

The Yes List

ALCOHOL

Champagne (6 oz /day)
Red Wine (6 oz./day)
Dark Spirits (1 oz./day)

CEREAL

Arrowhead Mills Natural Puffed Millet Cereal
Magic Spoon; all four flavors

CHOCOLATE

Cocoa powder (non-alkalized only)
Dark chocolate (72% or greater; 1 oz./day)

DAIRY (1 oz. cheese OR 4 oz. yogurt/day)

Buffalo butter
Buffalo mozzarella and other cheese
Cow butter (A2 from France, Italy or Switzerland)
Cow cheese (A2 from France, Italy, or Switzerland)
Cow milk (A2 only; creamer or cooking; not for drinking)
Cow ricotta (A2 only)
Cow yogurt (A2 only, unsweetened)
Cream cheese (Organic)
Ghee
Goat Butter
Goat cheese
Goat milk (creamer or cooking, not for drinking)
Goat yogurt (unsweetened)
Goat/sheep kefir
Heavy cream (Organic)
Sheep cheese
Sheep yogurt (unsweetened)
Sour Cream (Organic)
Whey protein powder

EGG REPLACERS

Bob's Red Mill
EnerG

ENERGY BARS

Adapt: Coconut and Chocolate
B-Up (made by Yup): Chocolate Mint, Chocolate Chip
Cookie Dough, Sugar Cookie
KETO: Almond Butter Brownie, Salted Caramel, Lemon
Poppyseed, Chocolate Chip Cookie Dough
Marigold: Choconut, Pure Joy, Espresso, Ginger Coconut
Primal Kitchens: Almond Spice and Coconut Lime
Quest: Strawberry Cheesecake, Double Chocolate Chunk,
Maple Waffle, Mocha Chocolate, Peppermint Bark,
Chocolate Sprinkled Doughnut, Cinnamon Roll
Stoka: Vanilla Almond and Coco Almond

FISH (wild-caught— 2 - 4 oz./day)

Anchovies
Bass, freshwater
Calamari/squid
Clams
Crab
Halibut, Alaskan
Kippers
Lobster
Mackerel
Mahi-mahi
Mussels
Oysters
Salmon, Alaskan
Sardines
Scallops
Shrimp
Tuna, canned (only small tuna; no albacore or yellow fin)
Whitefish: includes cod, haddock, hake, herring, monkfish,
mullet, plaice, pollock, sea bass, skate, sole, swordfish,
turbot, and whiting



FLOURS/STARCHES

Almond (blanched)
Arrowroot
Cassava, aka Yuca
Chestnut
Coconut
Grape seed
Green banana (raw only)
Hazelnut
Millet
Sesame (and seeds)
Sorghum
Sweet potato
Tapioca
Tiger nut

“FOODLES” (my name for acceptable noodles)

Cappelo's almond flour pasta
Kanten pasta
Kelp noodles
Korean sweet potato or yam noodles
Hearts of palm noodles
Millet pasta
Shirataki, aka konjac noodles; two brands are Miracle
Noodles (and rice) and Pasta Slim
Sorghum pasta
TJ's cauliflower gnocchi

FRUIT (limit all but avocado; fresh only)

Apples
 Apricots
 Avocados
 Blackberries
 Blueberries
 Cherries
 Citrus
 Crispy pears (Anjou, Bosc, Comice)
 Dates
 Figs
 Jackfruit
 Kiwis
 Nectarines
 Peaches
 Plums
 Pomegranates
 Raspberries
 Strawberries

HERBS & SEASONINGS

All except chili pepper flakes
 Avocado mayonnaise
 Coconut aminos
 Curry paste
 Extracts (all)
 Fish sauce
 Miso
 Mustard
 Nutritional yeast
 Sea salt (ideally iodized)
 Tahini
 Vinegars (any without added sugar, but balsamic is fine)
 Wasabi

ICE CREAM

Killer Creamery: Chilla in Vanilla, Caramels Back, No Judge Mint
 Mammoth Creameries: Vanilla Bean
 Rebel Creamery: Vanilla, Strawberry, Butter Pecan, Salted Caramel, Raspberry

MEAT (Grass-fed and finished—4 oz./day)

Beef
 Bison
 Boar
 Elk
 Lamb
 Pork (humanely raised)
 Prosciutto
 Venison Boar
 Wild game

NON-ALCOHOL BEVERAGES

Coffee
 Kombucha (Kevita brand low-sugar only, e.g., coconut, coconut Mojito)
 Tea (all types)

NON-DAIRY MILKS/CREAMS, ETC.

Almond milk (unsweetened, blanched)
 Almond ricotta (blanched)
 Almond yogurt (unsweetened, blanched)
 Coconut milk/cream (unsweetened)
 Coconut water (in a product; not for drinking)
 Coconut yogurt (unsweetened)
 Hemp milk

NUTS & SEEDS (nuts 1/2 cup a day except Brazil nuts)

Almonds (blanched)
 Baruka nuts
 Brazil nuts (two)
 Coconut
 Chestnuts
 Flaxseeds
 Hazelnuts
 Hemp protein powder and seeds
 Macadamia nuts
 Nut butters (from compliant nuts, unsweetened, almond must be blanched, 1 tbl./day)
 Pecans
 Pine nuts
 Pistachios
 Psyllium
 Sesame
 Walnuts

