

THE "A" LIST - Plan most of your meals and snacks from this list

"A" List-Fats

Nuts/Nut Butters (raw, unroasted, unsalted)

Almonds
Brazil nuts
Cashews
Hazelnuts
Macadamia
Pecans
Pine nuts
Pistachios
Walnuts
NO PEANUTS! (they're legumes)

Fruit

Avocado (guacamole)
Olives (green and black)

Oils

Almond oil
Avocado oil
Olive Oil

Fish (highest in omega-3 fatty acids)

Halibut
Herring
Mackerel
Orange roughy
Sardines
Tuna

"A" List-Proteins

Eggs (from algae or flax-fed chickens)

Omega-3 enriched eggs

Fish and Seafood

Bass
Catfish
Cod
Crab
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mackerel
Mahimahi
Orange roughy
Oysters (canned or fresh)
Perch
Pike
Pollack
Rainbow trout
Salmon (canned or fresh)

Sardines (canned in water, sardine oil, mustard or olive oil)

Scallops
Shrimp (canned or fresh)
Snapper
Sole
Tilapia
Tuna (canned or fresh)
Turbot

Poultry (preferably free-range or organic)

Chicken breast, no skin
Ground chicken
Ground turkey
Chicken sausage
Turkey sausage

Game

Cornish game hen
Buffalo
Ostrich
Pheasant
Rabbit
Venison

Veggie Burgers (< 7 carbs ea)

Chik Sticks Vegetable and Grain Protein Burgers
Morning Star Farms veggie sausage pattie
Natural Touch vegetable burgers

Dairy

Goat cheese
No-fat cottage cheese
No-fat cream cheese
No-fat ricotta cheese
Feta cheese
Jarlsberg Lite Swiss cheese
Parmesan cheese (1 TBS/svg)

Tofu

Plain
Herb
Flavored (Italian, Oriental, Thai)

Protein Powder

Egg protein powder
Vegetable protein
Whey protein

"A" List-Carbohydrates

Vegetables

Asparagus
Artichoke Hearts
Arugula
Bamboo shoots
Bell peppers (red, green, yellow, orange, hot)
Bok choy
Broccoli
Brussel sprouts
Cabbage
Cauliflower
Celery
Chard

Scallions
Seaweed (dulse, nori, hikiki, kombu)
Snow peas
Spinach
Sprouts (all varieties)
String beans
Turnip
Water chestnuts
Watercress
Zucchini

High Fiber Starches

La Tortilla Factory tortilla
"Manna from Heaven" bread

Condiments, Spices, Seasonings

Basil
Bragg's Liquid Aminos (non-fermented soy sauce substitute)
Cardamom
Black pepper
Cayenne pepper
Capers
Cajun blended seasonings
Cinnamon
Crushed red pepper flakes
Cumin
Curry powder
Dill weed

Chives	(also counts as a protein)	Fennel
Cilantro	Low carb, high fiber crackers	Garlic (fresh or powdered)
Cucumbers	(2-3/day)	Ginger
Endive		Indian blended seasonings
Eggplant	Legumes (eat in limited qty)	Lemon
Fennel	Black soybeans	Lime
Greens (collard, turnip, mustard, chard)	Hummus-as a condiment, not a meal (made from chickpeas)	Mexican blended seasonings
Hot peppers		Miso salt (if not salt-restricted)
Kale	Coffee Substitutes	Mustard
Kohlrabi	Roma	Nutmeg
Lettuce (except iceberg)	Teeccino	Onion (fresh or powdered)
Leeks	Cafix	Oregano
Mushrooms (portobello, shitake, oyster, button)	Pero	Paprika
Okra		Rosemary
Onions	Tea	Tamari
Parsley	Black tea	Tarragon
Radicchio	Green tea	Thyme
Radishes	Herbal tea	Vanilla
Rutabaga		Vinegar (balsamic, red wine, umeboshi [plum], and rice)
		Worcestershire sauce

THE "B" LIST - Eat these foods in limited quantities; avoid for the first 3 weeks on the diet.

