

## THE PLANT PARADOX "YES PLEASE" LIST OF ACCEPTABLE FOODS

### OILS

Algae oil  
Olive Oil  
Coconut oil  
Macadamia oil  
MCT oil  
Avocado oil  
Perilla oil  
Walnut oil  
Red palm oil  
Rice bran oil  
Sesame oil  
Flavored cod liver oil

### SWEETENERS

Stevia (SweetLeaf is my favorite)  
Just Like Sugar (from chicory root- inulin)  
Inulin Yacón  
Monk fruit Xylitol  
Luo han guo (Nutresse)  
Erythritol (Swerve)

### NUTS & SEEDS (1/2 cup/day)

Macadamia Walnuts  
Pistachios Pecans  
Coconut (not water)  
Coconut milk/cream (unsweetened dairy substitute or full-fat canned)  
Hazelnuts Chestnuts  
Flaxseeds Psyllium  
Hemp Seeds  
Hemp Protein Powder  
Pine Nuts (limited)  
Brazil nuts (limited)

### OLIVES

All

### DARK CHOCOLATE

72% or > (1 oz./day)

### VINEGARS

All (w/o added sugar)

### HERBS & SEASONINGS

All (except chili pepper flakes)  
Miso

### ENERGY BARS

Quest Bars: Lemon  
Cream Pie, Banana  
Nut, Strawberry  
Cheesecake,  
Cinnamon Roll &

Double Chocolate  
Chunk only  
Maple Waffle  
B-Up bars (sometimes found as Yup bars):  
Chocolate Mint,  
Chocolate Chip  
Cookie Dough &  
Sugar Cookie only  
Cocolimmune Bar  
Adapt Bar: Coconut and  
Chocolate  
([adaptyourlife.com](http://adaptyourlife.com))

### FLOURS

Coconut Almond  
Hazelnut  
Sesame & seeds  
Chestnut Cassava  
Green Banana  
Sweet Potato  
Tiger Nut Grapeseed  
Arrowroot

### ICE CREAM

Coconut Milk  
Dairy-Free Frozen  
Dessert (the So-Delicious blue label w/1 gram of sugar)  
LaLoo's goat milk ice cream

### FOODLES

Capello's  
Pasta Slim  
Shirataki Noodles  
Kelp Noodles  
Miracle Noodles & Rice Noodles  
Korean sweet potato Noodles

### DAIRY PRODUCTS 1 oz. cheese or 4 oz. yogurt/day

Real Parmesan  
French/Italian Butter  
Buffalo Butter  
Ghee  
Goat Yogurt & Cheese  
Goat milk as creamer  
Goat/Sheep Kefir  
Sheep Cheese Plain  
Coconut Yogurt  
French/Italian cheese  
Switzerland cheese  
Buffalo Mozzarella (Italy)  
Whey protein powder

Casein A-2 Milk (as creamer only)  
Organic heavy cream  
Organic sour cream  
Organic cream cheese

### WINE (6 oz. day) Red

### SPIRITS (1 oz. day)

### FISH (Any wild caught 4 oz./day)

Whitefish  
Freshwater bass  
Alaskan halibut  
Canned tuna  
Alaskan salmon  
Hawaiian fish  
Shrimp Crab  
Lobster Scallops  
Calamari/squid  
Clams Oysters  
Mussels Sardines  
Anchovies

### FRUIT (limit all but

#### Avocados

Avocado  
Blueberries  
Raspberries  
Blackberries  
Strawberries  
Cherries  
Crispy pears (Anjou, Bosc, Comice)  
Pomegranates  
Kiwis Apples  
Citrus (no juices)  
Nectarines Peaches  
Plums Apricots  
Figs Dates

### VEGETABLES

*Cruciferous:*  
Broccoli  
Brussels sprouts  
Cauliflower  
Bok Choy  
Napa cabbage  
Chinese cabbage  
Swiss chard  
Arugula  
Watercress  
Collards Kohlrabi  
Kale  
Green & Red Cabbage  
Radicchio  
Raw Sauerkraut  
Kimchi

### Other Vegetables:

Nopales Cactus  
Celery  
Onions  
Leeks  
Chives  
Scallions  
Chicory  
Carrots (raw)  
Carrot Greens  
Artichokes  
Beets (raw)  
Radishes  
Daikon radish  
Jerusalem Artichokes  
/Sunchokes  
Hearts of palm  
Cilantro  
Okra  
Asparagus  
Garlic  
Mushrooms

### Leafy Greens:

Romaine  
Red & Green leaf  
Lettuce  
Kohlrabi  
Mesclun (baby greens)  
Spinach  
Endive  
Dandelion greens  
Butter lettuce  
Fennel  
Escarole  
Mustard greens  
Mizuna  
Parsley  
Basil  
Mint  
Purslane  
Perilla  
Algae  
Seaweed  
Sea Vegetables

### RESISTANT STARCHES

Tortillas Siete brand  
Bagels & Bread  
(Barely Bread)  
Julian Bakery Paleo  
Wraps & Paleo  
Coconut Flakes  
cereal  
(*in moderation*)  
Green plantains  
Green bananas  
Baobab fruit  
Cassava (tapioca)  
Sweet potatoes or yams

Rutabaga  
Parsnips  
Yucca  
Celery root (celeriac)  
Glucmannan (konjac Root)  
Persimmon  
Jicama  
Taro root  
Turnips  
Tiger nuts  
Green mango  
Millet  
Sorghum  
Green Papaya

### PASTURED POULTRY

4 oz/day  
Chicken  
Turkey  
Ostrich  
Duck  
Goose  
Pheasant  
Dove  
Grouse  
Quail  
Pastured or Omega-3 eggs (up to 4 yolks but only 1 white)

### MEAT (Grass fed - 4 oz. day)

Bison  
Wild game  
Venison  
Boar  
Elk  
Pork (humanely raised)  
Lamb  
Beef  
Prosciutto

### PLANT BASED MEATS

Quorn: Chik'n Tenders, Grounds, Chik'n Cutlets,  
Turk'y Roast & Bacon  
Style Slices  
Hemp Tofu  
Tempeh grain free only  
Hilary's Root Veggie  
Burger

