HEALTHY EATING

Food Groups Foods that are ALLOWED FOODS EXCLUDED

1. Sugar None All sugars
2. Artificial Sweeteners Stevia/Xylitol All others
3. Fruit Green apples, Berries, avocado, All others

Grapefruit, lemon, limes

1. Meat All organic, uncured. Breaded meat, bacon,

nitrates, msg, ect.

1. Eggs All eggs allowed Substitutes avoided
2. Yeast no yeast/fungus All
3. Beverages Boiled/filtered water, fresh lemonade Coffee, tea and decaf

Or limeade, green tea sodas

1. Grains Oats, brown rice, quinoa, amaranth Corn and Wheat

Amaranth, millet, spelt, flour tortillas

1. Dairy Plain yogurt, cream cheese, butter, All others and butter

Sour cream, butter substitutes

1. Vegetables Fresh unblemished. Peas, legumes Potatoes and Corn

Fresh vegetable juice. Yams

1. Vinegar Unpasteurized apple cider vinegar Pickles, salad dressing, black olives not aged in vinegar green olives, soy sauce
2. Nuts raw nuts no peanut or pistachios
3. Oil olive, grape seed, flax seed, cold trans oils, corn or pressed when available peanut oil

Use glass or stainless steel for storage and cooking. No aluminum or plastic. Remove food from plastic containers and put in glass/steel containers. Wash all produce thoroughly. Buy organic free of pesticides. Do not use any aerosols.