

<b>YES I CAN EAT FOOD</b>				<b>EAT IN MODERATION</b>
Lean beef	Celery	Unsweetened Coconut Milk	Tahini (sesame butter)	Mango
Beef Jerky	Corn	Unsweetened Soy Milk	Shredded unsweetened coconut	Banana
Flank steak	Collards	Nonfat dairy creamer	Egg Whites Most of the time	Fig
Top sirloin steak	Cucumber	Greek yogurt - Plain (Protein)	Green Tea	Guava
Extra-lean hamburger	Eggplant	Cottage Cheese (Protein)	Coconut Water	Papaya
Lean veal	Endive	Avocado Oil	Apple	Truvia/Stevia
Lean pork	Green onion	Olive Oil	Apricot	Agave Nectar
Pork loin- boneless	Kale	Coconut Oil	Avocado	Raw Honey
Pork chops	Lettuce	Almond Oil	Blackberries	Pure Maple Syrup
Lean poultry, chicken	Mushrooms	Flaxseed Oil	Blueberries	Molasses
Turkey breast	Mustard greens	Sesame Oil	Cherries	Barley
pretty much all of them	Onions	Safflower Oil	Cantaloupe	Millet
Canned tuna	Parsley	Peanut Oil	Cranberries	Wheat
Clams	Parship	Chia Seeds	Grapefruit	Oats (steak-cut oats, rolled oats)
Crab	Peppers (all kinds)	Flaxseed	Honeydew Melon	Rice (wild, brown, Amaranth
Crayfish	Pumpkin	Almonds	Kiwi	Sprouted Grain Breads or Pastas
Lobster	Spinach	Brazil nuts	Lemon	Sweet Potatos
Mussels	Tomato	Cashews	Lime	Acorn/Butternut Squash
Oysters	Turnip greens	Chestnuts	Nectarine	shakes/drinks w/ low sugar
Scallops	Black Beans (Protein)	Hazelnuts (filberts)	Orange	Sausage
Shrimp	Pinto Beans	Macadamia nuts	Passion fruit	Chicken wings
Tempeh	Navy Beans	Pecans	Peaches	Ribs - no sauce
Tofu	White Beans	Pine nuts	Pears	Quinoa
Artichoke	Black-eyed peas	Pistachios (unsalted)	Pineapple	Coffee
Asparagus	Lentils	Pumpkin seeds	Plums	Hot Sauces
Beets	Lima	Sesame seeds	Pomegranate	Cheese
Bell peppers	Green Peas	Sunflower seeds	Raspberries	
Broccoli	Miso	Walnuts	Rhubarb	
Brussels sprouts	Snowpeas	Avocado	Star Fruit	
Cabbage	Sugar snap peas	Black Olives	Strawberries	
Carrots	Milk - Skim	Green Olives	Tangerine	
Cauliflower	Unsweetened Almond Milk	Coconut Milk - Light	Watermelon	
		Cocoa nibs		