# GOOD FOOD 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, canned sardines in water
- 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**: Macadamia
- Natural nut butters where oil rises to the top – avoid commercial brands (containing hydrogenated oils and sugar).

## DAIRY (PROTEIN + FAT)

- Raw, whole fat milk, Kolona Super Natural Whole Milk, or coconut milk. When possible, choose raw dairy.
- Heavy Whipping Cream
- Full Fat Sour Cream
- Butter (NO MARGARINE!!)
- Cheese (raw and/or organic), goat cheese, whole fat cottage cheese. When possible, imported cheeses are a preferable choice.
- 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
- Tallow
- Lard

## VEGETABLES

- Garlic
- Onion
- Cucumber
- Cauliflower
- Broccoli
- Green beans
- Peas
- Arugula
- All lettuce except iceberg
- Peppers
- Celery
- Mushrooms
- Tomatoes
- Radishes

## 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
- Sorbet made from fresh fruit, no added sugar
- Heavy cream whipped w/ approved sweetener
- Raw milk or coconut milk ice cream
- Popsicles for children made with fresh fruit

## SNACKS - OCCASIONALLY

- Bacon
- Hard boiled eggs
- Macadamia nuts
- Olives
- Cheese sticks
- Meat, cheese, pickle roll up
- Celery filled with macadamia butter
- Apple slices with macadamia butter
- Avocado
- Salsa
- Spoken Chocolate or Vanilla smoothie

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