**OILS**

Algae oil (Thrive culinary brand)
 Avocado oil, extra virgin
 Coconut oil (Phase 3 only)
 Flavored cod liver oil
 Macadamia oil
 MCT oil
 Olive oil, extra virgin
 Perilla oil
 Red palm oil, aka palm fruit oil and palm oil
 Rice bran oil
 Sesame oil
 Walnut oil

OLIVES

All (pimento-filled are Phase 3 only)

PLANT-BASED 'MEAT'

Hemp tofu

Quorn: Grounds (contains barley malt extract) and the new gluten-free line, Fillets and Pieces only (contain a small amount of sugar)

Tempeh (grain-free only)

POULTRY (Pastured; no corn, soy, or gluten-grain feed— 2-4 oz./day)

Chicken

Dove

Duck

Eggs (up to 4 yolks and 1 white; pastured or omega-3)

Goose

Grouse

Ostrich

Pheasant

Quail

Turkey

RESISTANT STARCHES (One small serving per meal)

Barely Bread bagels and bread

Baobab fruit

Cassava, aka Yuca

Celery root
(celeriac)

Coconut

Glucomannan
(konjac root)

Green bananas

Green mango

Green papaya

Green plantains

Jicama

Julian Bakery Paleo Wraps (made with coconut flour)

Millet

Parsnips

Persimmon

Rutabaga

Siete Tortillas (only those made with cassava or almond flour)

Sorghum

Sweet potatoes

Taro root

The Real Coconut coconut cassava-flour tortillas and chips

Tiger nuts

Turnips

Yams

SWEETENERS

Allulose

Boca Sweet

Erythritol (Swerve is my favorite as it also contains oligosaccharides)

Inulin

Just Like Sugar (made from chicory root [inulin])

Lakanto Maple Flavored Syrup

Luo han guo (the Nutresse brand is good)

Monk fruit

Stevia (SweetLeaf is my favourite)

Xylitol

Yacón

VEGETABLES

Algae

Artichokes

Arugula

Asparagus

Bamboo Shoots

Basil

Beets

Bok choy

Broccoli

Brussels sprouts

Cabbage (green and red)

Carrots

Cauliflower (including TJ's gnocchi)

Celery

Chicory

Chinese cabbage

Chives

Cilantro

Collards

Dandelion greens

Dill

Endive

Escarole

Fennel

Fiddlehead fern

Garlic

Ginger

Hearts of palm

Jerusalem artichokes (sunchoke)

Kale

Kimchi

Kohlrabi

Leafy greens (all)

Leeks

Lemongrass

Lettuce (all)

Mesclun (micro greens from any of the Yes list vegetables)

Mint

Mizuna



Mushrooms
 Mustard greens
 Napa cabbage
 Nopales cactus
 Okra
 Onions
 Parsley
 Perilla
 Purslane
 Radicchio
 Radishes (all)



Raw sauerkraut
 Rhubarb
 Romaine
 Scallions
 Sea vegetables
 Seaweed
 Spinach
 Swiss chard
 Tarragon
 Water Chestnuts
 Watercress

The No List

Items with an asterisk can be reintroduced in Phase 3 if the skin and seeds are removed, OR if they're pressure cooked. Vegetarians and vegans can reintroduce legumes (beans and lentils) in Phase 2.

DAIRY Non-Southern European Cow's Milk Products (these contain casein A-1)

Butter
 Cheese
 Cottage cheese
 Yogurt (including Greek)

Tofu
 Tomatoes*
 Zucchini*

NO GRAIN OR SOYBEAN FED FISH, SHELLFISH, POULTRY, BEEF, LAMB OR PORK

FRUITS & VEGETABLES

All lentils*
 Beans*
 Bean sprouts
 Bell peppers*
 Chickpeas*
 Chili peppers*
 Cucumbers*
 Edamame
 Eggplant*
 Goji berries
 Green beans
 Legumes*
 Lentil pasta*
 Melons (any kind)
 Pea protein
 Peas
 Pumpkin*
 Soy
 Soy protein
 Squashes (any kind)*
 Sugar snap peas
 Textured vegetable protein (TVP)

GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS and GRASSES

Barley (cannot pressure cook)
 Barley grass
 Brown rice
 Buckwheat
 Bulgur
 Corn
 Cornstarch
 Kashi
 Oats (cannot pressure cook)
 Popcorn
 Quinoa*
 Rye (cannot pressure cook)
 Spelt
 Wheat (cannot pressure cook)
 Wheat Einkorn
 Wheat Kamut
 Wheatgrass
 White rice (except basmati from India)*
 Whole grains
 Wild rice*

NUTS & SEEDS

Cashews
Chia
Peanuts
Pumpkin
Sunflower

OILS

Canola or Vegetable "Partially hydrogenated"
Corn
Cottonseed
Grape seed
Peanut
Safflower
Soy
Sunflower

REFINED, STARCHY FOODS

Bread
Cereal
Cookies
Crackers
Flours made from grain and pseudo-grains
Pasta
Pastry
Potato chips

Potatoes*
Rice
Tortillas

SEASONINGS

Chili pepper flakes
Ketchup
Mayonnaise
Soy sauce
Steak sauces

SWEETENERS

(Acesulfame K)
(Aspartame)
Agave
Coconut sugar
Corn syrup
Diet drinks
Honey (1 teaspoon per day local or Manuka)*
Maltodextrin
Maple syrup
NutraSweet
Splenda (Sucralose)
Sugar
Sweet One or Sunett
Sweet'n Low (Saccharin)