

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.

PERFORMANCE COMPLIANT & NON-COMPLIANT FOODS

PROTEIN	
COMPLIANT	NON-COMPLIANT
Beef Chicken, turkey, duck, other fowl Eggs Bacon (no sugar, no nitrates, no celery salt) Deli meats containing ONLY meat, water, seasoning, or salt Fish, fresh and canned (tuna, salmon, sardines) Pork Seafood, Shellfish Recommended: Grass-fed, pastured, and wild sources of protein	Deli & processed meats containing ingredients BESIDES meat, water, seasoning, or salt Soy (edamame, tofu, tempeh, miso)
VEGETABLES & LEGUMES	
COMPLIANT	NON-COMPLIANT
Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) *Sweet Potatoes, baked or boiled Winter squash (butternut, acorn, pumpkin) *Yams	Corn White potatoes Soybeans (edamame) Taro Yuca Beans & other legumes (e.g. lentils and chickpeas)
FRUIT	
COMPLIANT	NON-COMPLIANT
*All fruits Lemon and lime juice	Dried fruit (e.g. dates, raisins, mangoes)



NUTS

COMPLIANT

NON-COMPLIANT

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

Peanuts
 Peanut butter

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

Hydrogenated oils

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

GRAINS

COMPLIANT

NON-COMPLIANT

None

Breads, bagels, muffins
 Tortillas, corn or flour
 Rice (white, brown, wild)
 Quinoa
 Couscous
 Pasta or noodles of any kind (bean, rice, quinoa)
 Cereal
 Oats and oatmeal
 Amaranth
 Buckwheat
 Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)
 Potato starch



ALCOHOL & BEVERAGES

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

DAIRY

COMPLIANT		NON-COMPLIANT
Butter		Cow, goat:
Yogurt		Milk Buttermilk
		Cheese Kefir
		Cream Sour cream
		Whey protein
		Cottage cheese

SUGAR & SWEETENERS

COMPLIANT		NON-COMPLIANT
Stevia		All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, coconut sugar and nectar, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet, sugar alcohols
Monkfruit		

SNACK FOODS & ARTIFICIAL INGREDIENTS

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

