

The "Yes" List



Cruciferous Vegetables

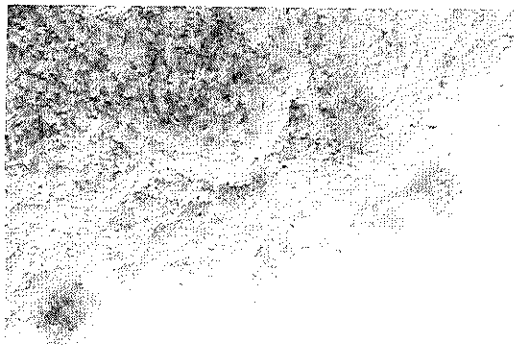
Arugula
Bok choy
Broccoli
Brussels sprouts
Cabbage, green and red
Cauliflower
Collards
Kale
Kimchi
Kohlrabi
Napa cabbage
Sauerkraut (raw)
Swiss chard
Watercress

Leafy Greens

Basil
Butter lettuce
Cilantro
Dandelion greens
Endive
Escarole
Fennel
Frisée
Mesclun (baby greens)
Mint
Mizuna
Mustard greens
Parsley
Perilla
Purslane
Red-and
green-leaf
lettuces
Romaine lettuce
Sea vegetables
Seaweed and algae
Spinach

Other Postbiotic-Boosting Vegetables

Artichokes
Asparagus
Bamboo shoots
Beets (raw)
Carrot greens
Carrots (raw)
Celery
Chicory
Chives
Daikon radish
Endive
Escarole
Fiddlehead ferns
Frisée
Garlic
Garlic scapes
Ginger²⁹
Hearts of palm
Horseradish
Jerusalem artichokes (sunchokes)
Leeks
Lemongrass
Mushrooms
Nopales (cactus paddles; if you can't find locally, buy
online)
Okra
Onions
Parsnips
Puntarelle
Radicchio
Radishes
Rutabaga
Scallions
Shallots
Water chestnuts



Fruits That Act like Fats

Avocado (up to a whole one per day)
Olives, all types

Uncoupling Oils

MCT oil
Perilla oil (lots of ALA and rosemarinic acid, both uncouplers)
Flaxseed oil (high lignan)
Sesame oil, regular and toasted
Rice bran oil
Macadamia oil (omega-7)
Black seed oil
Canola oil (non-GMO, organic only!)
Olive oil, extra-virgin first cold-pressed
Cod liver oil (the lemon and orange flavors have no fish taste)
Coconut oil (some effect)
Red palm oil (some effect)
Walnut oil (some effect)
Avocado oil (some effect)

Nuts and Seeds (1/2 cup per day)

Barukas (or baru) nuts
Pistachios
Basil seeds
Brazil nuts (in limited quantities)
Pine nuts
Walnuts
Sesame seeds
Tahini
Coconut milk (unsweetened dairy substitute)
Coconut milk/cream (unsweetened full-fat canned)
Coconut meat (but not coconut water)
Pili nuts
Flaxseeds
Hazelnuts
Hemp protein powder
Hemp seeds
Macadamia nuts
Milkadamia creamer (unsweetened and not the milk)

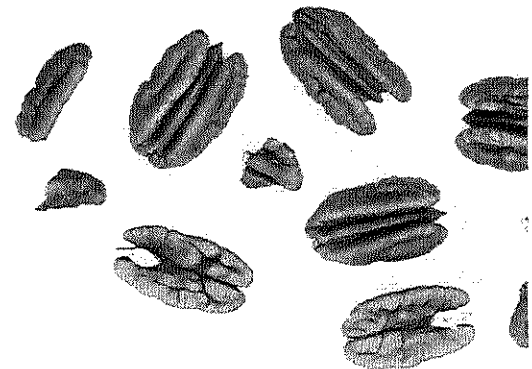
Nut butters (if almond butter, preferably made with blanched almonds, as almond skins contain lectins)
Pecans
Psyllium seeds/psyllium husk powder
Sacha inchi seeds
Chestnuts
Almonds (only blanched or marcona)

Energy Bars (limit to one per day, please)

Adapt: coconut, chocolate (adaptyourlife.com)
Gundry MD bars
Keto Bars: almond butter brownie, salted caramel, lemon poppy seed, chocolate chip cookie dough
KetoBars.com: mint chocolate, dark chocolate coconut almond, chocolate-covered strawberry
Keto Krisp: chocolate mint, almond butter, chocolate raspberry, almond butter chocolate chip, almond butter & blackberry jelly
Kiss My Keto: cookie dough, chocolate coconut, birthday cake
MariGold: ChocoNut, Pure Joy, espresso, ginger coconut
Primal Kitchen: almond spice, coconut lime
Rowdy Bars: keto chocolaty cookie dough
Stoka: vanilla almond, coco almond
Fast Bar

