

## DAIRY

### Yes (A2 yes A1 no)

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

- Buffalo butter
- Buffalo mozzarella and other buffalo cheeses
- Cow butter (A2 from France, Italy or Switzerland)
- Cow cheese (A2 from France, Italy, or Switzerland)
- Cow milk (A2 only; creamer\_cooking; not for drinking)
- Cow ricotta
- Cow yogurt (A2 only, unsweetened)
- Cream cheese (Organic)
- Ghee Goat Butter
- Goat cheese
- Goat milk (not for drinking, may use as a creamer or cooking)
- Goat yogurt (unsweetened)
- Goat/sheep kefir
- Heavy cream (Organic)
- Parmigiano-Reggiano
- Pecorino Romano
- Sheep cheese
- Sheep yogurt (unsweetened)
- Sour Cream (Organic)
- Whey protein powder

### Any Whey cheese:

Anari cheese, from Cyprus

Anthotyros, from Greece

[Breuil, from the Basque region](#)

Brocciu, from Corsica

Brousse (cheese), from Provence, France

Brunost, from Norway

[Gailtaler Almschotten, from Carinthia, Austria](#)

[Greuilh, from the Nouvelle-Aquitaine region of France](#)

Lor, from Turkey

[Manouri, from Greece](#)

[Mató, from Spain](#)

[Mizithra, from Greece](#)

[Primost, from Norway](#)

Recuite, from France

Requeijão, from Portugal

[Ricotta, from Italy](#)

Rigouta, from Tunisia

[Schottenziger, from Switzerland](#)

[Sérac, from the French and Valais Alps](#)

[Urdă, from Romania](#)

[Xynotyro, from Greece](#)

**No (A1 no, A2 yes)**

- Non–Southern European Cow’s Milk Products
- Butter
- Cheese
- Cottage cheese
- Yogurt (including Greek)

## Fish

Yes

(Only wild-caught, not farm raised) 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, skip jack tuna)
- Whitefish: includes cod, haddock, hake,  
herring, monkfish, mullet, pollock,  
sea bass, skate, sole, swordfish,  
turbot, and whiting

|  
**No**

- Tuna, canned (no albacore or yellow fin)

## FLOURS/STARCHES

Yes	No
<ul style="list-style-type: none"><li>• Almond (blanched)</li><li>• Arrowroot</li><li>• Cassava, (Yuca )</li><li>• Chestnut</li><li>• Coconut</li><li>• Grape seed</li><li>• Green banana (raw only)</li><li>• Hazelnut</li><li>• Millet</li><li>• Sesame (and seeds)</li><li>• Sorghum</li><li>• Sweet potato</li><li>• Tapioca</li></ul>	<ul style="list-style-type: none"><li>• Barley (cannot pressure cook)</li><li>• Brown rice</li><li>• Buckwheat</li><li>• Bulgur</li><li>• Corn</li><li>• Cornstarch</li><li>• Kashi</li><li>• Oats (cannot pressure cook)</li><li>• Popcorn</li><li>• Quinoa (ok if pressure cooked)</li><li>• Rye (cannot pressure cook)</li><li>• Spelt</li><li>• Wheat (cannot pressure cook)</li><li>• Wheatgrass</li><li>• White rice (except basmati from India and pressure cooked)</li><li>• Whole grains</li><li>• Wild rice (ok if pressure cooked)</li></ul>

## "Pastas"

Yes	No
<ul style="list-style-type: none"><li>• Cappello's almond flour pasta</li><li>• Kanten pasta/Miracle noodle (made from sea vegetables)</li><li>• Kelp noodles</li><li>• Korean sweet potato or yam noodles</li><li>• Hearts of palm noodles</li><li>• Millet pasta</li><li>• Shirataki noodles from the konjac root; also a Miracle Noodle product</li><li>• Sorghum pasta-texture similar to wheat pasta</li><li>• Trader Joe's cauliflower gnocchi (cauliflower and cassava)</li></ul>	<p>REFINED, STARCHY FOODS</p> <ul style="list-style-type: none"><li>• Bread</li><li>• Cereal</li><li>• Cookies</li><li>• Crackers</li><li>• Flours made from grain and pseudo-grains</li><li>• Pasta</li><li>• Pastry</li><li>• Potato chips</li><li>• Potatoes (ok if pressure cooked)</li><li>• Rice</li><li>• Tortillas</li></ul>
<p><b>CEREAL</b></p> <ul style="list-style-type: none"><li>• Arrowhead Mills Natural Puffed Millet Cereal</li><li>• Magic Spoon-flavors</li></ul>	

## FRUIT (limit fruits to

### Yes

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

**in-season and in moderation only)**

**No**

Bell Peppers

Chiles

Cucumbers

Eggplant

Goji berries

Melons (any kind)

Pumpkin

Any kind of squash

Tomatillos

Tomatoes (ok if remove skin and seeds)

Zucchini

## HERBS & SEASONINGS

### Yes

- All except chili pepper flakes
- Avocado mayonnaise
- 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

### No

- Chili pepper flakes
- Ketchup
- Mayonnaise
- Soy sauce
- Steak sauces

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

- Beef No corn or grain fed animals
- Bison
- Boar
- Elk
- Lamb
- Pork (humanely raised)
- Prosciutto
- Venison Boar
- Wild game

