



**CONCEPTS FOR HEALTH**  
vitality • awareness • longevity

## Food Plan Explanation

	FOOD TYPE	ALLOWED (Unlimited unless noted)	NOT ALLOWED
PROTEINS	Meat, Fish, Poultry	Beef, Chicken, Turkey, Lamb, Veal, Fish, Buffalo, Pheasant, Duck, Venison, Elk, Etc. Note: Unbreaded	All Processed Meats: Cold Cuts, Frankfurters, Hot Dogs, Sausage, Canned Meats, Canned Sausages, Etc.
	Legumes	All Legumes, Dried Peas, And Lentils	
	Eggs	Soft Boiled, Poached, Scrambled, And Hard Boiled	
	Nuts/seeds	Raw - Almonds, Walnuts, Brazil Nuts, Sesame Seeds, Sunflower Seeds, Pumpkin Seeds, Cashews (Limited), Flaxseeds, Etc.	Cooked Or Roasted Nuts
VEGETABLES & FRUIT	All Vegetables	Fresh And Limited Frozen Vegetables, Always Eat Twice As Many Vegetables As Fruit.	Creamed Or In Casseroles
	Yellow Vegetables	Small Portions; Fresh And Limited Frozen Vegetables.	Creamed Or In Casseroles
	Fruit	All Fruit In Limited Amounts, Except Bananas - Unsweetened Fresh Or Frozen	Bananas & Dried Fruit - Sweetened Or Unsweetened
BEVERAGES	Water	1/2 Oz. Per Pound Of Body Weight Daily & Unsweetened Sparking Water Is Also Ok	Soda (Regular Or Diet), Milk, Coffee, Cocoa, Alcoholic Beverages, Sweetened Beverages, And Citrus Juice.
	Herbal Teas	Unsweetened Herbal Teas (Limited)	
	Fruit & Vegetable Juice(S)	Unsweetend & Dilute 50% With Water	
GRAINS & STARCHES	Rice	Brown Or Wild Rice	White Rice
	Potatoes	White, Red, Or Sweet Potatoes (Limited)	Frozen & Boxed Potatoes
	Wheat Products	Not Allowed	Wheat Products - All Flour And Flour Products Like Pasta And Bread. No Enriched Products.
	Corn Chips & Corn Tortillas	Limited	
	Breads & Cereals	Any Made From Rice, Corn, Buckwheat, Millet, Potato Flour Or Gluten-free Based Products In Limited Amounts.	Wheat And Gluten Containing Products.
DAIRY	Dairy Products	Not Allowed	All Dairy & Soy Products - Milk, Cheese, Yogurt, Cream, Sour Cream, Ice Cream, Non-dairy Creamers & Soy Products, Etc.
	Butter	Real Butter Only	
SUGAR & SWEETENERS	Sugar	Not Allowed	All Sugar - Brown Sugar, Sugar Cane & Commercially Processed Sugars
	Artificial Sweeteners	Not Allowed	All Artificial Sweeteners - Aspartame (NutraSweet & Equal), Saccharin (Sweet N' Low, Sweet Twin, Necta Sweet), Acesulfame-k Or Acesulfame-potassium (Sunett & Sweet One), Sucralose (Splenda), Neotame, Sucrose, Glucose, Fructose, Dextrose, Sorbitol, Mannitol, Corn Syrup, High Fructose Corn Syrup
	Honey	Raw Honey (Limited)	Processed Honey
	Maple Syrup	100% Maple Syrup (Limited)	Processed Maple Syrup
FATS	Mayonnaise	Unsweetend	Sweetened
	Oil	Raw - Olive Oil, Walnut Oil, Sesame Oil, Flaxseed Oil, Sunflower Oil, Etc.	Processed Vegetable & Canola Oil
SOUP	Soups	Homemade Clear, <b>Real Food</b> Based Broth, Soups	Canned Or Cream Soups