

THE PLANT PARADOX "YES PLEASE" LIST OF ACCEPTABLE FOODS

OILS

Algae oil
Olive Oil
Coconut oil
Macadamia oil
MCT oil
Avocado oil
Perilla oil
Walnut oil
Red palm oil
Rice bran oil
Sesame oil
Flavored cod liver oil

SWEETENERS

Stevia (SweetLeaf is my favorite)
Just Like Sugar (from chicory root- inulin)
Inulin Yacón
Monk fruit Xylitol
Luo han guo (Nutresse)
Erythritol (Swerve)

NUTS & SEEDS (1/2 cup/day)

Macadamia Walnuts
Pistachios Pecans
Coconut (not water)
Coconut milk/cream (unsweetened dairy substitute or full-fat canned)
Hazelnuts Chestnuts
Flaxseeds Psyllium
Hemp Seeds
Hemp Protein Powder
Pine Nuts (limited)
Brazil nuts (limited)

OLIVES

All

DARK CHOCOLATE

90% or > (1 oz/day)

VINEGARS

All (w/o added sugar)

HERBS & SEASONINGS

All (except chili pepper flakes)
Miso

ENERGY BARS

Quest Bars: Lemon Cream Pie, Banana Nut, Strawberry Cheesecake, Cinnamon Roll &

Double Chocolate Chunk only
B-Up bars (sometimes found as Yup bars):
Chocolate Mint,
Chocolate Chip
Cookie Dough & Sugar Cookie only
Human Food Bar (humanfoodbar.com)
Adapt Bar: Coconut and Chocolate (adaptyourlife.com)

FLOURS

Coconut Almond
Hazelnut
Sesame & seeds
Chestnut Cassava
Green Banana
Sweet Potato
Tiger Nut Grapeseed
Arrowroot

ICE CREAM

Coconut Milk
Dairy-Free Frozen Dessert (the So-Delicious blue label w/1 gram of sugar)
LaLoo's goat milk ice cream

FOODLES

Capello's
Pasta Slim
Shirataki Noodles
Kelp Noodles
Miracle Noodles & Rice Noodles
Korean sweet potato Noodles

DAIRY PRODUCTS 1 oz.

cheese or 4 oz. yogurt/day
Real Parmesan
French/Italian Butter
Buffalo Butter
Ghee
Goat Yogurt & Cheese
Goat milk as creamer
Goat/Sheep Kefir
Sheep Cheese Plain
Coconut Yogurt
French/Italian cheese
Switzerland cheese
Buffalo Mozzarella (Italy)
Whey protein powder

Casein A-2 Milk (as creamer only)
Organic heavy cream
Organic sour cream
Organic cream cheese

WINE (6 oz. day)
Red

SPIRITS (1 oz. day)

FISH (Any wild caught 4 oz./day)

Whitefish
Freshwater bass
Alaskan halibut
Canned tuna
Alaskan salmon
Hawaiian fish
Shrimp Crab
Lobster Scallops
Calamari/squid
Clams Oysters
Mussels Sardines
Anchoves

FRUIT (limit all but

Avocados
Avocado
Blueberries
Raspberries
Blackberries
Strawberries
Cherries
Crispy pears (Anjou, Bosc, Comice)
Pomegranates
Kiwis Apples
Citrus (no juices)
Nectarines Peaches
Plums Apricots
Figs Dates

VEGETABLES

Cruciferous:
Broccoli
Brussels sprouts
Cauliflower
Bok Choy
Napa cabbage
Chinese cabbage
Swiss chard
Arugula
Watercress
Collards Kohlrabi
Kale
Green & Red Cabbage
Radicchio
Raw Sauerkraut
Kimchi

Other Vegetables:

Nopales Cactus
Celery
Onions
Leeks
Chives
Scallions
Chicory
Carrots (raw)
Carrot Greens
Artichokes
Beets (raw)
Radishes
Daikon radish
Jerusalem Artichokes /Sunchokes
Hearts of palm
Cilantro
Okra
Asparagus
Garlic
Mushrooms

Leafy Greens:

Romaine
Red & Green leaf Lettuce
Kohlrabi
Mesclun (baby greens)
Spinach
Endive
Dandelion greens
Butter lettuce
Fennel
Escarole
Mustard greens
Mizuna
Parsley
Basil
Mint
Purslane
Perilla
Algae
Seaweed
Sea Vegetables

RESISTANT STARCHES

Tortillas Siete brand
Bagels & Bread (Barely Bread)
Julian Bakery Paleo Wraps & Paleo Coconut Flakes cereal (in moderation)
Green plantains
Green bananas
Baobab fruit
Cassava (tapioca)
Sweet potatoes or yams

Rutabaga
Parsnips
Yucca
Celery root (celeriac)
Glucomanan (konjac Root)
Persimmon
Jicama
Taro root
Turnips
Tiger nuts
Green mango
Millet
Sorghum
Green Papaya

PASTURED POULTRY

4 oz/day
Chicken
Turkey
Ostrich
Duck
Goose
Pheasant
Dove
Grouse
Quail
Pastured or Omega-3 eggs (up to 4 yolks but only 1 white)

MEAT (Grass fed -

4 oz. day)
Bison
Wild game
Venison
Boar
Elk
Pork (humanely raised)
Lamb
Beef
Prosciutto

PLANT BASED MEATS

Quorn: Chik'n Tenders, Grounds, Chik'n Cutlets, Turk'y Roast & Bacon Style Slices
Hemp Tofu
Tempeh grain free only
Hilary's Root Veggie Burger



THE PLANT PARADOX "JUST SAY NO" FOODS



REFINED, STARCHY FOODS

Pasta
Rice
Potatoes
Potato chips
Milk
Bread
Tortillas
Pastry
Flours
Cookies
Crackers
Cereal
Sugar
Agave
Splenda (sucralose)
SweetOne or Sunett (acesulfame K)
NutraSweet (aspartame)
Sweet'n Low (saccharin)
Diet drinks
Maltodextrin

VEGETABLES

Peas
Sugar snap peas
Legumes*
Green beans
Chick-peas *(including as hummus)
Soy
Tofu
Edamame
Soy protein
Textured vegetable protein (TVP)
Pea protein
All beans, including sprouts
All Lentils*
*Vegans & vegetarians can have these legumes in Phase 2, but only if they are properly prepared in a pressure cooker

NUTS AND SEEDS

Pumpkin
Sunflower
Chia
Peanuts
Cashews

FRUITS (some we call Vegetables)

Cucumbers
Zucchini
Pumpkins
Squashes (any kind)
Melons (any kind)
Eggplant
Tomatoes
Bell peppers
Chili peppers
Goji berries

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS (these contain casein A-1)

Yogurt (including Greek yogurt)
Ice Cream
Frozen yogurt
Cheese
Ricotta
Cottage
Kefir

GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS AND GRASSES

Wheat (pressure cooking does not remove lectins from any form of wheat)
Einkorn wheat
Kamut
Oats (cannot pressure cook)
Quinoa
Rye (cannot pressure cook)
Bulgur
Brown rice
White rice
Wild rice
Barley (cannot pressure cook)
Buckwheat
Kashi
Spelt
Corn
Corn products
Cornstarch
Corn syrup
Popcorn
Wheatgrass
Barley grass

OILS

Soy
Grape seed
Corn
Peanut
Cottonseed
Safflower
Sunflower
"Partially hydrogenated" Vegetable
Canola