

Foods you CAN EAT

- Artichoke
- Arugula
- Asparagus
- Avocado
- Beets
- Brussels
- Bok Choy
- Cabbage
- Carrots
- Cauliflower
- Chard
- Cucumber
- Fennel
- Jicama
- Kale
- Leek
- Lettuce
- Mushroom
- Onion
- Parsnip
- Rutabaga
- Spinach
- Squash
- Sweet potato
- Basil
- Bay leaf
- Chives
- Cilantro
- Cinnamon
- Dill
- Ginger
- Garlic
- Mint
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Thyme
- Turmeric

- Apple
- Apricot
- Avocado
- Banana
- Berries
- Cherry
- Coconut
- Citrus
- Date
- Fig
- Grape
- Kiwi
- Mango
- Melons
- Peach
- Pear
- Persimmon
- Plum
- Pineapple
- Pomegranate
- Watermelon
- Beef
- Bison
- Bone broth
- Organ meats
- Chicken
- Duck
- Fish
- Lamb
- Shellfish
- Pork
- Turkey
- Venison
- Avocado oil
- Beef tallow
- Chicken fat
- Coconut oil
- Olive oil
- Palm oil

PANTRY STAPLES

- Apple cider vinegar
- Arrowroot starch
- Carob powder
- Cassava flour
- Coconut flour
- Coconut sugar
- Dried fruit
- Honey
- Tapioca flour
- Tigernut flour