

REPLACEMENT FOOD LIST

The Top 6 foods to eliminate from your diet today are:

- GMO Foods
- Processed Sugar
- Gluten
- Al Casein
- Hydrogenated Oils
- Artificial Sweeteners

The “Dirty Dozen”
Produce with highest pesticide residue (try to buy organic)

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

Regular or Diet Soda

Kombucha, Coconut Kefir, and Herbal Tea with Stevia or Honey

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

Energy Drinks

Coconut Water, Kombucha, Green Tea with Stevia

Crackers

Mary’s Gone Crackers, Sprouted 7-Seed Crackers Beyond Organic

Bars

Larabar, Z-Bars Beyond Organic, Coconut Secret Bars

Milk Chocolate

Organic Dark Chocolate (70% or more cocoa)

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, Sardines, Grouper)

Milk

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

Processed Cheese

Raw cheeses from Goat, Sheep, or Beyond Organic

Ice Cream

Coconut Ice Cream or Cashewtopia (brand) Ice Cream

Yogurt

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

Vegetable & Canola Oil

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

Flours

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

White and Wheat

Breads

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

REPLACEMENT FOOD LIST

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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

The Toxic Two

Conventional Meat

Conventional Dairy

Tortillas/ Wraps

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

Pastas

Zucchini Noodles, Quinoa Noodles, Ezekiel Pasta

Fries

Baked Sweet Potato Fries. (cook in coconut oil, top with sea salt), Eggplant fries, and turnip fries.

Chips

Kale Chips from Alive and Radiant, Baked Zucchini Chips, and Brown Rice 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 Pudding, 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)