

Nutritional Development Food List

Foods for Everyday Use

Occasional Foods (Once or twice a week)

Forbidden Foods (Never)

Proteins:

Chicken
Sardines
Lamb
Goat
Toasted Almond Butter
Toasted Tahini
Soft Boiled Eggs
Deer, Elk, Caribou
Turkey

Beef
Smelt, Herring
Anchovies
Lentils
Pinto, Kidney, Black, other Beans
Nut Butters
(except almond and tahini)
Tofu and Tempeh

All Fish (except Sardines)
Hard cooked eggs
Pig Products
Bison/Buffalo
Organ Meats
Refined Soy Products
Protein Powders/
Meal Replacements
Nuts/Seeds

Vegetables:

All Onions
Leeks
Daikon Radish
Rutabaga
Carrots
Red Cabbage
Brussel Sprouts
Broccollette
Broccolini or Baby Broccolini
All Varietys or Califlower
Califlower Leaves and stems
Green Beans
Garlic
Ginger Root

Parsnips
Turnips
Beets and Greens
Black Radish
Celery Root
Sweet Potato
Green Cabbage
Broccoli
Celery
Winter Squash
Spinach
Carrot Tops
Peas
Cilantro
Collard Greens
Mustard Greens
Swiss Chard
Chinese/Napa Cabbage
Bok Choy
Kale
Lettuce
Corn on the Cob

Yucca
Taro Root
Breadfruit
Burdock Root
Cassava
Horseradish
Anise/Fennel
Raddicio
Rapini
Kohlrabi
Asparagus
Archoke
Parsley Root
Tomatoes
Potatoes
All Peppers
Cucumber
Eggplant
Okra
Mushrooms
Jicama
Zucchini/Summer Squash
Sprouts

Grains:

Slow Oxidizers Use (except Blue
Corn chip)

Blue Corn Chips

Breads (avoid all wheat bread)
Quinoa
Rye
Millet
Oats
Barley

All Wheat/Spelt (White Flour)
Buckwheat
All Raw Grains:
Granola
Muesli
Trail Mix
Rice Cakes

Fats:

Raw Milk Cheeses
Kefir
Yogurt (plain)
Butter
Cream (raw, unpasteurized)
Organic Extra Virgin Olive Oil

Coconut Oil
Palm Oil
Avacado Oil
Refined Oils
Hempseed Oil
Flaxseed Oil

All Hydrogenated Oils
Margarine
Shortening
Most Peanut Butter
Most Pasturized Milk
"Cheese Foods", Velveeta,
Cheese Singles
Cooked Cheese

Others:

Real Salt by Redmond
Sea Salt
Spring Water
Carbon Filtered Tap (non-
Flourinated)

Stevia/Xylitol
Chyenne (few other Spices)
Treats For Kids:
Applesauce
Plain Ice Cream
Berries

All Chemicalized Foods
All Sugar
Refined Table Salt
All Fruit
Most Spices and Herbs