Flours

Almond (blanched, not almond meal)
Arrowroot
Cassava
Chestnut
Coconut
Coffee fruit
Grape seed
Green banana
Hazelnut
Millet
Sesame (and seeds)
Sorghum flour
Sweet potato
Tiger nut



Processed Resistant Starches

Can be eaten every day in limited quantities; those with prediabetes or diabetes should consume only once a week on average.

Barely Bread bread and bagels (only those without raisins)
Bread SRSly sourdough non-lectin bread and rice-free sourdough rolls
Cappello's fettuccine and other pasta
Crepini egg thins
Fullove Foods keto hemp and linseed bread
Julian Bakery Paleo wraps (made with coconut flour), Paleo thin bread, almond bread, sandwich bread, coconut bread
Lovebird Cereals
Mikey's original and toasted onion English muffins, cassava flour tortillas
Positively Plantain tortillas
Siete chips (be careful here, a couple of my "canaries" react to the small amount of chia seeds in the chips) and tortillas (only those made with cassava and coconut flour or almond flour)
Terra cassava, taro, and plantain chips
The Real Coconut coconut and cassava flour tortillas and chips
Thrive Market organic coconut flakes
Trader Joe's jicama wraps, plantain chips
Uprising Food breads and crackers (Uprisingfood.com)

Resistant Starches

Eat in moderation. People with diabetes and prediabetes should initially limit these foods.

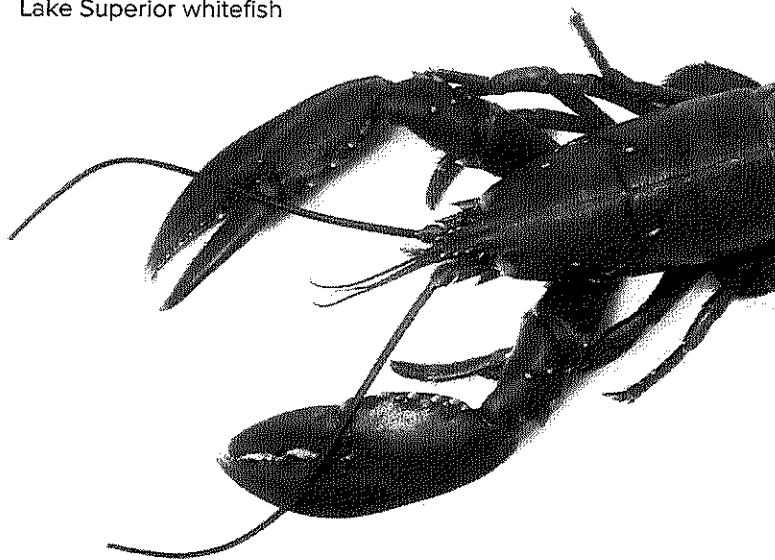
Baobab fruit
Cassava (tapioca)
Celery root (celeriac)
Glucomannan (konjac root)
Green bananas
Green mango
Green papaya
Green plantains
Jicama
Millet
Parsnips
Persimmon
Rutabaga
Sorghum
Sweet potatoes or yams
Taro root
Tiger nuts
Turnips
Yucca

"Foodles" (acceptable "noodles")

Big Green millet and sorghum pastas
Edison Grainery sorghum pasta
Gundry MD sorghum spaghetti
Jovial cassava pastas
Kelp noodles
Konjac noodles
Miracle Noodle kanten pasta
Miracle Rice
Natural Heaven hearts of palm spaghetti and lasagna noodles
Palmini hearts of palm noodles
Shirataki noodles
Slimdown360 sweet potato pasta elbow macaroni
Trader Joe's cauliflower gnocchi

Wild-Caught Seafood (4 ounces per day)

Alaskan salmon
Anchovies
Calamari/squid
Canned tuna
Clams
Crab
Cod
Freshwater bass
Halibut
Hawaiian fish, including mahimahi, ono, and opah
Lobster
Mussels
Oysters
Sardines
Scallops
Shrimp (wild only)
Steelhead
Trout
Lake Superior whitefish



Pastured Poultry (4 ounces per day)

Chicken
Duck
Game birds (pheasant, grouse, dove, quail)
Goose
Ostrich
Pastured or omega-3 eggs (up to 4 daily)
Turkey

