



Toxins to Eliminate:

- 1) High Fructose Corn Syrup
- 2) Hydrogenated oils
- 3) Artificial sweeteners (including Stevia)
- 4) Preservatives
- 5) BBQ, Baked, Pan-Fried (OK: boil, steam, bake)
- 6) Sugar
- 7) Alcohol
- 8) Rotate Coffee/Teas
- 9) Dried fruit (sulfur, mold)

Paleo Foods (to avoid):

- 1) NO dairy, including: milk, yogurt, cheese, butter, ice cream, whey protein, casein protein, goat products
- 2) NO grains, including: wheat, barley, oat, rye, spelt, rice, corn, millet, sugar cane, sorghum, teff, bamboo (includes liquors made from grain)
- 3) NO pseudo-grains: quinoa, chia, amaranth, buckwheat
- 4) NO legumes (ie beans) including soy, peanut
- 5) NO tapioca
- 6) NO white potato
- 7) YES: organic meats, fish, eggs, greens, nuts & seeds (except above), fruits (see below)

Nut families (preferably raw, organic, soaked)

- 1) cashew, pistachio
- 2) hemp seeds
- 3) sunflower seeds
- 4) hazelnut/filberts
- 5) pumpkin seeds
- 6) walnuts, pecans
- 7) chia
- 8) brazil nuts
- 9) flax seeds
- 10) coconut
- 11) poppy seeds
- 12) sesame seeds
- 13) pine nuts
- 14) macadamia nuts
- 15) other seeds (ie celery, cumin, caraway, fennel)
- 16) NO peanut (it's a legume, and toxic even if organic)
- 17) (almonds—see below)

Fruit/carb families, limited by total carbs of 80-100 grams/day (=320-400 calories, = 2-3 servings)

- 1) maple
- 2) kiwi
- 3) mango
- 4) agave
- 5) pineapple
- 6) papaya
- 7) beets
- 8) cantaloupe and watermelon
- 9) yams
- 10) cranberry and blueberries
- 11) fig
- 12) banana
- 13) guava
- 14) dates (coconut)
- 15) pomegranate
- 16) apricot, apples, pears, plum, cherries, strawberry, raspberry, blackberry
- 17) grapefruit, ugli fruit, oranges, mandarin/tangerine,

kumquats, lemons, limes (*Rutaceae*)

- 18) currants
- 19) grapes

Special families to rotate or eliminate:

- 1) Rose family: almonds, apples, pear, strawberries, raspberry, cherries, peaches
- 2) Nightshades: white potato, eggplant, all peppers, tomato
- 3) Grapes (including wine)
- 4) Eggs
- 5) Chicken
- 6) Citrus
- 7) Onion family: onion, garlic, asparagus, agave, leeks

Greens to Rotate:

- 1) Spinach
- 2) Lettuces
- 3) Asparagus (onion family)
- 4) Cruciferous family: cabbage, kale, broccoli, cauliflower
- 5) Okra

Sweeteners to Rotate:

- 1) Honey (check flower source)
- 2) Maple Syrup/sugar
- 3) Agave (must be organic)
- 4) Stevia (may affect brain; onion family)
- 5) ? Molasses (based on sugar cane = grain!)
- 6) Any fruit concentrate

Spice/Condiment/Flavor Families to Rotate

- 1) capers (*Capparaceae*)
- 2) sunflower seeds, dandelions, artichokes, lettuces, endive, radicchio, chicory, escarole, stevia, chamomile, curry leaves (*Compositae/Asteraceae*)
- 3) horseradish, mustard, radishes, wasabi, watercress, (same family as cabbage, broccoli, cauliflower, kale *Cruciferae/Brassicaceae*)
- 4) saffron (*Iridaceae*)
- 5) basil, chia, lavender, marjoram, (pepper)mint, oregano, perilla, rosemary, sage, savory, thyme (*Labiatae/Lamiaceae*):
- 6) cinnamon (avocado) *Lauraceae*
- 7) fenugreek, guar, licorice (*Leguminosae/Fabaceae*)
- 8) cocoa, hibiscus, kola nut (*Malvaceae*)
- 9) arrowroot (*Marantaceae*):
- 10) nutmeg, mace *Myristicaceae*:
- 11) allspice, cloves (guava) (*Myrtaceae*)
- 12) olives (*Oleaceae*)
- 13) water chestnuts, evening primrose (*Onagraceae*)
- 14) vanilla (*Orchidaceae*)
- 15) black/white pepper (*Piperaceae*)
- 16) coffee, quinine (*Rubiaceae*)
- 17) teas including green, black, oolong *Theaceae*:
- 18) aniseed, caraway seed, carrots, celeriac, celery, chervil, cilantro, coriander, cumin, dill, fennel, parsley, parsnips, turnips (*Umbelliferae/Apiaceae*)
- 19) ginger, cardamom, turmeric (*Zingiberaceae*)
- 20) mustard and horseradish are in the cruciferous family