

Enjoy

Carbohydrates:

Grains: Bran, Wheat Germ, Wild Rice

Fruits: Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapes, Grapefruit, Kiwis, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Plums, Pomegranate, Raspberries, Strawberries, Tomatoes

Vegetables: Artichoke, Arugula, Asparagus, Bamboo Shoots, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbages, Carrots (raw), Cauliflower, Celery, Chili Pepper, Collard Greens, Cucumber, Eggplant, Green Beans, Green Peas, Jicama (raw), Kale, Leeks, Mushrooms, Mustard Greens, Onion, Peppers, Pickle, Plantains (green, cooked) Radishes, Rhubarb, Romaine, Lettuce, Spinach, Turnip, Zucchini

Legumes: Beans (Black, Garbanzo, Great Northern, Kidney, Lima, Navy, Pinto, Soy, etc.), Lentils, Hummus

Proteins:

Meats: 95% Lean Ground Beef, Chicken Breast, Crab, Duck, Eye of Round, Flank Steak, Halibut, Herring, Lobster, Mackerel, Pork Loin, Salmon, Sardines, Shrimp, Sirloin, Tender Loin, Tilapia, Tuna, Turkey Bacon, Turkey Breast, Whole Eggs, Veal, Wild Game

Dairy: (Choose Full Fat Options) Butter (grass-fed), Cheeses (cheddar, Blue, Brie, Feta, Monterey Jack, Mozzarella, Parmesan Provolone, Swiss), Cottage Cheese, Cream Cheese, Ghee, Heavy Whipping Cream, Sour cream, Plain Unsweetened Greek Yogurt

Soy Products: Tempeh, Tofu, TVP

Fats:

Fruits: Avocado, Olives

Nuts and Seeds: Almonds, Almond Flour, Cashews, Coconut Flour, Chia, Flax, Hazelnuts, Natural Nut Butters, Peanuts, Pecans, Pumpkin Seeds, Pine Nuts, Pistachios, Roasted Nuts (unsalted and unsweetened), Sesame Seeds, Sunflower Seeds, Walnuts

Oils: Avocado, Coconut, Fish, Flaxseed, Macadamia Nut, MCT, Sesame Seed, Olive Oil

Beverages: Unsweetened Nut Milks, Tea and Coffee

All Herbs & Spices: Basil, Cinnamon, Herbal Teas, Garlic, Ginger, Oregano, Parsley, Shallot, Vanilla, Pepper, Lemon Pepper, etc.

Condiments: Balsamic Vinegar, Lemon Juice, Mayonnaise, Mustard, Peanut butter Powders, Ranch Dressing (low sugar), Salsa (no sugar added), Soy Sauce, Unsweetened Coconut Flakes, Vinegar

Sweeteners: Erythritol, Monk Fruit, Stevia

Moderate

Carbohydrates:

Grains: Barley, Brown Rice, Bulgur Wheat, Buckwheat Groats, Corn Tortillas, Couscous, Farro, Millet, Oatmeal (steel cut or rolled oats), Polenta, Red Rice, Rye Bread, Whole Wheat Pasta, Whole Wheat Tortillas (no hydrogenated oils), Whole Grain Bread, Quinoa

Fruits: Bananas (ripe), Mango, Melons (Honeydew, Cantaloupe, etc.), Papaya, Pineapple, Plantains (not green, cooked), Watermelon

Vegetables: Beets (cooked), Butternut Squash, Pumpkin, Spaghetti Squash, Sweet Corn, Sweet Potatoes, Water Chestnuts, Yams, Plantains (green, cooked)

Wine: Dry Red Wine

Proteins:

Meats: 80% Lean Ground Beef, Chicken Thigh, Beef Jerky (low sugar), Ham, Pork Ribs, T-bone steak, Turkey Jerky (low sugar)

Fats:

Nuts and Seeds: Chestnuts

***If your goal is weight loss and/or glucose control, choose no more than 3-5 foods from this column per week.**



Avoid

Carbohydrates:

Grains: All other rice, Bagel, Biscuit, Cereals, Gnocchi, Granola, Granola Bars, Instant Oatmeal, Potato Bread, White Potatoes, White Bread, White Pasta, Rice Noodles

Fruits: Dried Fruit

Vegetables: Rutabaga, Turnip (cooked), All other Potatoes, Cooked Carrots

Processed Foods: Beer, Cakes, Candy Bars, Chips, Commercially-baked pastries, Condiments Containing Added Sugar, Cookies, Crackers, Doughnuts, French Fries, Fruit Juices, Ice Cream, Muffins, Packaged Snack Foods, Popcorn, Potato Chips, Rice Cakes, Soda Pop, Tapioca, White or Enriched Flour, White and Brown Sugar

Dairy: Sweetened Yogurts

Condiments: Agave, BBQ Sauce, Coconut Sugar, Honey, Ketchup

Beverages: Alcoholic Beverages, Diet and Regular Soda, Juices

Proteins:

Meats: Bologna, Brats, Breaded Fish/chicken, Fried Meats, Pork Bacon, Sausage, Hot Dogs

Other: Protein Bars

***Foods in this column can be used for your Reset Meal, no more than once per week.
*If you have diabetes you may need to skip the Reset Meal. Let your glucose numbers be your guide.**