

DIET FOOD CHARTS

Meat

Beef
Tongue
Ribs
Roast
Pastrami
Sausage
Corned
Ground 70%-90% Lean
Hot Dog / Frankfurter
Steak
Bologna
Lamb
Pepperoni
Pork
Bacon
Chops
Ham
Liverwurst
Loin
Proscuitto
Sausage
Veal
Venison

Cheese

Bleu Cheese
Cheddar
Cottage Cheese
Cream Cheese
Feta
Gouda
Mozzarella
Parmesan
Provolone
Ricotta Cheese
Swiss

Dairy & Substitutes

Almond Milk (w/o sugar)
Coconut Cream
Coconut Milk (w/o sugar)
Greek Yogurt
Heavy Cream
Sour Cream (full fat)
Soy Milk (w/o sugar)
Whipped Cream
Grass Fed Butter

Vegetables

Arugula
Asparagus
Bok Choy
Broccoli
Cabbage
Cauliflower
Celery
Chard
Chicory Greens
Cucumber
Eggplant
Endive
Fennel
Garlic
Green Bean
Jalapeño
Lettuce
Parsley
Radish
Spinach
Soy Bean
Zucchini

Seeds

Chia
Flax
Hemp
Pumpkin
Safflower
Sesame
Sunflower

Seafood

Anchovies
Fresh Fish
Bass
Carp
Flounder
Haddock
Halibut
Mackerel
Salmon
Sardines
Sole
Tilapia
Trout
Tuna
Clams
Crab Meat
Lobster
Mussels
Oysters
Shrimp
Squid

Eggs, Poultry

Eggs
Chicken
Duck
Goose
Quail
Turkey

Dressings

Red Wine Vinegar
Bleu Cheese
Creamy Caesar
Ranch

Fruits & Berries

Avocado
Blackberry
Blueberry
Cranberry
Lemon
Lime
Green Olive
Raspberry
Strawberry
Rhubarb
Tomato

Fats & Oils

Almond Butter
Avocado Oil
Butter
Cocoa Butter
Coconut Oil
Fish Oil
Flax Seed Oil
Ghee
Grape Seed Oil
Hemp Seed Oil
Lard
Full Fat Mayonnaise
Olive Oil (Ex. Virgin)
Walnut Oil

Drinks

Water
Coffee
Tea (Black)

Flours, Meals

Acorn Flour
Almond Flour
Almond Meal
Cocoa Powder
Coconut Flour
Flax Seed Meal
Protein Powder
Psyllium Husk
Sesame Seed Flour

Nuts & Legumes

Almonds
Brazil Nuts
Coconut
Hazelnuts
Macadamias
Pecans
Pistachios
Walnuts