



KICK START

COMPLIANT & NON-COMPLIANT FOODS

When you see (*) next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

PROTEIN	
COMPLIANT	NON-COMPLIANT
Beef Chicken, turkey, duck, other fowl Eggs Bacon *Deli and processed meats Fish, fresh and canned (tuna, salmon, sardines) Pork Seafood Shellfish	None
VEGETABLES & LEGUMES	
COMPLIANT	NON-COMPLIANT
All vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) *Corn *White potatoes *Sweet potatoes *Yams Taro *Yuca *Beans & other legumes (e.g. lentils and chickpeas) *Soy (tempeh, miso, edamame, tofu)	None
FRUIT	
COMPLIANT	NON-COMPLIANT
*All fruits *Dried fruit (e.g. dates, raisins, mangoes) Lemon and lime juice	Dried fruit with added sugar

NUTS

COMPLIANT

NON-COMPLIANT

*All nuts and seeds, including peanuts
*All nut and seed butters, including peanut butter

None

FATS & OILS

COMPLIANT

NON-COMPLIANT

Olive oil
Coconut oil
Butter
Avocado oil
Duck fat
Flaxseed oil
Grapeseed oil
Lard (pork fat)
Nut oils
Tallow (beef fat)

Avocados
Coconut
Olives

Not recommended:

Hydrogenated oil
Industrial vegetable and seed oils, including soy,
corn, peanut, sunflower, safflower, or canola oils

None

GRAINS

COMPLIANT

NON-COMPLIANT

*Rice (white, brown, wild)
*Corn tortillas
Quinoa
Couscous
Oats and oatmeal
Amaranth
Buckwheat

Not recommended:

Cereal

Bread, bagel, muffins
Flour tortillas
Pasta or noodles of any kind (bean, rice, quinoa)
Flours of any grains (e.g. rice flour, quinoa flour,
corn flour, wheat flour)
Potato starch

ALCOHOL & BEVERAGES

COMPLIANT		NON-COMPLIANT
Coconut water	Tea	Beer
Coffee	Vegetable juice	Soda - diet or regular
*Fruit juice	Water	
*Beet Juice	Kombucha	
*Carrot juice		
Wine or Spirits - Limit 1 per day		

DAIRY

COMPLIANT		NON-COMPLIANT
Butter	Whey protein	Cheese of any kind, cow or goat
*Cream	*Milk	Ice cream
Kefir	*Sour cream	
Yogurt	Buttermilk	
Cottage cheese		

SUGAR & SWEETENERS

COMPLIANT		NON-COMPLIANT
Stevia, honey, maple syrup, monkfruit		Candy
*Coconut sugar and nectar		Dessert
*Sugar or sweetener as an addition to savory recipes and pantry items		Sugar or sweetener (except stevia & coconut sugars) as an ingredient in dessert, baked goods, pastry, oatmeal
*Sugar or sweetener to normally sweeten coffee or tea		
Gum and mints		

SNACK FOODS & ARTIFICIAL INGREDIENTS

COMPLIANT		NON-COMPLIANT
*Sweet potato "fries," BAKED or FRIED		White potato "fries," FRIED (french fries)
*White potato "fries," BAKED		Fried chips of any kind
*Baked chips (sweet potato, white potato, vegetable)		
*Popcorn		
*Arrowroot powder		
*Guar gum		
*Tapioca starch		
*Xanthan gum		
*Natural and artificial flavors and colors		
*Nitrates and nitrites		
*Benzoates		
*MSG		