



# KICKSTART - FOOD LIST

When you see (\*) next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

PROTEIN			
COMPLIANT		NON-COMPLIANT	
Beef	Duck	Other fowl	Shellfish
Chicken	Other fowl	Eggs	Pork
Turkey	Eggs	Bacon	Seafood
Fish, fresh and canned (tuna, salmon, sardines)			
*Deli and processed meats			

VEGETABLES & LEGUMES	
COMPLIANT	NON-COMPLIANT
All vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips)	None
*Corn	
*White Potatoes	
*Yams	
Taro	
*Yuca	
*Beans & other legumes (e.g. lentils and chickpeas)	
*Soy (tempeh, miso, edamame, tofu)	

FRUIT	
COMPLIANT	NON-COMPLIANT
*All fruits	Dried fruit with added sugar
*Dried fruit (e.g. dates, raisins, mangoes)	
Lemon and lime juice	

NUTS & SEEDS	
COMPLIANT	NON-COMPLIANT
*All nuts and seeds, including peanuts	None
*All nut and seed butters, including peanut butter	

FATS & OILS			
COMPLIANT		NON-COMPLIANT	
Butter	Avocado oil	Lard (pork fat)	Avocados
Olive oil	Flaxseed oil	Nut oils	Coconut
Coconut oil	Grapeseed oil	Tallow (beef fat)	Olives
Duck fat			
<b>Not recommended:</b>			
Hydrogenated oil			
Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils			

GRAINS		
COMPLIANT		NON-COMPLIANT
*Corn tortillas	Oats/oatmeal	Bread, bagel, muffins, Ezekiel bread
Quinoa	Amaranth	Flour tortillas
Buckwheat	*Rice (white, brown, wild)	Potato starch
		Cornmeal, Polenta
		Pasta or noodles of any kind (bean, rice, quinoa)
		Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)
		Barley, pearled barley
		Couscous
		Farro
		Wheat berries
<b>Not recommended:</b>		
Cereal		

ALCOHOL & BEVERAGES		
COMPLIANT		NON-COMPLIANT
Water	*Fruit juice	Tea
Coconut water	*Beet juice	Vegetable juice
Coffee	*Carrot juice	Kombucha
Wine or Spirits - Limit 1 per day		
		Beer
		Soda - diet or regular

DAIRY		
COMPLIANT		NON-COMPLIANT
Butter	Yogurt	*Milk
*Cream	Cottage cheese	*Sour cream
Kefir	Whey protein	Buttermilk
		Cheese of any kind, cow or goat
		Ice cream

SUGAR & SWEETENERS		
COMPLIANT		NON-COMPLIANT
Stevia, honey, maple syrup, monkfruit		Candy
*Coconut sugar and nectar		Dessert
*Sugar or sweetener as an addition to savory recipes and pantry items		Sugar or sweetener (except stevia & coconut sugars) as an ingredient in dessert, baked goods, pastry, oatmeal
*Sugar or sweetener to normally sweeten coffee or tea		
Gum and mints		

SNACKS & ARTIFICIAL INGREDIENTS		
COMPLIANT		NON-COMPLIANT
*Sweet potato "fries," BAKED or FRIED		White potato "fries," FRIED (french fries)
*White potato "fries," BAKED		Fried chips of any kind
*Baked chips (sweet potato, white potato, vegetable)		Popcorn
*Arrowroot powder (thickener)		
*Guar gum		
*Tapioca starch (thickener)		
*Xanthan gum		
*Natural and artificial flavors and colors		
*Nitrates and nitrites		
*Benzoates		
*MSG		