

Food Do's & Don'ts

	INCLUDE	EXCLUDE
Fruits & Vegetables	Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, tubers (sweet potatoes, yams) and raw, steamed, sauteed, juiced, or roasted vegetables.	Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, night-shades (goji berries, tomatoes, peppers, eggplant, regular potatoes)
Dairy Substitutes	Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.), coconut milk, coconut oil/butter	Dairy and eggs including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee
Starch & Non Gluten Grains	Brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa	White rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free)
Animal Protein	Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken, turkey	Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats, raw fish, sushi, warm water fish
Vegetable Protein	Split peas, lentils, legumes, bee pollen, spirulina, blue-green algae	Soybean products (soy sauce, soybean oil in processed foods)
Nuts and Seeds	Hemp, chia, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini	Peanuts and peanut butter
Oils	Cold-pressed olive, coconut, flax, safflower, sesame, almond, sunflower, walnut, pumpkin	Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads
Drinks	Filtered water, green, white or herbal tea, seltzer or mineral water, yerba mate, coconut water, green juice	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)
Sweeteners	Stevia, coconut nectar, xylitol, whole/fresh fruit, dried fruit (in moderation)	Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®, juice concentrate, agave nectar, brown rice syrup, honey
Condiments	Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw or dark chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam	Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints, chewing gum



CULTIVATING LOVE, FREEDOM & PURPOSE