

Food Chart

Food	Yes	No	Comment
Diary			
Cheese, Sugar free Yogurt	x		
Butter, Buttermilk, Low Fat Milk	x		
Meat			
Chicken (organic), Duck	x		
Fish (salmon)	x		Small amount
Pork (lean)	x		Small amount
Crab, Lobster, Oysters, Scallops, Shrimp, Tuna, Trout		x	
Hamburger, Beef		x	Seldom (Rare)
Produce			
Apple Cider Vinegar, Lemon, Lime, Vitamin-C, Water	x		For flush out
Bell Peppers (red), Cabbage, Cauliflower, Carrots, Cucumber, Olives, Onions, Poblano Pepper, Tomatoes	x		
Celery, Beans, Greens, Lentils, Peas, Potatoes	x		
Bananas, Cherries, Blueberries, Strawberries (moderately)	x		
Nuts (cashews, peanuts)	x		Not pistachios, small amount
Asparagus, Beets, Mushrooms, Spinach		x	
Pasta/Bread			
Bread (Gluten free, Wheat)	x		Except Oats
Rice, Pasta, Bread (except oats)	x		Wheat-based, Gluten-free preferred
Spices			
Cinnamon, Fennel, Garlic, Pepper, Vanilla	x		
Olive Oil, Turmeric	x		
Other			
Mediterranean, Indian Cuisine	x		Avoid meat-heavy options
Pizza (Gluten free) avec chicken	x		
Fajita (chicken, vegetables)	x		
Soups (lentil)	x		Avoid meat-heavy options