

VEGETABLES

Arrowroot	Eggplant	Radishes
Arugula	Jicama	Rutabaga
Bamboo shoots	Kale	Spinach
Beans: green, yellow, French, string	Leeks	Spirulina
Bean sprouts	Lettuce, except iceberg	Sprouts
Beets	Mixed greens	Squash, all types
Bok Choy	Mushrooms	Sweet potato
Broccoli	Onions: all type	Tomatillo
Cabbage, all types	Parsnips	Tomatoes
Cactus	Peas: snap, snow	Turnips
Carrots	Peppers: bell, green chile pepperoncini, jalapeno	Wheatgrass
Celery	Pumpkin	Yams
Cucumbers	Radicchio	Zucchini

FRUITS

Apple	Figs, fresh	Mango
Apricot	Grapefruit	Orange
Asian pear	Guava	Papaya
Berries: blackberries, blueberries, loganberries, mulberries, raspberries, strawberries	Honeydew	Peaches
Cantaloupe	Kiwi	Pears
Cherimoya	Kumquats	Persimmons
Cherries	Lemon	Pineapple
	Lime	Pluots
	Mandarins: tangerines, clementines	Pomegranates
		Watermelon

ANIMAL PROTEINS

Beef: filet, lean ground, strip steak, flank, stew	Egg whites: egg white powder, 100%	Sardines, packed in water
Buffalo	Game: hen, partridge, pheasant	Sausages, nitrate-free: turkey, chicken
Chicken: skinless, boneless white meat	Gelatin: grass fed beef	Sole fillet
Corned beef	Guinea fowl	Tuna: fresh, packed in water, solid white
Cornish game hen	Haddock fillet	Turkey: bacon (nitrate-free), breast, lean ground
Crawfish	Halibut: fillet, steak	
Deli meat, nitrite-free: chicken, turkey, roast beef	Pollock fillet	
	Pork tenderloin	

VEGETABLES PROTEINS

Black eyed peas
Dried or canned beans: all types
Lentils

GRAINS

Amaranth	Freekeh	Rye 100%
Barley	Kamut: bagels	Sorghum
Brown rice: cereal, cheese, crackers, flour, milk, pasta, rice, tortillas	Millet	Spelt: pasta, pretzels, tortillas
Buckwheat	Oats (steel-cut or old fashioned)	Sprouted grain bagels, bread, and tortillas
Einkorn	Oat Bran	Tapioca
Farrow	Oat Milk	Teff
Fast Metabolism Baking Mix	Rice: wild, red	
	Quinoa	

HERBS, SPICES, & CONDIMENTS

Agar	Fast Metabolism Quick & Easy Dessert and Snack Mix	Nutritional yeast
Arrowroot	Frank's Hot Sauce	Pickles, no sugar added
Bragg's liquid aminos	Ginger	Pysillium Husk
Brewer's yeast	Guar gum	Salsa
Broth: beef, chicken, vegetable	Herbal tea, non-caffeinated	Stevia, pure
Cacao Powder or nibs, raw	Horseradish, prepared	Tabasco
Capers	Ketchup (with no added sugar or corn syrup)	Tamari
Coconut Aminos	Lemon and Lime Juice	Tomato Paste
Dandy Blend, Pero	Metabolism Rice/Noodles	Vinegar, all types
Dried or fresh herb and spice: all types	Monk Fruit Extract: 100%	Water chestnut
Extracts/Flavoring: all types, no sugar, alcohol free.	Mustard	Xanthan gum
		Xylitol, birch