Meat (100 percent grass-fed and grass-finished, 4 ounces per day)

Beef
Bison
Boar
Elk
Grass-fed jerky (low-sugar versions)
Lamb
Pork (humanely raised, including prosciutto, Ibérico ham, Cinco Jotas ham, Canadian bacon, ham)
Venison
Wild game

Plant-Based Proteins and “Meats”

Hemp tofu
Hilary’s root veggie burger (hilaryseatwell.com)
Pressure-cooked lentils and other legumes (canned, such as Eden or Jovial brand) or dried, soaked, then pressure cooked (use an Instant Pot)
Quorn products: only meatless pieces, meatless grounds, meatless steak-style strips, meatless fillets, meatless roast (avoid all others as they contain lectins/gluten)
Textured vegetable protein (TVP)
Hemp protein powder
Vegg vegan egg yolks and products
Perfect Day vegan whey and casein
Flaxseed protein powder
Protein isolates of and/or hydrolyzed pea, soy, or other similar bean powders (not the same as regular pea protein, soy protein, lentil protein, chickpea protein—buyer beware!)
Gundry MD ProPlant protein shakes
Vegg vegan egg yolks and products
Perfect Day vegan whey and casein

Polyphenol-Rich Fruits

Limit to one small serving on weekends and only when that fruit is in season, or unlimited with “reverse juicing”. Best options are pomegranate and passion fruit seeds, followed by raspberries, blackberries, strawberries, then blueberries, grapefruit, pixie tangerines, and kiwifruits (eat the skin for more polyphenols).

Blackberries
Raspberries
Passion fruit
Pomegranates
Cranberries (fresh)
All citrus (no juices)
Blueberries
Strawberries
Kiwis
Cherries
Apricots
Crispy pears (Anjou, Bosc, Comice)
Guava
Nectarines
Papaya
Peaches
Persimmon
Plums
Starfruit
Apples

Dairy Products and Replacements (top uncouplers)

Goat’s-milk cheeses: feta, Brie, mozzarella, cheddar
Sheep’s-milk cheeses: Pecorino Romano, Pecorino Sardo, feta, Manchego
Goat milk powder: Meyenberg, Hoosier Hill Farm, The Good Goat Milk Company
Goat milk cream flakes: Mt. Capra
Goat and sheep kefir (plain)
Goat yogurt (plain)
Sheep yogurt (plain)
Coconut yogurt (plain)
Lavva plant-based yogurt
Parmigiano-Reggiano cheese
Buffalo mozzarella: mozzarella di bufala (Italy), Buf Creamery (Uruguay)
Aged cheeses from Switzerland
Aged “raw” French/Italian cheeses



Dairy Products and Replacements Cont.

Buffalo butter (available at Trader Joe's)
Kite Hill Ricotta Cheese
So Delicious Vegan Mozzarella, Cream Cheese
French/Italian butter
Goat ghee
Ghee (grass-fed)
Organic cream cheese
Organic heavy cream
Organic sour cream

Herbs, Seasonings, and Condiments

All herbs and spices except red pepper flakes
Nutritional yeast
Sea salt (iodized)
Miso paste
Mustard
MCT mayonnaise
Avocado mayonnaise
Coconut aminos
Fish sauce
Pure vanilla extract
Tahini
Vinegars
Wasabi

Sweeteners

Allulose (look for non-GMO)
Erythritol (Swerve is my favorite, as it also contains oligosaccharides)
Inulin (Just Like Sugar is a great brand)
Local honey and/or manuka honey (very limited!)
Monk fruit (luo han guo; the Nutresse brand is good)
Stevia (SweetLeaf is my favorite; also contains inulin)
Xylitol
Yacon syrup (Super Yacon Syrup is available at Walmart; Sunfood Sweet Yacon Syrup is available on Amazon)

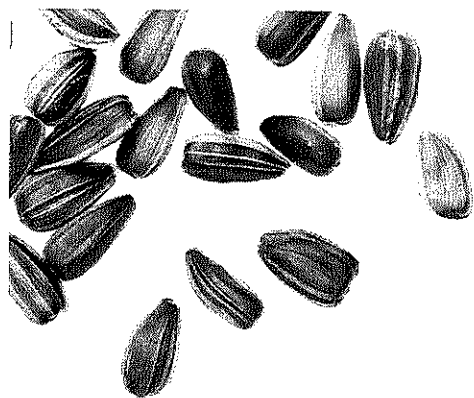
Chocolate and Frozen Desserts

Coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar; but be careful: may contain pea protein)
Dark chocolate, unsweetened, 72% cacao or greater (1 ounce per day)
Enlightened ice cream
Keto Ice Cream: chocolate, mint chip, sea salt caramel
Killer Creamery ice cream: Chilla in Vanilla, Caramels Back, and No Judge Mint
Mammoth Creameries: vanilla bean
Natural (non-Dutched) cocoa powder, unsweetened
Nick's vegan ice cream
Rebel Creamery ice cream: butter pecan, raspberry, salted caramel, strawberry, vanilla
Simple Truth ice cream: butter pecan and chocolate chip

