

**protein**

*Best Choices: grass-fed, pastured, organic, wild-caught, sustainably farmed or fished*

- |   |                                       |
|---|---------------------------------------|
| Eggs  | Homemade Bacon*                       |
| Chicken, Beef, Turkey and Pork (whole or ground)  | Homemade Jerky*                       |
| Fish and Seafood  | Homemade Sausage*                     |
| Unsweetened, Clean Protein Powder*  | Whole Soy (edamame, tofu, tempeh)     |
| <i>(this is a processed food, but if made from clean ingredients it can be a healthy part of a clean eating plan)</i> | <i>preferably organic and non-GMO</i> |

**veggies**

*This is a comprehensive but not exhaustive list. All whole, fresh or frozen vegetables are allowed.*

- |                     |                                |                 |                  |
|---------------------|--------------------------------|-----------------|------------------|
| Acorn Squash        | Carrots                        | Peppers         | Shallots         |
| Artichoke           | Cauliflower                    | Kale            | Snow Peas        |
| Arugula             | Celery                         | Leeks           | Sugar Snap Peas  |
| Asparagus           | Collard Greens                 | Lettuce (all)   | Spaghetti Squash |
| Beets               | Cucumber                       | Mushrooms (all) | Spinach          |
| Bell Peppers        | Delicata Squash                | Okra            | Sprouts          |
| Bok Choy            | Eggplant                       | Onion           | Summer Squash    |
| Broccoli/Broccolini | Fennel (Anise)                 | Parsnips        | Sweet Potato     |
| Broccoli Rabe       | Fermented Vegetables           | Potatoes (all)  | Swiss Chard      |
| Brussels Sprouts    | Garlic                         | Pumpkin         | Tomato           |
| Buttercup Squash    | Green Beans                    | Radish          | Turnip           |
| Butternut Squash    | Greens (beet, mustard, turnip) | Rutabaga        | Watercress       |
| Cabbage             | Probiotic Sauerkraut           | Rhubarb         | Zucchini         |

**fruit**

*This is a comprehensive but not exhaustive list. All whole, fresh, frozen or dried fruit without added sugars are allowed. FRUIT JUICE and FRUIT JUICE CONCENTRATE are NOT ALLOWED.*

- |              |              |               |                   |
|--------------|--------------|---------------|-------------------|
| Apples (all) | Grapefruit   | Oranges (all) | Raspberries       |
| Apricots     | Grapes (all) | Papaya        | Star Fruit        |
| Bananas      | Kiwi         | Peaches       | Strawberries      |
| Blackberries | Lemon        | Pears (all)   | Tangerines        |
| Blueberries  | Lime         | Pineapple     | Watermelon        |
| Cherries     | Mango        | Plantains     |                   |
| Dates        | Melon        | Plum          | Citrus Juice used |
| Figs         | Nectarines   | Pomegranate   | in cooking        |

**dairy**

- |                                    |                               |
|------------------------------------|-------------------------------|
| Pure Cheeses (not pre-shredded)    | Milk (whole, 2% or skim)      |
| Cottage Cheese**                   | Non-Dairy Milk, unsweetened** |
| Cream                              | Plain Yogurt                  |
| Half and Half*                     | Unsweetened Kefir             |
| Individually Packaged Pure Cheese* | Unsweetened Quark             |

\* made without added sugars or unapproved ingredients

\*\* without carrageenan and gums

## grains

*This is a comprehensive but not exhaustive list. All INTACT WHOLE grains are allowed.*

Amaranth	Black or Brown Rice	Spelt Berries	Teff
Barley, hulled	Homemade Popcorn	Steel Cut Oats	Wheat Berries
Buckwheat Groats	Millet	Quinoa	Whole Corn

## legumes

*This is a comprehensive but not exhaustive list. ONLY DRIED beans and lentils are allowed.*

Black Beans	Navy Beans
Garbanzo Beans	Pinto Beans
Great Northern Beans	Red Kidney Beans
Lentils (all varieties)	Split Peas, Green
Lima Beans	Sprouted Beans and Lentils

## fats

Avocado  
Avocado Oil  
Butter and Ghee  
(preferably grass-fed)  
Coconut, unsweetened  
(flakes or shredded)  
Coconut Milk, canned  
(containing only coconut & water)

Coconut Oil  
Extra Virgin Olive Oil  
Grapeseed Oil  
Olives (all)  
Sesame Seed Oil  
Tree Nut Oil

*Nuts and Seeds, raw or roasted*

Almonds  
Brazil Nuts  
Cashews  
Hazelnuts  
Macadamia  
Pecans  
Peanuts  
Pistachios  
Walnuts  
Chia Seeds  
Flax Seeds  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Natural Nut and  
Seed Butters\*

## pantry

*Read your labels! Make sure there are no added sugars or unapproved ingredients in these items.*

Bragg's Amino Acids	Hot Sauce*	Sea Salt and Himalayan Salt*
Broth or Stock*	Fish Sauce*	Soy Sauce*
100% Cocoa	Ketchup, homemade	Tomato Paste**
Coconut Aminos	Mayonnaise, homemade	Tomato Sauce**
Curry Paste	Mustard (most)*	Tomatoes, canned**
Herbs and Spices (fresh or dried)	Nutritional Yeast	Vinegars (most)*
	Salad Dressing, homemade	Yeast

## drinks

Club Soda  
Homemade Vegetable Juice  
Plain Sparkling Water  
Unflavored Black Coffee  
Unsweetened 100% Green or Black Tea  
Water

## sugar

Unfiltered Honey and Pure Maple Syrup (**maximum of 12 grams or 3 teaspoons per day**)

Pure Stevia Extract (**maximum of 2-3 servings per day**)

\* made without added sugars or unapproved ingredients

\*\* only allowed ingredients in addition to tomatoes are salt and citric acid