

Proteins

APPROVED WITHOUT LIMITS

Turkey
 Chicken Breasts
 Duck
 Chicken Thighs
 Pork Loin
 Beef < 10% fat, grass-fed if possible
 Fish
 Shrimp
 Scallops

ALSO:

Plain Greek Yogurt
 Eggs
 Cottage cheese

EAT IN MODERATION

Meats w/higher than 10% fat
 Protein Powder
 Deli Meats
 Tofu
 Soy

DO NOT CONSUME

Meats with added sugars
 or preservatives
 Buttermilk
 Cheese (other than cottage cheese)

Vegetables

All vegetables are encouraged unless otherwise noted.

Carbs

APPROVED WITHOUT LIMITS

Yams
 Beans
 Potatoes
 Legumes
 Plantains
 Lentils
 All Fruits

EAT IN MODERATION

Rice (white, brown, wild)
 Quinoa
 Oatmeal
 All Whole Grains
 Milk
 Gum & Mints
 Stevia

DO NOT CONSUME

Any sugar or other sweeteners
 Candy
 Desserts
 Honey
 Maple syrup
 Agave
 Sweets
 Enriched/Processed Flours
 of any kind

Fats

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All Raw Nuts & Seeds
 Coconut
 Avocado
 Olives
 Oils made from all of the above
 Butter

EAT IN MODERATION

Bacon
 Fat from an animal
 (pork fat, beef fat, duck fat, etc)

DO NOT CONSUME

Cheese
 Cream
 Sour Cream
 Industrial Vegetable and Seed Oils
 (canola, corn, safflower, soy)
 Hydrogenated Oils

Miscellaneous not approved

Alcohol, Nitrates, Nitrites, Benzoates, MSG, Popcorn