

## **Encouraged Foods**

Lean meats, seafood, WHOLE eggs, GREEN LEAFY Vegetables, avocados, 100% whey protein, berries, chia seeds, 100% unsweetened cocoa powder, water, sugar free-jello

## **Whole Foods to Enjoy**

Coconut Oil, coffee, liquid stevia, bacon, sweet potatoes, avocados

## **Foods to be Eaten in Moderation**

**Anything made with any dairy:** (butter, cheese, cream, yogurt, ice cream, canned milks)

**Cereal Grains:** Barley, corn, millet, oats, rice, rye, wheat, buckwheat, and quinoa.

**Nuts and Seeds:** (less than 150 calories a day)

**Salt-Containing Foods:** most commercial salad dressings and condiments, hot dogs, ham, pickled foods, salami, salted nuts, canned meats and fish.

## **Foods you should Avoid**

**Processed foods!**

**Sweets:** Candy, sugars, honey, baked goods,

## **SUBSTITUTIONS**

Unsweetened almond milk, coconut milk, almond flour, coconut flour, almond butter, agave nectar, homemade mayo, dressings with olive oil and lemon juice, shaved or crushed almonds instead of croutons and bread crumbs, spaghetti squash, zoodles instead of noodles, cauliflower instead of rice or potatoes, any spices