

GOOD FOODS LIST

It seems every day we hear new reports of the harmful effects of certain foods. Many people ask, "What's left to eat?" Here is a basic guide to a healthy diet:

PROTEINS

- **MEATS:** Grass fed beef, lamb, veal, lean pork, buffalo
- **FISH:** Wild caught, not farmed
- Chemical free chicken, turkey, Cornish hen
- Nitrate-free bacon
- **LEGUMES:** Black beans, lentils
- No lunch meat or cured meats with nitrates or MSG
- **EGGS:** Organic, free range
- **NUTS & SEEDS:** Natural nuts and seeds, almonds, cashews, walnuts, macadamia, pumpkin seeds, sunflower seeds, etc., raw or dry roasted
- Natural nut butters where oil rises to the top – avoid commercial brands (containing hydrogenated oils and sugar), almond butter is best.

*Note: Please read the book **Protein Power** by Eades and Eades for adequate protein intake daily.

DAIRY (PROTEIN AND FAT)

- Raw, whole fat milk, Kolona Super Natural Whole Milk, rice, almond or coconut milk
- Heavy Whipping Cream
- Full Fat Sour Cream
- Butter (NO MARGARINE!!)
- Cheese (raw and/or organic), goat cheese is best, whole fat cottage cheese
- Full fat yogurt without added sugar (Stoneyfield Farm Organic or Altadena)

FATS

- Butter, Ghee
- Olive oil, cold pressed (do not use high heat)
- Coconut oil
- Bacon grease (non-nitrate)/Lard
- Avocados

VEGETABLES

- Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 3-5 servings/day
- All homemade soups or frozen soups from health food store
- AVOID starchy veggies (potatoes, yams, corn, squash, peas) more than 1-2 times per week, or less if you are really watching your carbohydrate intake.
- **SALADS:** Raw vegetable salads
- Salad dressing – Homemade is BEST! Use olive oil with apple cider vinegar or lemon juice and herbs.

CONDIMENTS

- Natural herbs and spices
- Celtic Sea Salt and Celtic sea salt seasonings (available in our office)
- Apple cider vinegar, lemon juice, rice vinegar, mustard, low-sugar ketchup, low sugar steak sauce

GRAINS (Limited quantities ONLY):

- Organic, sprouted grain bread (Ezekiel, most often found in the freezer section of the grocery store or Alvarado Street Bakery bread – found in the bread section)
- Brown Rice (occasionally)

FRUITS

- Fresh organically grown fruits
- Berries are BEST!
- V-8 and tomato juice (low sodium)

*Note: Only 1-2 servings per day or LESS if advised by Dr. Lauren.

SWEETENERS; Not advised at all, but if you must, use in limited amounts as recommended by Dr. Lauren.

- Stevia
- Monk Fruit
- Dates
- Raw Honey
- Pure Maple Syrup
- Fresh Fruit

BEVERAGES

- Organic, herbal teas
- Organic coffee or roasted chicory
- Lemon water
- Sparkling waters (Pellegrino, Perrier, Seltzer)
- AVOID tap water, drink filtered water

DESSERTS – OCCASIONALLY

- Fresh fruit
- Fresh fruit with yogurt and raw honey
- Plain gelatin –add fruit
- Brown rice pudding made with sweeteners listed
- Sorbet made from fresh fruit, no added sugar
- Heavy cream whipped w/ approved sweetener
- Raw milk or coconut milk ice cream (recipe can be found on Facebook Dinner with the Doctor)
- Popsicles for children made with fresh fruit

HEALTHY SNACK IDEAS:

- Bacon
- Hard boiled eggs
- Nuts (unless on carb restricted diet) (peanuts are NOT preferable)
- Olives
- Cheese sticks
- Meat, cheese, pickle roll up
- Celery filled with nut butter
- Apple slices with nut butter
- Smoothies made with Veg-E, Whey Pro Complete, or Collagen
- Avocado
- Salsa