

## Eating for Your Good Genes Shopping List



<b>Organic Fruits:</b>	Apples, avocados, blackberries, blueberries, cherries, coconuts, lemons, nectarines, peaches, pears, plums, pomegranates, raspberries
<b>Organic Vegetables:</b>	Artichokes, arugula, asparagus, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, chard, collard greens, cucumbers, fennel, kale, leeks, lettuce, rhubarb, spinach, squash, watercress
<b>Healing Roots:</b>	Beets, carrots, celeriac, jicama, onions, parsnips, turnips, radishes, rutabagas, shallots, sweet potatoes, yams
<b>Healing Proteins:</b>	Organic omega-3 enriched eggs, organic, lean meats, such as beef, lamb, and buffalo; organic poultry: turkey, chicken, game hen, pheasant; wild-caught fish: salmon or trout; soaked and sprouted nuts and seeds, hypoallergenic rice protein powder or medical food
<b>Healing Fats:</b>	Coconut oil, ghee, olive oil, avocado, GLA—borage oil, EPA/DHA—omega-3 complex
<b>Dairy Substitutes:</b>	Coconut milk, coconut yogurt or kefir
<b>Healing Herbs:</b>	Basil, bay leaves, chamomile, chives, cilantro, cumin, dill, lavender, lemongrass, lemon balm, marjoram, mint, oregano leaves, parsley, peppermint, rosemary, saffron, sage, spearmint, tarragon, thyme,
<b>Spices &amp; Sweeteners:</b>	Cinnamon, cloves, garlic, ginger, onion powder, saffron, sea salt, shallots, stevia, turmeric, a small amount of organic honey*
<b>Pantry Items:</b>	Organic apple-cider vinegar, coconut flour, coconut flakes, olives, canned salmon
<b>Fermented Foods:</b>	Coconut kefir and yogurt, fermented vegetables, kimchi (without nightshades), kombucha, sauerkraut
<b>Drinks:</b>	Drink water: at least 64 oz. of pure, filtered water each day, organic green tea, organic, diluted, unsweetened cranberry juice, organic herbal tea, Teeccino coffee substitute, Dandy Blend

\* This phase does not include added sugar, but a small amount of organic honey is acceptable in teas and salad dressings, as long as you are sure you don't react to it. Please keep it to no more than 1 teaspoon per day.

## Foods to Avoid

<b>Protein:</b>	Pork, canned meats, uncooked meats, cured or processed meats (i.e. cold cuts, sausage, hot dogs), sushi, shellfish and crustaceans, eggs* *If you know you don't react to eggs, you may have them during the 14- Day Liver Bliss Detox!
<b>Dairy:</b>	All animal milk, including cow, goat, and sheep, cheese, yogurt and kefir, cottage cheese, butter, ice cream
<b>Grains:</b>	Amaranth, barley, buckwheat, bulgur, corn, farro, kamut, millet, oats, quinoa (not technically a grain, but excluded in phase I), rice, rye, sorghum, spelt, teff, wheat, all grains and products made from grains must be eliminated during this stage; the exception is organic brown rice if you know you don't react to it. So must all refined white flour products, such as macaroni and cheese, cookies, cakes, pizza dough, pasta, tortillas, pancake/waffle mixes, and cookies, as well as the carbs in the ingredients of many "low-carb" products.
<b>Grasses:</b>	Wheatgrass, barley grass, oat grass, alfalfa
<b>Fruits:</b>	Tropical fruit, oranges and orange juice, grapefruit, strawberries, grapes, melons
<b>Beans and Legumes:</b>	Adzuki beans, black beans, black-eyed peas, chickpeas, fava beans, lentils, lima beans, peanuts, kidney beans, soybeans
<b>Nightshades:</b>	Cayenne, chili peppers, eggplant, goji berries, ground cherries, habaneros, jalapenos, paprika, poblanos, potato—all forms (especially chips), sweet peppers (green, red, yellow peppers), tobacco, tomatoes, tomatillos
<b>Sweeteners:</b>	Sugar in all forms—brown, white, or in the raw, honey*, sugar alcohols—xylitol, artificial sweeteners, Equal®, Splenda®, Sweet'N Low®, fructose, glucose, sucrose, high-fructose corn syrup, maple syrup, evaporated cane juice, agave *A small amount of organic honey is acceptable in teas and salad dressings, as long as you are sure you don't react to it. Please keep it to no more than 1 teaspoon per day.
<b>Condiments &amp; Dressings:</b>	Regular table salt, soy sauces, distilled vinegars, ketchup, mayonnaise, conventionally pickled (not fermented) foods, bottled salad dressings, ketchup, relish, mayonnaise, BBQ sauce, teriyaki If it comes in a bottle and contains salt, sugar, thickening agents, or any other potentially compromising additives, avoid it.
<b>Drinks:</b>	Alcohol, caffeinated drinks—coffee, energy drinks, concentrated fruit juices, soft drinks
<b>Fats:</b>	Butter and butter substitutes, margarine, canola oil, processed oils, excess dietary fats, especially trans-fats

ANYTHING YOU ALREADY KNOW THAT YOU REACT TO! All over-the-counter drugs (allergy medications, Tylenol, Advil, etc.) unless prescribed by your doctor, performance bars, drinks, gels, and protein shakes.