

REPLACEMENT FOOD LIST

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

- GMO Foods
- Processed Sugar
- Gluten
- A1 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 White and Wheat** Coconut Flour, Almond Flour, and Gluten-Free Flour (Bob’s Red Mill)
- Breads** Whole Sprouted Breads, Ezekiel Bread, Paleo Bread made with Coconut and Almond Flour

REPLACEMENT FOOD LIST

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)