

## Proteins



Choose organic, grass-fed, and/or wild whenever possible. **Eliminate during Phase 2**

<u>Poultry</u>	<u>Wild Seafood</u>
Chicken	Sockeye Salmon
Turkey	Sardine
Pastured Eggs	Herring
	Cod
	Sole
	Whiting

## Vegetables



Choose organic whenever possible.

Celery	Fennel	Spaghetti Squash	Radicchio
Mushrooms	Mustard Greens	Summer Squash	Okra
Spinach	Onion	Turnip	Radish
Asparagus	Parsley	Yellow Squash	Peas
String Beans	Scallion	Zucchini	Seaweeds
All lettuces	Shallot	Parsnip	Pumpkin
Arugula	Turnip Greens	Sunchoke	Rhubard
Cucumber	Artichoke	Taro	Rutabaga
Endive	Carrot	Winter Squash	Watercress
Mesclun	Jicama	Yam	
Purslane	Kahirabi	Beet	
<b>Steam, Boil, Saute or Roast</b>	<b>Steam, Boil, Saute or Roast</b>	<b>Steam, Boil, Saute or Roast</b>	<b>Steam, Boil, Saute or Roast</b>
Chard	Brussels Sprout	Kale	Cabbage
Broccoli	Collard Greens	Cauliflower	
Broccoli Raabe	Dandelion Greens	Bok Choy	

## Grains and Legumes



Choose organic whenever possible.

<u>Grains</u>	<u>Beans</u>
Amaranth	Anasazi
Buckwheat	Aduki
Wild Rice	White
Millet	Black
Quinoa	Kidney
Long Grain Brown Rice	Great Northern
Bhutanese	Navy
Gluten-free Oats (not in Phase 2)	Mung
	Pinto
	Garbanzo
	Lentils (red, green, French)
	Green peas
	Snow Peas

## Fruits



Choose organic whenever possible.

<u>Phase 1</u>	<u>Phase 2</u>
All berries	All berries
Apples	Lemon
Pear	Lime
Persimmon	
Grapefruit	
Kiwi	
Lemon	
Lime	
Pomergrante	

## Fats and Oils

Choose raw and organic whenever possible.



<u>Nuts and Seeds</u>	<u>Fats and Oils</u>
Almond	Avocado
Brazil	Olive
Cashew	Coconut
Chia Seed	Butter (not in Phase 2)
Hazelnut	Ghee (not in Phase 2)
Macadamia	Coconut Oil
Pecan	Olive Oil
Pine Nut	Sesame Seed Oil
Pistachio	
Pumpkin	
Sunflower	
Walnut	
Sesame Seed	**Organic full fat coconut milk (if canned, Native forest brand is best)