
Foods to Enjoy

Quality Proteins

- Bone broth
- Organic, grass-fed beef
- Organic, grass-fed lamb
- Organic pork or bacon
- Organic, pasture-raised poultry (chicken, duck, turkey)
- Organ meats (heart, liver, marrow, kidney, sweetbreads)
- Sardines
- The Myers Way Protein
- The Myers Way Collagen Protein
- The Myers Way Gelatin
- Wild-caught fresh fish (cod, halibut, haddock, salmon, pollock, snapper, sole, trout)
- Wild-caught shrimp
- Wild game

Organic Nonstarchy Vegetables

- Alfalfa sprouts (also broccoli, radish, and sunflower sprouts)
- Artichokes
- Arugula*
- Asparagus
- Avocados
- Bamboo shoots
- Bean sprouts
- Bok choy*
- Broccoli*
- Broccolini (or rapini, or broccoli raab)
- Brussels sprouts*
- Cabbage*
- Cauliflower*
- Celery
- Cucumbers
- Fennel
- Garlic
- Green onions
- Greens* (beet, collard, dandelion, kale, mustard, turnip)
- Hearts of palm
- Herbs (parsley, cilantro, basil, rosemary, thyme, dill, lemongrass, etc.)
- Kohlrabi
- Leeks
- Lettuce (endive, escarole, baby lettuces, Bibb, butter, romaine, iceberg)
- Mushrooms
- Okra
- Olives
- Onions
- Purslane
- Radishes*
- Rhubarb
- Sauerkraut
- Scallions
- Shallots
- Spinach
- Summer squash
- Swiss chard
- Watercress
- Zucchini

*These are foods that it is suggested to eat cooked rather than raw for those with thyroid conditions

Starchy Vegetables

- Beets
- Carrots
- Cassava, cassava flour
- Chestnuts
- Jerusalem artichokes
- Jicama
- Parsnips
- Plantains, plantain flour
- Pumpkins
- Rutabagas
- Sweet potatoes, sweet potato flour
- Taro
- Tigernuts, tigernut flour
- Turnips
- Water chestnuts
- Yams
- Yucca

Healthy Fats

- Avocado, avocado oil
- Coconut, coconut oil, coconut flour, coconut butter/manna/milk/yogurt/cream
- Ghee (if you tolerate it)
- Grapeseed oil
- Olives, olive oil
- Flaxseed oil
- Animal fat (lard, beef tallow)
- Palm oil

Organic Fruits

- Apples
- Apricots
- Bananas
- Bilberries
- Blackberries
- Blueberries
- Boysenberries
- Currants
- Cherries
- Cranberries
- Dates (limit during the thirty-day protocol and avoid if treating Candida overgrowth or SIBO)
- Dragonfruit
- Elderberries
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Guavas
- Huckleberries
- Kiwis
- Kumquats
- Lemons
- Limes
- Loquats
- Lychees
- Mangos
- Melons (cantaloupe, honeydew, watermelon, etc.)
- Mulberries
- Nectarines
- Papayas
- Passionfruit
- Peaches
- Pears
- Persimmons
- Pineapples
- Plums
- Pomegranates
- Quince
- Raisins (limit during the thirty-day protocol and avoid if treating Candida overgrowth or SIBO)
- Raspberries
- Star fruit
- Strawberries
- Tamarillos
- Tamarind fruit

Flours

- Arrowroot starch
- Cassava flour
- Coconut flour
- Plantain flour
- Sweet potato flour
- Tapioca flour
- Tigernut flour

Dairy Alternative

- Camel's milk[†]
- Coconut milk, yogurt, cream
- Tigernut milk

Flavorful Seasonings and Condiments

- Anise
- Apple cider vinegar
- Basil
- Bay leaf
- Cacao
- Cilantro/coriander
- Cinnamon
- Cloves
- Cumin
- Dill
- Garlic
- Ginger
- Ground black pepper
- Mint
- Nutmeg
- Oregano
- Parsley
- Rosemary
- Sea salt
- Stevia
- Tarragon
- Thyme
- Turmeric
- Vanilla

Beverages

- Bone broth
- Coconut milk
- Fruit and vegetable juices, unsweetened
- Smoothies
- Mocktails
- Tea, herbal, caffeine-free
- Tigernut milk
- Water, filtered or sparkling

[†]The proteins in camel's milk are very different than cow, sheep, or goat dairy. I find most people can tolerate them well. If you are concerned about including, follow instructions in chapter 17 on how to reintroduce foods.

Foods to Toss

Toxic Foods

- Alcohol
- Fast foods, junk foods, processed foods
- Food additives: any foods that contain artificial colors, flavors, or preservatives
- Genetically modified foods (GMOs), including canola oil and beet sugar
- Processed meats: canned meats (such as SPAM; canned fish is okay), cold cuts, hotdogs
- Processed and refined oils: mayonnaise, salad dressings, shortening, spreads
- Refined oils, hydrogenated fats, *trans* fats, including margarine
- Stimulants and caffeine: coffee, yerba mate
- Sweeteners: sugar, sugar alcohols, sweetened juices, high-fructose corn syrup
- *Trans* fats and hydrogenated oils (frequently found in packaged and processed foods)

Inflammatory Foods

- Corn and anything made from corn or containing high-fructose corn syrup
- Dairy, including cow, sheep and goat milk[†] cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, and nondairy creamers, whey protein, casein
- Eggs: chicken and duck[§]
- Gluten: anything that contains spelt, barley, rye, or wheat
- Gluten-free grains and pseudograins: amaranth, buckwheat, millet, oats, quinoa, rice
- Legumes: beans, green beans, garbanzos, lentils, peas, snow peas, peanuts, and soy
- Nightshades: eggplant, peppers, potatoes, tomatoes
- Nuts: including nut butters
- Peanuts
- Seeds: including seed butters
- Soy: (miso, tofu, tempeh, soy milk, soy creamer, soy yogurt, soy cheese, kimchi)

[†]Though the proteins in sheep and goat's milk are different, some people may not tolerate them. After thirty-day protocol, follow instructions in chapter 17 on how to reintroduce foods.

[§]Though the proteins in duck eggs are different, some people may not tolerate them. After thirty-day protocol, follow instructions in chapter 17 on how to reintroduce foods.