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

Yes	No
<ul style="list-style-type: none"><li>• Almonds (blanched)</li><li>• Barùkas nuts</li><li>• Brazil nuts (two)</li><li>• Chestnuts</li><li>• Coconut</li><li>• Flaxseeds</li><li>• Hazelnuts</li><li>• Hemp protein powder and seeds</li><li>• Macadamia nuts</li><li>• Nut butters (unsweetened, 1 tbl./day)</li><li>• Pecans</li><li>• Pine nuts</li><li>• Pistachios</li><li>• Psyllium</li><li>• Sacha Inchi seeds</li><li>• Sesame</li><li>• Walnuts</li></ul>	<ul style="list-style-type: none"><li>• Almonds with peel</li><li>• Cashews</li><li>• Chia</li><li>• Peanuts</li><li>• Pumpkin</li><li>• Sunflower</li></ul>

## Yes

- Algae oil (Thrive culinary brand)
- Avocado oil, extra virgin
- Canola (Only organic, non-GMO)
- Coconut oil
- Flavored cod liver oil
- Macadamia oil
  
- MCT (Medium Chain Triglycerides) oil
  
- Olive oil, extra virgin
- Pistachio
- Rice bran oil
- Sesame oil
- Walnut oil
- All OLIVES

## OILS

No

Canola or Vegetable "Partially hydrogenated"

- Corn
- Cottonseed
- Grape seed
- Peanut
- Safflower
- Soy
- Sunflower

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

- Chicken
- Duck
- Eggs (up to 4 daily; pastured or omega-3 only)
- Goose
- Ostrich
- Pheasant
- Quail
- Turkey

## RESISTANT STARCI

### Yes

- (One small serving per meal)
- Barely Bread bagels and bread
- Cappello's pastas
- Cassava, aka Yuca
- Celery root (celeriac)
- Coconut
- Crepini's Egg Thins
- Glucomannan (konjac root)
- Green bananas, mango, papaya or plantains
- Jicama (Mexican or Chinese potato)
- Julian Bakery Paleo Wraps (made with coconut flour)
- Millet
- Parsnips
- Persimmon
- Rutabaga
- Siete Tortillas (only those made with cassava or almond flour)
- Simple Mills Almond Flour Crackers
- Sorghum
- Sorghum pasta
  
- SRSLY sourdough non-lectin bread and rice-free sourdough rolls
  
- Sweet potatoes
- The Real Coconut coconut cassava-flour tortillas and chips
- Tiger nuts
- Trader Joe's Jicama Wraps
- Trader Joe's Plantain chips
- Turnips
- Positively Plantain tortillas
- Yams

## HES

### No

- Bread
- Cereal
- Cookies
- Crackers
- Flours made from grain and pseudo-grains
- Pasta
- Pastry
- Potato chips
- Potatoes (ok if pressure cooked)
- Rice
- Tortillas

## VEG

### Yes

- Algae
- Artichokes
- Arugula
- Asparagus
- Bamboo Shoots
- Basil
- Beets-raw
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (green and red)
- Carrots-raw
- Cauliflower (including Trader Joe's gnocchi)
- Celery
- Chicory
- Chinese cabbage
- Chives
- Cilantro
- Collards
- Dandelion greens
- Dill
- Endive
- Escarole
- Fennel
- Fiddlehead fern
- Garlic
- Ginger
- Hearts of palm
- Horseradish
- Jerusalem artichokes (sunchoke)
- Kale
- Kimchi
- Kohlrabi (German cabbage turnip)
- Leafy greens (all)
- Leeks
- Lemongrass
- Lettuce (all)

- Mesclun
- Mint
- Mizuna
- Mushrooms
- Mustard greens
- Napa cabbage
- Okra
- Onions
- Parsley
- Parsnips
- Perilla
- Purslane (duckweed or portulaca oleracea)
- Radicchio
- Radishes (all)
- Raw sauerkraut
- Rhubarb
- Rtabaga
- Romaine
- Sauerkraut
- Scallions
- Seaweed
- Shallots
- Spinach
- Swiss chard
- Tarragon
- Water Chestnuts
- Watercress

## VEGETABLES

### No

- All lentils (ok if pressure cooked)
- Beans (ok if pressure cooked)
- Bean sprouts
- Bell peppers (ok if remove skin and seeds)
- Chickpeas (ok if pressure cooked)
- Chili peppers (ok if remove skin and seeds)
- Cucumbers (ok if remove skin and seeds)
- Edamame
- Eggplant\*
- Green beans
- Legumes (ok if remove skin and seeds)
- Lentil pasta (ok if pressure cooked)
  
- Pea protein
  
- Peas
- Pumpkin (ok if remove skin and seeds)
- Soy
- Soy protein
  
- Squashes (any kind) (ok if remove skin and seeds)
  
- Sugar snap peas
- Textured vegetable protein (TVP)
- Tofu
- Tomatoes (ok if remove skin and seeds)
- Zucchini (ok if remove skin and seeds)

## SWEETENERS

### Yes

- Allulose
- Boca Sweet (from Kabocha)
- Erythritol
- Inulin
- Just Like Sugar (made from chicory root)
- Monk fruit
- Stevia
- Xylitol
- Yacón (“apple of the earth”) (main starch is inulin)
- Honey (ok if 1 teaspoon per day local or Manuka)

### No

- (Aspartame)
- Agave
- Coconut sugar
- Corn syrup
- Diet drinks
- Maltodextrin
- Maple syrup
- NutraSweet
- Splenda (Sucralose)
- Sugar
- Saccharin