

| | <u>AVOID</u> | <u>CAUTION</u> | <u>SAFE</u> |
|---------------------|--|--|--|
| MEAT and SEAFOOD | Aged beef Bacon Bologna Chicken liver Corned beef Ham Hot dogs Jerky Mortadella Pastrami Pepperoni Pickled fish Salami Sausage Smoked fish | Beyond Burger Canned seafood Liver Uncured bacon (pork belly) | Any fresh/unprocessed Beef Chicken Fish Pork Shellfish Turkey |
| CHEESE | All aged cheese Asiago Bleu Camembert Cheddar Gorgonzola Gouda Gruyere Jack Provolone Parmesan Romano Stilton Swiss | Cotija Feta Goat Mozzarella (firm) Mozzarella (shredded) | American cheese slices Cream cheese Mascarpone Mozzarella (soft) Paneer Queso fresco Ricotta Velveeta |
| OTHER DAIRY | Kefir | Buttermilk Eggs (soft, fried) Sour cream Yogurt | Cottage cheese Cow's milk and cream Eggs (boiled) Eggs (cooked thru) Goat's milk Ice cream (no chocolate) |
| VEGETABLES | Kimchi Pickles Sauerkraut Anything pickled Anything fermented | Avocado Olives Snow peas Tomato (canned) Tomato (sundried) | All other veggies Frozen veggies |

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| FRUIT | Bananas Raspberries Very ripe fruit | Avocado Citrus fruits Coconut Dried fruits | All other fruits |
| NUTS/SEEDS | | All nuts and seeds All nut/seed butters All nut/seed milks | |
| BEANS, LENTILS, and PULSES | Fava beans Miso Tempeh | Hummus (tahini) | All beans All lentils Chickpeas Plain tofu |
| GRAINS and BREADS | Fresh pizza dough Fresh sourdough bread Fresh-baked pretzels Fresh-baked yeast breads Croutons w/cheese | Store-bought sourdough | All grains All other breads Buckwheat Quinoa Store-bought yeast bread |
| SNACK FOODS | Chocolate Chocolate-containing foods | | Chocolate-free cookies Corn chips Potato chips Store-bought pretzels White chocolate |
| CONDIMENTS and SAUCES | Coconut aminos Fish sauce Liquid aminos Marmite Shrimp paste Soy sauce Teriyaki sauce Vegemite Worcestershire | All vinegars Hot sauce Jellies and jams Ketchup Mayonnaise Mustard Salad dressings Salsa Tahini | Brown sugar Honey Maple syrup Molasses Sugar |
| FATS and OILS | Beef tallow | Coconut oil | Butter Ghee Olive oil All vegetable oils |
| HERBS/SPICES | | | All spices/herbs |

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| ADDITIVES, PRESERVATIVES, and FLAVORINGS | Beef broth/stock Boullion Coconut aminos Liquid aminos Meat tenderizer MSG Nutritional yeast Seasoning packets Yeast extract | Chicken stock/broth Chili (non-homemade) Marinades Soup (non-homemade) Stew (non-homemade) | Plain vegetable stock |
| DRINKS and MILKS | Chocolate drinks | Almond milk Black tea Canned soda Citrus juices/drinks Coconut milk Coffee/decaf Soy milk | Fruit juice (non-citrus) Hemp milk Herb tea Oat milk Sparkling water (plain) Vegetable juice |
| ALCOHOL | Aged liquor Beer Cider Sherry Wine (all) | Gin Vodka Whiskey | |
| OTHER | 2-day leftovers or more Slow-cooked foods | 1-day leftovers Grilled or charred meat | |