

FOODS - Try to rotate your food as much as possible so you are not eating the same things every day

<b>Eat!</b>	<b>Small Amounts OK</b>	<b>Avoid</b>	<b>Up for Debate</b>	<b>Supplements &amp; Probiotics</b>
<b>vegetables</b> greens (lettuces, spinach, kale, arugela, radicchio, mustard greens, dandelion greens, beet greens, etc.)	<b>whole grains</b>  STEEL CUT (not rolled or instant) oats	<b>sugar</b>  honey	<b>sweeteners</b>  xylitol	pau d'arco (tea or pills)  grapefruit seed extract
cucumber	brown rice (you can find brown rice crackers too)	agave	<b>lactoferments</b>	FOS (food for acidophilus - can get at vitamin stores)
tomato	STONE GROUND whole wheat flour	<b>fruit (except berries, lemons, and limes)</b> <b>dairy, including yogurt (butter is ok)</b>	non-pasteurized sourkraut, etc.	acidophilus and other probiotics (must have at least 1 billion live organisms)
onions	shredded wheat cereal		non-pasteurized apple cider vinegar	garlic (best to eat as food)
bell peppers	spelt bread (if you are not allergic - check the frozen section)	<b>refined carbs</b>	<b>yeast (found in some spelt breads)</b> <b>nightshades (tomato, bell pepper, eggplant, potato)</b>	caprylic acid
eggplant	<b>other</b>	white rice	<b>high glycemic index (prob OK in small amounts)</b>	
zucchini	RED potatoes	white flour		
leeks	beef (hormone and antibiotic free)	finely ground whole wheat	pumpkin	
broccoli	berries	<b>moldy/aged/fermented</b>	carrots	
cauliflower	Annie's Naturals makes 2 vinegar free salad dressings if you don't feel like making your own. They do have emulsifiers.	leftovers more than 24 hours old	beets	
garlic		peanuts	parsnips	
cabbage		pistachios	corn	
asparagus		alcohol	peas	
celery		cheese	squash	
kohlrabi		soy sauce	potatoes	
sea weed		cider	beans	
brussels sprouts		dried fruits	turnips	
artichoke		teas	jicama	

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radish		vinegar (except possibly apple cider vinegar)	sweet potato	
avocado (good mayo replacement)		<b>pork</b>	yam	
parsley		<b>soy</b>		
		<b>if you are allergic</b>		
basil		wheat		
ginger		corn		
mint		<b>preservatives, colors, "natural flavors"</b>		
<b>fruits</b>				
lemon for salad dressing				
<b>nuts/seeds</b>				
almonds, walnuts, cashews, etc				
(avoid peanuts and pistachios)				
quinoa (cooked and eaten like a grain)				
pumpkin, sunflower, flax seeds				
sprouts				
<b>to drink</b>				
water (chlorine free, filtered if possible)				
unsweetened almond milk				
<b>meat</b>				
chicken (hormone and antibiotic free)				
fish				
eggs				
<b>sweeteners</b>				
stevia				