

# FOOD LIST

## RESOURCE IDEAS

*(just ideas, not a complete list)*

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### GRAINS

rice	oatmeal	tortillas
quinoa	oat bran	<i>(corn – flourless)</i>
millet	grits	

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### PROTEIN

eggs	shellfish	nuts	kidney beans
chicken	tofu	ricotta Cheese	black beans
lamb	tempeh beans	cheese	black eyed peas
fish	lentils	cottage cheese	mung beans
beef	hummus	full fat yogurt	lima beans
pork	veggie burgers	chickpeas	
liver	seeds		

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### FRUIT

apple	peach	apricot	mango
pear	nectarine	berries	papaya
orange	plum	grapes	melon
grapefruit	kiwi	pineapple	figs
banana	persimmon	cherries	



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### VEGETABLES

bok choy	lettuce	radish	radicchio	leeks
cabbage	spinach	turnip	corn	tomatoes
celery	beets	sprout	peas	green beans
chard	fennel	asparagus	pumpkin	watercress
collards	carrot	broccoli	squash	sugar snap peas
dandelion	jicama	cauliflower	sweet potatoes	

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### FATS

olive oil	beef tallow	sesame oil	tahini
butter	lard	flaxseed oil	dark chocolate 85%
nut butter	macadamia	sour cream	blue cheese
olives	nuts	egg ( <i>yolks</i> )	dressing ( <i>no sugar</i> )
avocado	cream	bacon	
coconut oil	ghee	mayo	ranch dressing ( <i>no sugar</i> )



# FOOD SHEET

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*On this food sheet, list all foods you want to eat. This will simplify your eating. Eat only what is on the list and only what isn't during a joy eat or an exemptions.*

*As you learn, which foods work for you, add or remove them from your list.*

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