Beverages

Champagne (6 ounces per day)
Coffee
Dark spirits (1 ounce per day)
Hydrogen water
KeVita brand low-sugar kombucha (coconut, coconut Mojito, for example), other low-sugar kombuchas
San Pellegrino or Acqua Panna water
Red wine (6 ounces per day)
Tea (all types)





The "No" List

Energy-draining foods to avoid

Refined, Starchy Foods

Bread
Cereal
Cookies
Crackers
Pasta
Pastries
Potato chips
Potatoes
Rice
Tortillas
Wheat flour

Grains, Sprouted Grains, Pseudo-Grains, and Grasses

Barley (cannot pressure cook)
Barley grass
Brown rice
Buckwheat
Bulgur
Corn
Corn products
Corn syrup
Einkorn
Kamut
Kasha
Oats (cannot pressure cook)
Popcorn
Quinoa
Rye (cannot pressure cook)
Spelt
Wheat (pressure cooking does not remove lectins from any form of wheat)
Wheatgrass
White rice (except pressure cooked white basmati rice from India, which is high resistant starch; American white basmati is not)
Wild rice

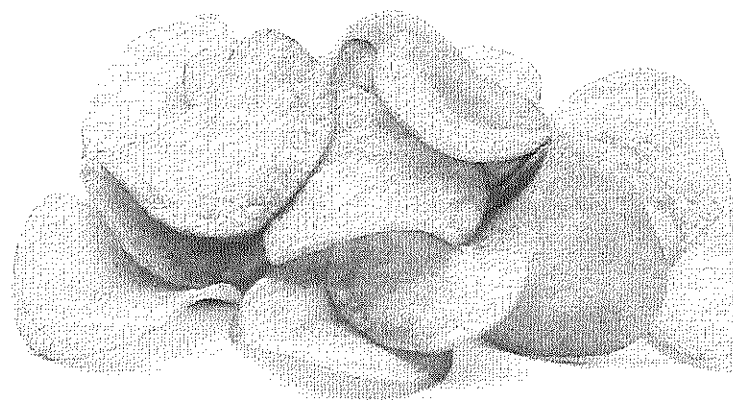
Sugar and Sweeteners

Agave
Coconut sugar
Diet drinks
Granulated sugar (even organic cane sugar)
Maltodextrin
NutraSweet (aspartame)
Splenda (sucralose; Splenda now has an allulose product that is acceptable)
Sweet One and Sunett (acesulfame-K)
Sweet'N Low (saccharin)

Vegetables

Most of these can be made safe foods with pressure cooking; marked with an ().*

All beans* (including sprouts)
Chickpeas* (including as hummus)
Edamame*
Green/string beans*
Legumes*
All lentils*
Pea protein (unless pea protein isolate or hydrolysate)
Peas*
Soy*
Soy protein (unless soy protein isolate or hydrolysate)
Sugar snap peas
Tofu*



Nuts and Seeds

Almonds, unblanched
Cashews
Chia seeds
Peanuts
Pumpkin seeds
Sunflower seeds

Fruits (some called vegetables)

Bell peppers
Chile peppers
Cucumbers
Eggplant
Goji berries
Melons (any kind)
Pumpkins
Squash (any kind)
Tomatillos
Tomatoes
Zucchini

Milk Products That Contain A1 Casein

Butter (even grass-fed), unless from A2 cows, sheep,
or goats, or buffalo
Cheese
Cottage cheese
Frozen yogurt
Most ice creams
Kefir from American cows
Cow's milk
Ricotta
Yogurt (including Greek yogurt)

Oils

All "partially hydrogenated" oils
Corn
Cottonseed
Grapeseed
Peanut
Safflower
Soy
Sunflower
"Vegetable"

Herbs and Seasonings

Ketchup
Mayonnaise (unless MCT or avocado)
Red pepper flakes
Soy sauce
Steak sauce
Worcestershire sauce

