

Herbs + Spices

Best Choice: Organic, fresh or dried

Avoid: Read labels on dried, CAN'T HAVE refined sugar

- You can eat ALL HERBS AND SPICES

Pantry

Best Choice: Organic

Avoid: Read labels on canned, CAN'T HAVE added refined sugar

- Honey
- Pure Maple syrup
- Coconut sugar
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- Coconut (flakes, shredded, butter)
- Canned coconut milk (light, full fat, cream)
- All nut butters, except peanut butter
- Almond flour
- Coconut flour
- Arrowroot powder
- Tapioca starch
- Cocoa or Cacao powder (100%)
- Baking powder
- Baking soda
- Vinegar (all except malt)
- Mustard (all kinds)
- Pickles
- Coconut aminos
- Fish sauce
- Beef, chicken and vegetable broth/stock
- Canned fish (tuna, salmon, sardines, anchovies)
- Capers
- Dried fruit
- Tomato paste
- Roasted red peppers

Drinks

Best Choice: Organic

Avoid: Read labels, CAN'T HAVE added refined sugar.

- Fruit Juice (all)
- Vegetable Juice (all)
- Coconut water
- Coffee
- Club soda
- Seltzer water
- Soda/sparkling water
- Mineral water
- Naturally flavored water
- Tea (all)
- Kombucha

Avoid

- Dairy (some are ok with grass fed dairy)
- Grains, gluten, rice
- Peanuts
- Beans
- Processed foods
- Refined or Artificial Sugar