



## YES FOODS

<b>Vegetables:</b>	<i>All leafy greens, peppers, broccoli, cauliflower, celery, carrots, kale, garlic, ginger, onions, mushrooms, parsnips, radishes, rutabega, snow/snap peas, spinach, tomato, spaghetti squash, zucchini</i>
<b>Fruit:</b>	<i>Lemon/Lime</i>
<b>Nuts/Seeds:</b>	<i>Almonds, Brazil Nuts, cocoa nibs, coconut (unsweetened), chia/hemp/flax seeds, pumpkin seeds, macadamia nuts, hazelnuts, pecans, pistachios, walnuts, sesame seeds/tahini</i>
<b>Fats/Oils:</b>	<i>Animal Fats, butter, ghee, clarified butter, coconut oil, olive oil, avocado oil, sesame oil</i>
<b>Beverages:</b>	<i>Coconut and almond milk (unsweetened), coffee, espresso, mineral water, seltzer, club soda, teas, water</i>
<b>Condiments:</b>	<i>Any gluten/sugar free condiments with no added sugar, all homemade paleo/21 DSD dressings/broths/mayo, coconut amino, vanilla/almond extract, vinegars</i>
<b>Supplements:</b>	<i>Optional: Pure BCAA or Collagen Powder, Pure Green Tea, and Weight Loss Energizer for Metabolic support.</i>

## LIMITED FOODS

<b>Vegetables and Starches:</b>	<i>Acorn squash, beets, butternut squash, green peas, pumpkin, winter squash (After Cardio or HIIT workouts)</i>
<b>Fruit:</b>	<i>Bananas (green tipped), Grapefruit, Green/Granny Smith Apples, Berries</i>
<b>Beverages:</b>	<i>Coconut juice/water (no added sweeteners), Kombucha</i>

## NO FOODS

<b>All refined carbs:</b>	<i>Pastas, crackers, cereals, breads, rice cakes, popcorn, pizza, tortillas, cupcakes, muffins, etc.</i>
<b>Vegetables and Starches</b>	<i>Corn, soybeans/edamame, tapioca, taro</i>
<b>Fruits</b>	<i>All fruit/dried</i>
<b>Grains/Legumes</b>	<i>All beans, spelt, wheat, flours made from grains, buckwheat, arrowroot, barley, Lentils, Quinoa, millet, rice, rye</i>
<b>Nuts/Nut Butters:</b>	<i>Cashews and peanuts</i>
<b>Dairy</b>	<i>Cheese, cream cheese, cottage cheese, Milk, half and half, heavy cream, sour cream, yogurt, artificial sweeteners</i>
<b>Supplements</b>	<i>Pre/post workout drinks, protein drinks with added sweeteners/sugar alcohols, anything containing soy, corn or wheat</i>
<b>Beverages</b>	<i>Alcohol, coffee "drinks", soda, milk (soy, rice, oat)</i>
<b>Condiments</b>	<i>Soy sauce, store bought ketchup, mayo, salad dressings</i>

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