B List-Fats

A splash of cream in your coffee or tea daily is allowed	Canola oil	High oleic safflower oil
Butter for cooking	Coconut oil	
	Ghee (clarified butter for cooking)	

B List-Proteins

Beef (no more than one svg twice per week)	Lamb (no more than one svg twice per week)	Colby
Beef tenderloin	Chop	Havarti
Cubed steak	Leg	Monterey Jack
Filet mignon	Roast	Provolone
Flank steak		Swiss
Ground round, extra lean	Pork	Soft Cheese
Ground sirloin, lean	Lean, boiled ham	Nonfat plain yogurt w/one TBS of flaxseed to increase protein
Round steak	Loin chop	content (no more than 2-1/2 cup servings per week)
Roast beef (top round or rump)	Pork tenderloin	One percent cottage cheese
Sirloin steak		Part skim milk ricotta cheese
	Dairy	
	Hard Cheese - eat lite or low-saturated fat varieties (no more than one slice daily)	
	Cheddar	

B List-Carbohydrates

Vegetables (no more than 1/2 C. per day and avoid first 2 wks)	Rutabaga	Low Starch, High Protein Pasta
Carrots	Pears	Keto spaghetti (low carb, high protein)
Parsnips	Plums	
Peas	Raspberries	Low Carb Tomato Sauce
	Strawberries	Any brand with 5 or less grams of carbs.
	Tomatoes	
Fruit (no more than 1 svg/day, 1/2 C. berries, 1/2 grapefruit, or one small piece of whole fruit. Use only fresh or frozen - not canned)	Seeds (preferably raw, unroasted and unsalted-nuts are best)	Beverages
Apples	Pumpkin	1 C. of real coffee
Apricots	Poppy	4 oz. of red wine
Blueberries	Sesame	
Cherries	Sesame Tahini (sesame paste)	<u>Sweeteners (in very limited qty)</u>
Grapefruit	Sunflower	Stevia
Kiwi		Sucralose
Nectarines	Legumes	<u>Condiments</u>
Peaches	Adzuki	Tamari
shitake, oyster, button)	Navy	Tarragon
Okra	Lentil	Thyme
Onions	Mung	Vanilla
Parsley		Vinegar (balsamic, red wine, umeboshi [plum], and rice)
Radicchio	Tea	Worcestershire sauce
Radishes	Black tea	
	Green tea	
	Herbal tea	

THE "C" LIST - try to avoid these altogether

Dairy

Milk
Frozen custard
Frozen yogurt
Fruit-flavored yogurt
Ice cream

All Full-Fat Hard Cheeses

Cheddar
Colby
Havarti
Monterey Jack
Provolone
Swiss

All Cuts of Meat not Included in "A" Protein or "B" Protein

Deli Meats (other than fresh cooked)
Chicken roll
Corned beef
Honey turkey
Hot dogs (all varieties)
Pastrami
Sandwich meats
Sausage (other than turkey
or chicken)
Turkey roll
Roast beef

Off-Limits Legumes

Chickpeas (garbanzos), except
for small amount of hummus)
Lima beans
Peanuts
Peanut butter
Pinto beans

Vegetables

Corn and corn products (such as
corn tortillas)
White potatoes (powdered,
mashed, fried, baked, etc.)
Pumpkin
Yams

All Fried Foods

Fried chicken
Fried fish
Chicken nuggets
French fries

Bad Fats

All commercially processed oils
Corn oil
Hydrogenated fats
Lard
Margarines with transfatty acids
Peanut oil
Safflower oil
Soybean oil
Sunflower oil
Squeezable butter or shortening

Bad Condiments

Barbecue sauce
Most commercially prepared salad
dressings
Ketchup
Mayonnaise (unless made with good
oils, such as olive oil, almond oil,
avocado oil, or canola oil)

Beverages

Fruit juice (all varieties)
Soda pop (all varieties)
Sports drinks
Sweetened teas

Sugar and Artificial Sweeteners

Brown sugar
Corn syrup
Dextrose
Fructose
Honey
Maple sugar
Maple syrup
Nutrasweet
Saccharin
Sucrose
Sugar
Sweet'n Low
Turbinado

Starches

All bread (except "Manna from Heaven"
bread or very low-carb bread)
Couscous
Crackers (except low carb and
made with good fat)
Muffins
Packaged pancake mix
Packaged dry cereal (all brands)
Pasta
Rice
Quinoa
Waffles

Fruits

Banana
Cantaloupe
Dried fruit (all varieties)
Grapes
Honeydew
Orange
Pineapple
Watermelon

Snack Foods

Chips (all varieties)
Breakfast bars
Energy bars
Cakes
Candy
Cookies
Flavored Jello-O (sugar free or
regular)
Frozen fruit ice
Gelato
Ice cream
Popcorn
Pretzels