

Favorable Food List (Low Glycemic Index)

PROTEINS (P)	FATS (F)	STARCHY CARBS + P	VEGGIE CARBS (unlimited)	FRUIT CARBS + P or F
Protein powder	Almonds	Kidney beans**	All lettuces	Apple** +
Chicken breast	Walnuts	Black beans**	Artichoke**	Apricot** +
Chicken sausage	Brazil nuts	Garbanzo beans**	Asparagus**	Blackberries** +
Turkey breast	Hazelnuts	Navy beans**	Bok choy	Blueberries +
Turkey bacon	Macadamia	Lima beans**	Broccoli	Cherries** +
Turkey sausage	Pecans	Lentils**	Brussel sprouts	Grapefruit**
Wild salmon	Pine nuts	Lentil orzo** +	Cabbage**	Grapes +
Cod	Cashews**	Peas** +	Cauliflower**	Kiwi +
Haddock	Pistachios**	Sweet potato/yam +	Celery**	Mango** +
Herring	Nut butters	Butternut squash +	Chard	Nectarine** +
Mahi	Sesame tahini	Acorn squash +	Collard greens	Orange +
Flounder	Sesame seeds	Tapioca/yucca +	Cucumber	Papaya +
Trout	Flax seeds	Taro +	Endive	Peach** +
Snapper	Pumpkin seeds***	Plantain +	Fennel	Pear** +
Sardines	Sunflower seeds***	*Brown rice +	Green beans	Plum** +
Pollock	Hemp seeds (PF)	*Brown rice pasta +	Kale	Raspberries +
Wild tilapia	Chia seeds	*Brown rice bread +	Leeks**	Strawberries +
Crabmeat (real)	Avocado	*Wild rice +	Mushrooms	Tangerine +
Wild shrimp	Olives	GF Oatmeal +	Onions**	
Calamari	Coconut flesh	Millet +	Radish	
Lean lamb	Coconut milk and oil	Buckwheat +	Seaweeds	
Grass-fed beef	Olive oil (extra virgin)	Amaranth +	Spinach	
Grass-fed buffalo (bison)		Quinoa +	Sprouts	
Ostrich		Teff +	Spaghetti squash	
Venison/Elk		Sorghum +	Yellow squash	
Duck (skinless)			Zucchini	
Eggs/egg whites			*Tomato	
Organic tempeh (soy)			*Bell pepper	
			*Eggplant	
			*Okra	

Note: **Exclude** starchy carb grains in **red** if on the Grain-Free Lifestyle.
Avoid Nightshade vegetables * if you have arthritis.
 Starchy Carbs with + (add Protein), Fruit Carbs + (add Protein or Fat)
 ** FODMAP (Fermentable Oligo-Di-Monosaccharides and Polyols) foods
 *** Lectins plus Kidney beans, Lentils, Oats, Quinoa, Cashews, and Night Shade Vegetables