

When you see (*) next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

KICK START COMPLIANT & NON-COMPLIANT FOODS

PROTEIN

COMPLIANT	NON-COMPLIANT
Beef Chicken, turkey, duck, other fowl Eggs Bacon *Deli and processed meats Fish, fresh and canned (tuna, salmon, sardines) Pork Seafood Shellfish	None

VEGETABLES & LEGUMES

COMPLIANT	NON-COMPLIANT
All vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) *Corn *White potatoes *Sweet potatoes *Yams Taro *Yuca *Beans & other legumes (e.g. lentils and chickpeas) *Soy (tempeh, miso, edamame, tofu)	None

FRUIT

COMPLIANT	NON-COMPLIANT
*All fruits *Dried fruit (e.g. dates, raisins, mangoes) Lemon and lime juice	Dried fruit with added sugar



NUTS

COMPLIANT

NON-COMPLIANT

*All nuts and seeds, including peanuts
*All nut and seed butters, including peanut butter

None

FATS & OILS

COMPLIANT

NON-COMPLIANT

Olive oil
Coconut oil
Butter
Avocado oil
Duck fat
Flaxseed oil
Grapeseed oil
Lard (pork fat)
Nut oils
Tallow (beef fat)

Avocados
Coconut
Olives

Not recommended:

Hydrogenated oil
Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils

GRAINS

COMPLIANT

NON-COMPLIANT

*Rice (white, brown, wild)
*Corn tortillas
Quinoa
Couscous
Oats and oatmeal
Amaranth
Buckwheat

Not recommended:
Cereal
Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)

Bread, bagel, muffins
Flour tortillas
Pasta or noodles of any kind (bean, rice, quinoa)
Potato starch



ALCOHOL & BEVERAGES

COMPLIANT	NON-COMPLIANT
Coconut water Coffee *Fruit juice *Beet Juice *Carrot juice Tea Vegetable juice Water Kombucha Wine or Spirits - Limit 1 per day Beer - Limit 3 per week	Soda - diet or regular

DAIRY

COMPLIANT	NON-COMPLIANT
Butter *Cream Kefir Yogurt Cottage cheese Cheese Whey protein *Milk *Sour cream Buttermilk	Cow or goat Ice cream

SUGAR & SWEETENERS

COMPLIANT	NON-COMPLIANT
Stevia, honey, maple syrup, monkfruit *Coconut sugar and nectar *Sugar or sweetener as an addition to savory recipes and pantry items *Sugar or sweetener to normally sweeten coffee or tea Gum and mints	Candy Dessert Sugar or sweetener (except stevia & coconut sugars) as an ingredient in dessert, baked goods, pastry, oatmeal

SNACK FOODS & ARTIFICIAL INGREDIENTS

COMPLIANT	NON-COMPLIANT
*Sweet potato "fries," BAKED or FRIED *White potato "fries," BAKED *Baked chips (sweet potato, white potato, vegetable) *Popcorn *Arrowroot powder *Guar gum *Tapioca starch *Xanthan gum *Natural and artificial flavors and colors	White potato "fries," FRIED (french fries) Fried chips of any kind Nitrates and nitrites Benzoates MSG

