**FOODS TO INCLUDE**

(Organic, Non-GMO whenever possible)

Coconut, Almond, Rice, Hemp Milks

Rice, Millet, Quinoa, Farro

Raw Almonds and other nuts (walnuts)- not roasted/salted

Legumes (beans, lentils, peas)

Sweeteners - Stevia, Xylitol, Coconut palm sugar (NOT truvia or splenda!)

Decaf Green and Herbal Teas

Non Starchy Vegetables (50-75% of your plate!)

Organic Green Apples and Berries

Cage-Free Eggs (Humanely raised, organic)

Wild Cold Water Fish (due to possible mercury contamination limit fish to 1x  per week)

Free-Range Organic Chicken and Turkey (1-2x/week)

100% Grass Fed Beef or Lamb (if 100% grass fed 3x/week)

Nut Butters, like raw/organic Almond butter (organic, raw is optimal)

Sweet Potatoes, Yams, Turnips

Avocado, avocado, avocado!

Protein Powder that is vegan, gluten free, non GMO

Organic: Olive Oil, Coconut Oil, MCT Oil (medium chain triglyceride), 100% grass fed butter (Kerrygold, unsalted) or ghee

Raw Organic Apple Cider Vinegar (Braggs)

Pink Himalayan sea salt (organic, non gmo)

**FOODS TO ELIMINATE**

Dairy (milk, cheese, ice cream)

Gluten (All bread, even gluten-free on cleanse due to yeast)

Soy

Peanut Butter

Table Sugar, Honey, Maple Syrup and Artificial Sweeteners

Coffee

Alcohol

All Fruit (EXCEPT Limes, Lemons, Green Apples and Berries)

Pork

Farm Raised Fish

Non Cage-Free Eggs

Non Free-Range Chicken

All Beef, other than grass fed

White Potatoes

Corn

Nitrates/Nitrites

MSG - Monosodium glutamate

Vinegar (except Apple Cider Vinegar)