

REPLACEMENT FOOD IDEAS

Top 6 Foods to Eliminate from Diet:

GMO Foods
Processed Sugar
Gluten
A1 Casein
Hydrogenated Oils
Artificial Sweeteners

The Dirty Dozen:

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes
Spinach
Lettuce
Potatoes

Toxic Two:

Conventional Meat
Conventional Dairy

Regular or Diet Soda

Kombucha, Herbal Tea with Stevia or Raw Honey, Zevia

Juice or Lemonade

Strawberry Lemonade (made with 100% Lemon Juice and Real Strawberries), San Pellegrino with lime juice, Coconut Water

Coffee (sugar)

Organic coffee with cinnamon, Coconut Creamer, RawHoney

Energy Drinks

Coconut Water, Kombucha, Green Tea with Stevia

Crackers

Mary's Gone Crackers, Sprouted 7-Seed Crackers, Beyond Organic, Brown Rice Crackers

Bars

Larabar, Z-Bars Beyond Organic, Standard Process Bars, Vega, Kind Bars

Milk Chocolate

Organic Dark Chocolate (70% or more cocoa) Choc Almond or Coconut Milk

Commercial Meats

100% Grass-fed Organic Beef, Lamb, and Venison. Free-range poultry, nitrate free turkey bacon and eggs. Grass-fed Beyond Organic beef and grass-fed beef hot dogs

Lunch Meat

Grass-fed Organic Lunch Meat, Organic Turkey, and Grass-fed beef jerky

Fish, Tilapia

Wild Caught Salmon and other wild caught fish (Halibut, Tuna, Grouper)

Milk

Unsweetened Coconut Milk, Unsweetened Almond Milk, Raw Grass-fed Cows Milk, Goats Milk

Processed Cheese

Organic Valley Raw Cheese or Raw cheeses from Goat, Sheep, or Beyond Organic

Ice Cream

Almond or Coconut Milk Ice Cream

Yogurt

Amasai, Kefir (goat's milk), Yogurt (sheep milk)

Vegetable & Canola Oil

Raw Grass-fed Butter, Coconut Oil, Red Palm Oil, EV Olive Oil

Flours White and Wheat

Coconut Flour, Almond Flour, and Gluten-Free Flour (Bob's Red Mill)

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The Clean Fifteen

Asparagus
Avocados
Cabbage
Cantaloupe
Sweet Corn
Eggplant
Grapefruit
Kiwi
Mushrooms
Mangos
Onions
Papayas
Pineapples
Sweet Peas
Sweet Potatoes

Breads

Whole Sprouted Breads,
Ezekiel Bread, Paleo Bread
made with Coconut and
Almond Flour

Tortillas/Wraps

Gluten Free Tortillas, Ezekiel
Tortillas, Sprouted Corn
Tortillas by Food for Life

Pastas

Zucchini Noodles, Quinoa
Noodles, Ezekiel Pasta,
Brown Rice Noodles

Fries

Baked Sweet Potato Fries
(cook in coconut oil, top with
sea salt)

Chips

Kale Chips, Brown Rice Chips,
Organic Blue Corn Chips

Pretzels

Mary's Gone Crackers Sticks
& Twigs Sea Salt Pretzels

Whey Protein Isolate

Organic Grass-fed Whey and
Sprouted Brown Rice Protein

Refined Oatmeal

GF Steel Cut Oats, Chia Seed
Mixes, Quinoa Flakes, and
Cream of Brown Rice

Cereal

Sprouted Nut Granola
(sprouted almonds, pecans,
chia seeds, raisins, coconut
flakes, cinnamon, raw honey,
sea salt)

Salad Dressing

Olive Oil, Balsamic Vinegar,
Hummus, Bragg Brand Salad
Dressings, apple cider vinegar,
and coconut vinegar

Dips

Hummus, Guacamole, Salsa,
Nut Butters (Almond, Cashew,
Macadamia)

Sugar or Artificial Sweeteners

Stevia, Raw Honey, Coconut
Nectar, Dates, Cinnamon

Spices

Sea Salt, Garlic, Rosemary,
Turmeric, Cilantro, Basil,
Black Pepper

Cookies and Pastries

Cookies and Pastries made
with Coconut Flour, Almond
Flour, Dates, Raw Honey and
Stevia. (For 1 cup flour:
substitute 2/3 coconut flour,
1/3 almond flour.)

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