheatgrass
White rice*

SWEETENERS

*Sweetener notes: See * for items that can be reintroduced in Phase III, only 1 tsp per day.*

Acesulfame K
Agave
Aspartame
Coconut sugar
Corn syrup
Diet drinks
Honey*
Maltodextrin
Manuka*
Maple syrup
NutraSweet
Saccharin
Splenda
Sucralose
Sugar
Sunett
Sweet One
Sweet'n Low

OILS

Corn oil
Cottonseed oil
Grape seed oil
Peanut oil
Safflower oil
Soy oil
Sunflower oil
Vegetable oil