

VEGETABLES

Arrowroot	Cucumbers	Pumpkin
Artichoke	Eggplant	Radicchio
Arugula	Endive	Radishes
Asparagus	Fennel	Rhubarb
Beans: green, yellow, French, string	Jicama	Seaweed
Bean Sprouts	Kale	Spinach
Beets	Kohlrabi	Spirulina
Bok choy	Leeks	Sprouts
Brussels sprouts	Lettuce: except iceberg	Squash, all types
Cabbage, all types	Mixed greens	Sweet potatoes
Cactus	Mushrooms	Tomatillo
Carrots	Mustard Greens	Tomatoes
Cauliflower	Okra	Watercress
Celery	Onions: all type	Wheatgrass
Chicory	Palm hearts	Zucchini
Collard greens	Peppers: bell, green chile pepperoncini, jalapeno	

FRUITS

Berries: blackberries, blueberries, cranberries, raspberries	Grapefruit	Peaches
Cherries	Lemons	Plums
	Limes	Prickly pears
	Loquats	

ANIMAL PROTEINS

Anchovies	Flounder Fillet	Sardines, packed in water or oil
Beef: fillet, steaks, lean ground, flank, skirt, stew	Game: hen, pheasant, duck	Sausage, nitrate-free: chicken, turkey
Buffalo	Gelatin: grass fed beef	Scallops
Calamari	Halibut	Sea bass
Chicken: boneless, skinless dark or white meat, ground	Ham: 100% natural, nitrate free	Shrimp
Clams	Herring	Skate
Corned beef, nitrate free	Lamb	Trout
Crab	Liver	Tuna: fresh, packed in water or oil
Crawfish	Lobster	Turkey: bacon (nitrate-free), breast, lean ground
Deli meat nitrite-free: chicken, turkey, roast beef	Mussels	
Eggs, whole, egg white powder, 100%	Oysters	
	Pork: chops, loin roast	
	Rabbit	
	Salmon, fresh, frozen, or nitrate free smoked	

VEGETABLES PROTEINS

- Dried or canned beans: all types
- Lentils
- Mung Bean

GRAINS

Barley	Oat Bran	Sorghum
Black rice	Oat Milk	Sprouted grain: bread, bagels, and tortillas
Fast Metabolism All Purpose Baking Mix	Quinoa	Tapioca
Oats: steel-cut, old fashioned	Rice: wild, purple, black	
	Rye: 100%	

HEALTHY FATS

Almond: milk, cheese	Nuts, raw: almonds, cashew, chestnut, hazelnuts, pecans, pine nuts, pistachios, walnuts	Oils: coconut, grapeseed, olive, sesame
Avocado	Nut/seed butters and pastes, raw	Seeds, raw: chia, flax, hemp, pumpkin, sesame, sunflower
Coconut: coconut cream, milk	Olives	Tahini
Hummus		
Mayonnaise: safflower, avocado, olive oil		

HERBS, SPICES, & CONDIMENTS

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