

EAT THIS**NOT THIS**

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Fruits & Vegetables	Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, and raw, steamed, sautéed, juiced, or roasted vegetables	Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, nightshades (tomatoes, peppers, eggplant, potatoes)
Dairy Substitutes	Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.) and coconut milk, coconut oil/butter	Dairy and eggs: including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee
Non-Gluten Grains & Starch	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 and turkey	Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats or fish
Vegetable Protein	Split peas, lentils, legumes, bee pollen, spirulina, and blue-green algae	Soybean products (soy sauce, soybean oil in processed foods)
Nuts & Seeds	Hemp, 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, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut	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 (preferable post cleanse Only), coconut water, green drink	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)
Sweeteners	Stevia, coconut nectar, yacon, 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
Condiments	Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw 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