



PERFORMANCE

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
<p>Beef Chicken, turkey, duck, other fowl Eggs Bacon (no sugar, no nitrates, no celery salt) Deli meats containing ONLY meat, water, seasoning, or salt Fish, fresh and canned (tuna, salmon, sardines) Pork Seafood, Shellfish</p> <p>Recommended: Grass-fed, pastured, and wild sources of protein</p>	<p>Deli & processed meats containing ingredients BESIDES meat, water, seasoning, or salt</p> <p>Soy (edamame, tofu, tempeh, miso)</p>
VEGETABLES & LEGUMES	
COMPLIANT	NON-COMPLIANT
<p>Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) *Sweet Potatoes, baked or boiled Winter squash (butternut, acorn, pumpkin) *Yams</p>	<p>Corn White potatoes Soybeans (edamame) Taro Yuca Beans & other legumes (e.g. lentils and chickpeas)</p>
FRUIT	
COMPLIANT	NON-COMPLIANT
<p>*All fruits *Dried fruit (e.g. dates, raisins, mangoes) Lemon and lime juice</p>	<p>Dried fruit with added sugar</p>

NUTS

COMPLIANT

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

NON-COMPLIANT

Peanuts
Peanut butter

FATS & OILS

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

NON-COMPLIANT

Hydrogenated oils

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

GRAINS

COMPLIANT

None

NON-COMPLIANT

Breads, bagels, muffins
Tortillas, corn or flour
Rice (white, brown, wild)
Quinoa
Couscous
Pasta or noodles of any kind (bean, rice, quinoa)
Cereal
Oats and oatmeal
Amaranth
Buckwheat
Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)
Potato starch

ALCOHOL & BEVERAGES

COMPLIANT	NON-COMPLIANT
Coconut water Coffee Kombucha *Beet juice Tea Vegetable juice Water *Carrot juice	Beer, Wine, or Spirits Fruit juice Soda - diet or regular

DAIRY

COMPLIANT	NON-COMPLIANT
Butter	Cow, goat: Milk Buttermilk Cheese Kefir Cream Sour cream Yogurt Whey protein Cottage cheese

SUGAR & SWEETENERS

COMPLIANT	NON-COMPLIANT
Stevia Monkfruit	All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, coconut sugar and nectar, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet, sugar alcohols

SNACK FOODS & ARTIFICIAL INGREDIENTS

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