

## What to eat

### Guiding principles:

- Don't count calories or watch portion sizes – eat when hungry, stop when full (but not stuffed)
- Try to eat only 3 meals a day (one snack is OK). If you're constantly grazing, you're constantly triggering insulin, the fat-storage hormone. It's fine to be a bit hungry between meals.
- However, you know yourself best. Another strategy – especially in the initial stages of transitioning to this way of eating -- is not to let yourself get too hungry, because you might be tempted to cheat.
- To avoid feeling deprived, plan one cheat meal a week where you can eat anything you want. Whee!
- And finally, adjust the lists below as needed – for example, some people may not do well with dairy.

### DO eat

**Protein:** Free-range organic preferred if possible (healthier fatty acid profile, better living conditions for the animals):

- Cheese (full-fat varieties)
- Eggs (definitely free-range organic)
- Meats: Beef, buffalo, lamb, pork, etc.
- Poultry: Turkey, chicken, duck, etc.
- Seafood: Fish, crab, shrimp, clams, oysters, etc.
- Processed meats (but not too many): Bacon, salami, ham, sausage, etc.
- Organ meats: Liver, liver paste, kidneys, etc.

### Vegetables:

- Anise/fennel
- Arugula
- Asparagus
- Artichokes
- Avocado (yum!)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cassava (in moderation)
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Garlic
- Ginger
- Green beans
- Kale
- Leeks
- Lettuce (any)
- Mushrooms
- Olives
- Onions
- Parsnips
- Peppers
- Radishes
- Seaweed (any)
- Snap peas/  
Snow peas
- Spaghetti  
squash
- Spinach
- Squash (in moderation)
- Sui choy
- Sweet potatoes  
(in moderation)
- Tomatoes
- Turnips
- Yams (in moderation)
- Zucchini

**Fruit:** In moderation – avoid very sweet varieties such as bananas, mangoes, etc. Berries are the lowest-carb fruits. No juice!

- Berries (Costco has bags of frozen mixed berries; microwave some in a bowl for 1 – 2 min for a nice dessert)
- Apples
- Apricots
- Cherries
- Figs (fresh, not dried)
- Grapefruit
- Kiwis
- Lemons
- Limes
- Peaches
- Pomegranates

### Fats and condiments

- Butter (organic free-range preferred)
- Whipping cream
- Coconut oil/milk
- Ghee
- Olive oil
- Sesame oil
- Mustard (no added sugar)
- Vinegars (no added sugar)
- Any herbs and spices
- Pickles (no added sugar)

### Beverages and snacks:

- Tea and coffee are fine (add whipping cream or coconut milk and a few drops of stevia liquid if you like)
- Dry wine is OK; beer isn't (too starchy)
- In moderation: Nuts (almond, walnuts, pecans, Brazil nuts, hazelnuts, macadamias, cashews – no peanuts); nut butters (except peanut butter); seeds (pumpkin, sesame, sunflower); seed butters.
- Jerky (preferably homemade, to avoid added sugars)
- Cheese (full-fat varieties)
- 99% chocolate, such as that made by Lindt. If you tolerate dairy, a piece of 99% chocolate pushed into a small bowl of full-fat ricotta cheese and microwaved for 20 - 30 sec. tastes like chocolate pudding!

## DON'T eat

**Grains and pseudo-grains (like quinoa), or products made from them.** *Why:* Grains and pseudo-grains like quinoa contain toxic anti-nutrients, such as gluten and phytates. Phytates bind to minerals in the food in question, rendering the minerals unavailable to our bodies. Grains don't supply any nutrients that you can't get elsewhere. They're also starchy and promote the release of insulin, the fat-storage hormone.

- Wheat (white flour, whole-wheat flour, wheat germ, wheat bran)
- Rice (white, brown, wild, basmati, or any other kind)
- Oats & oat bran
- Corn & cornstarch
- Rye
- Amaranth
- Bulgur
- Millet
- Quinoa
- Bread
- Teff
- Beer
- Cereal
- Cake
- Cookies
- Crackers
- Cupcakes
- Granola
- Muffins
- Pancakes
- Pasta
- Pizza crust
- Popcorn
- Tortillas
- Waffles
- Any other baked goods made with grains

**Added sweeteners** (if you *must* have a sweetener, stevia is the "least bad" option, but it can still trigger sugar cravings):

- Sugar, brown sugar
- Coconut sugar
- Agave syrup
- Honey
- Maple syrup
- Molasses
- Artificial sweeteners such as Splenda, Equal, NutraSweet, sucralose and aspartame.
- Candy
- Pop (including diet pop - the sweeteners trigger cravings)
- Sauces & condiments with sugar (HP sauce, Worcestershire sauce, ketchup, sweet pickles – read labels)
- Sweet wines or liqueurs

**Potatoes and possibly other starchy vegetables** Winter squashes, yams, sweet potatoes, pumpkins, cassava, and beets are OK in moderation. If you're trying to lose weight, though, you may want to avoid them. Do avoid "regular" potatoes, though.

- Potatoes
- Potato chips
- French fries

**Legumes:** *Why:* Some legumes contain phytates (see **Grains**, above for explanation); they're not really a dense protein source (most contain two to three times as much carbohydrate as protein); less micronutrient density and fiber than most vegetables and fruits.

- Lentils; any beans, including garbanzos/chick peas (no hummus!); peas (but snap peas, green beans & snow peas are OK, as they're more pod than pea)
- Peanuts: *Why:* Peanut lectins provoke an immune response, promoting systemic inflammation.
- Soy beans or soy products (tofu, miso, tempeh, edamame, soy sauce). *Why:* Soybeans contain compounds called *isoflavones*, which are types of phytoestrogens. Our bodies — male and female — treat these as a female reproductive hormone.

**Dried fruits, sweet tropical fruits, and fruit juices.** *Why:* They provide a level sweetness your body isn't equipped to handle, resulting in a significant release of insulin (the fat-storage hormone); may also trigger sugar cravings.

- Dates, dried figs, raisins, prunes
- Dried apricots, papayas, mangoes, etc.
- Apple chips & banana chips
- Bananas, mangoes, papayas, guavas
- Fruit juices (even if unsweetened)

**Most dairy – exceptions are whipping cream, full-fat cheese and yogurt, and butter.** *Why:* Although it doesn't taste sweet, dairy causes a significant release of insulin, similar to that caused by eating sugars, dried fruit, etc. This effect is reduced, though, for high-fat dairy. Also, research studies demonstrate better health outcomes with full-fat dairy.<sup>1, 2</sup>

- Milk (skim, 1%, 2%, powdered)
- Creamo
- Half and half
- Buttermilk
- Low-fat yogurt
- Low-fat cheese
- Ice cream
- Frozen yogurt

<sup>1</sup> Harvard School of Public Health: [Full-fat dairy may reduce obesity risk](#);

<sup>2</sup> Mercola.com: [Full-fat dairy may reduce your risk of diabetes and other health problems](#)