

## Food List 2

### *Meat*

All meats listed on Food List 1

### *Fish*

All fish listed on Food List 1

### *Poultry*

All poultry listed on Food List 1

### *Eggs*

Fish roe or caviar (fresh, no preserved)

*Luncheon meat (organic and nitrite/nitrate free is best)*

Turkey, sliced (free range, preservative free)

Roast beef, sliced (free range, preservative free)

*Dairy (organic, grass-fed is best)*

Homemade kefir from raw or nonhomogenized cow's milk

Kefir from pasteurized, nonhomogenized cow's milk

Raw cow's milk hard cheeses

Cow's milk cottage cheeses

Cow's milk ricotta cheese

Cow's milk plain whole-milk yogurt

Cow's milk plain kefir

Cow's milk plain sour cream

Raw goat's milk

*Fats and oils (organic is best)*

Expeller-pressed peanut oil

*Vegetables (organic fresh or frozen is best)*

Sweet potatoes

Corn

Yams

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

White beans

Black beans

Kidney beans

Navy beans

Tempeh (fermented soybean)

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

Walnuts (raw)

Macadamia nuts (raw)

Hazelnuts (raw)

Brazil nuts (raw)

Pecans (raw or soaked and low-temperature dehydrated)

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

Ketchup (no sugar) [I get Westbrae brand, fruit-juice sweetened]

All-natural salad dressings (no sugar/corn syrup, no preservatives)

All-natural marinades (no sugar/corn syrup, no preservatives)

*Fruits (organic fresh or frozen is best)*

Apples

Apricots

Grapes

Melon

Peaches

Oranges

Pears

Plums

Kiwi

Pineapple

Pomegranates

Passion fruit

Guava

*Beverages*

Raw vegetable juice (beet or carrot—maximum 50 percent of total)

Coconut water

*Sweeteners*

Unheated raw honey (up to 3 Tbsp. per day)

Stevia