

Foods to AVOID

- Amaranth
- Barley
- Buckwheat
- Bulger
- Corn
- Millet
- Oat
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Wheat
- Butter
- Cheese
- Cream
- Ghee
- Milk
- Yogurt
- Black beans
- Chickpeas
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Peanuts
- Soybeans
- Eggplant
- Goji Berries
- Ground cherries
- All peppers
- All red spices
- Potato
- Tomato
- Tomatillo
- Almond
- Brazil nut
- Canola
- Cashew
- Chia
- Coffee
- Cocoa
- Flax
- Hazelnut
- Hemp
- Pecan
- Pine nuts
- Pistachio
- Pumpkin
- Safflower
- Sesame
- Sunflower
- Walnut
- Allspice
- Anise
- Caraway
- Celery seed
- Cumin
- Fennel seed
- Mustard
- Nutmeg
- Black pepper
- Poppy Seeds
- Al Alcohol
- All eggs
- All Additives and Sugars