



IMMUNE REPAIR FOOD LIST

flip to other side for the “Good List”

DO'S:

- Everything must be organic
- Please drink 32-64 oz of water a day
- Drink filtered water (see water guide)
- ONLY use the oils on the list under FATS section
- Eat at LEAST a palm size serving (more is OK) of animal protein per meal (see list of proteins below-must meet criteria)
- Eat at LEAST a palm size serving of veggies per meal
- Ask about ingredients and what oils they use when you order food for takeout or eat out at a restaurant. They usually can switch to a healthy oil at your request or eliminate “bad” foods from your meal (ie no cheese, no nuts, etc.)
- Start doing this on a gradient. If you change your diet too dramatically too soon, you will have a detox reaction like headaches, fatigue, constipation or diarrhea
- **Only eat what's on this list**

DON'TS:



- No sugar, wheat, dairy, legumes, or soy
- Some grains are eliminated so if it's not on the good foods list
- No bread (even if the ingredients seem OK)
- No canola oil (very toxic) ONLY OILS ON LIST
- No herbal teas
- No synthetic vitamins/supplements
- No vanilla extract
- No baking soda or baking powder
- No “sugar free” artificial sweeteners
- No “imitation” cheeses (Daiyu, Teese)
- No “milks”
- No gums (xanthan, guar, etc)
- No margarine or fake butter
- No chocolate (caffeine)
- No propellants/oil sprays
- No canned veggies
- No corn-it's grain not a vegetable
- No baby carrots
- No processed foods
- No tap water
- No alkaline water
- No altered water or water with added electrolytes etc/smart water
- No juice(s)
- No protein powders (except organic bone broth powder with no other ingredients)
- No kombucha
- No flours unless on the approved grains list here
- No fillers/stabilizers ie tapioca, cassava etc. if it's not on the good list, then NO
- No peanuts

EVERYTHING MUST BE ORGANIC AND ANIMAL PROTEIN SHOULD BE ORGANIC/FREE RANGE/GRASS FED IF RED MEAT

PROTEINS (a palm size serving at each meal)

- **MEATS:** Free range and grass-fed beef, lamb, pork, buffalo, etc.
- Free range, organic chicken, turkey, duck, Cornish game hen, fowl, etc.
- **LUNCH MEAT:** Applegate Farms OK at Whole Foods or Golden Gate (must be nitrate free and no additives/sugar etc.)
- **SEAFOOD:** Any fish or seafood must be wild caught, not farmed
- **CANNED TUNA:** American brand tuna at Whole Foods is mercury safe (read why here <http://americantuna.com>)
- **Pastured organic eggs** (not free range and not just organic and not cage free)
*see egg guide
- **Organic raw bone broth protein powder** (make sure no other ingredients)

FATS

- Olive Oil - cold pressed is best
- Coconut Oil unrefined, virgin
- Avocado Oil
- Sesame Oil
- Sunflower Seed Oil
- Grapeseed Oil
- Animal fats - duck fat, beef tallow, pork lard etc
- Raw organic butter (not pasteurized)
- Sunflower Butter (unsweetened) in moderation (NO nuts unless organic, raw, UN-pasteurized and no more than a palmsize amount) and NO PEANUTS  
- All seeds are good (sunflower, pumpkin etc)

GRAINS

- Brown rice pasta or brown rice (make sure no added ingredients like corn or "gum" or other flours)
- Oat flour or oats
- Quinoa
- Coconut flour (not a grain but used as one)

CONDIMENTS

- Mustard
- Salad Dressing (read ingredients-most have ingredients that are not allowed)
- Ketchup-Organicville or another low sugar one at Whole Foods- 2 tbspoons a day MAX
- Red wine vinegar
- Apple cider vinegar
- Salt - pink Himalayan or sea salt or "real" salt
- Primal Kitchen mayo
- Various spices used for cooking

VEGETABLES

- Lightly cooked is best but either way-at least a serving the size of the palm of your hand every meal
- Fresh
- No regular potatoes but sweet potatoes are OK

IS IT A FRUIT?

- Avocado as much as you want
- Tomatoes as much as you want

FRUITS

- Berries are OK -no more than ½ cup a day
- Stay away from all fruits for now

BEVERAGES

- Filtered water (must be a good filter)
- Coconut water
- Coconut milk (no guar gum or any added vitamins and other ingredients-read labels)
- Decaffeinated black/green tea or decaf organic coffee (swiss water process) is OK
- If you are doing caffeinated coffee now, please continue but switch to organic.
(don't go off without talking to Monica)