

## Food List 1

### *Meat (grass-fed/organic is best)*

Beef  
Lamb  
Venison  
Veal  
Buffalo  
Elk  
Goat  
Meat bone stock/soup  
Liver and heart (must be organic)  
Beef or buffalo sausage or hot dogs (no pork casing—organic and nitrite/nitrate free is best)  
(Use sparingly in phase 1.)

### *Fish (Wild freshwater/ocean-caught fish is best; make sure it has fins and scales!)*

Salmon  
Tuna  
Halibut cod  
Scrod  
Brouper  
Haddock  
Mahi mahi  
Pompano  
Wahoo  
Trout  
Tilapia  
Orange roughy  
Sea bass  
Snapper  
Mackerel  
Herring  
Sole  
Whitefish  
Fish bone soup/stock  
Salmon (canned in spring water)  
Tuna (canned in spring water)  
Sardines (canned in water or olive oil only)

### *Poultry (pastured/organic is best)*

Chicken  
Cornish game hen  
Guinea fowl  
Turkey

Duck

Poultry bone soup/stock  
Chicken or turkey bacon (no pork casing—organic and nitrite/nitrate free is best) (Use sparingly in phase 1.)  
Liver and heart (must be organic)

### *Eggs (high omega-3/DHA is best)*

Chicken eggs (whole with yolk)  
Duck eggs (whole with yolk)

### *Dairy*

Goat's milk yogurt (plain)  
Homemade kefir from goat's milk  
Soft goat's milk cheese  
Goat's milk hard cheese  
Sheep's milk hard cheeses

### *Fats and oils (organic is best)*

Ghee  
Goat's milk butter  
Cow's milk, butter, organic  
Avacado  
Extra-virgin coconut oil (best for cooking)  
Extra-virgin olive oil (not for cooking)  
Flaxseed oil (not for cooking)  
Hempseed oil (not for cooking)  
Goat's milk butter (not for cooking)  
Raw cow's milk butter, grass fed (not best for cooking)  
Expeller-pressed sesame oil  
Coconut milk/cream (canned)

### *Vegetables (organic fresh or frozen is best)*

Broccoli  
Asparagus  
Squash (winter or summer)  
Beets  
Cauliflower  
Brussels sprouts  
Cabbage  
Carrots  
Celery  
Eggplant

## Food List 1

Garlic  
Okra  
Cucumber  
Pumpkin  
Onion  
Lettuce  
Spinach  
Mushrooms  
Peppers  
Tomatoes  
Peas  
String beans  
Artichoke (French, not Jerusalem)  
Leafy greens (kale, collard, broccoli, rabe, mustard greens, etc.)  
Raw leafy greens (endive, escarole, radicchio, arugula, frisse, etc.)  
Sprouts (broccoli, sunflower, pea shoots, radish, etc.)  
Sea vegetables (kelp, dulse, nori, kombu, hijiki)  
Raw, fermented vegetables (lacto-fermented only, no vinegar)

*Beans and legumes (soaked or fermented is best)*

Small amounts of fermented soybean paste (miso) as a broth  
Lentils

*Nuts and seeds (organic, raw, soaked is best)*

Almonds (raw)  
Hempseed (raw)  
Pumpkinseeds (raw)  
Flaxseeds (raw and ground)  
Sunflower seeds (raw)  
Hempseed butter (raw)  
Almond butter (raw)  
Sunflower butter (raw)  
Pumpkinseed butter (raw)  
Tahini, sesame butter (raw)

*Condiments, spices, seasonings (organic is best)*

Salsa (fresh or canned)  
Tomato sauce (no added sugar)

Guacamole (fresh)  
Apple cider vinegar  
Celtic sea salt (or Real Sea Salt by Redmond)  
Mustard  
Herbamare seasoning  
Omega-3 mayonaise (Spectrum)  
Umeboshi paste  
Soy sauce (wheat-free), tamari  
Raw salad dressings and marinade (recipes in book)  
Herbs and spices (no stabilizers)  
Pickled ginger (preservative and color free)  
Wasabe (preservative and color free)  
Organic flavoring extracts (alcohol based, no sugar added), i.e. vanilla, almond, etc.

*Fruits (organi fresh or frozen is best)*

Blueberries  
Strawberries  
Blackberries  
Raspberries  
Cherries  
Grapefruit  
Lemon  
Lime

*Beverages*

Purified, nonchlorinated water  
Natural spring water, no carbonation added (i.e. Perrier)  
Herbal teas (preferably organic)—unsweetened or with a small amount of raw honey or Stevia  
Raw vegetable juice (beet or carrot juice—maximum 25 percent of total)  
Lacto-fermented beverages (recipes in book)  
Certified organic coffee—buy whole beans, freeze them, and grind yourself when desired; flavor only the organic cream and a small amount of honey

*Sweeteners*

Unheated, raw honey in very small amounts