

“Exchange List”

Eliminate:

- Dairy
- Gluten
- Soy
- Peanuts & Peanut Butter
- Sugar, Honey, Maple Syrup
- Artificial Sweeteners
- Coffee
- Alcohol
- All Fruit EXCEPT limes, lemons
green apples & berries
- Pork
- Farm-raised fish
- Non Cage-Free Eggs
- Non Free-Range Chicken
- All Beef, other than grass fed
- White Potatoes
- Corn
- Nitrates
- MSG
- Vinegar

Include:

- Almond, Coconut & Flax Milk
- Brown Rice
- Raw Almonds
- Almond Butter
- Coconut Sugar
- Stevia, Xylitol
- Green & Herb Teas
- Non Starchy Vegetables
- Organic green apples &
berries
- Cage-Free Eggs
- Wild-caught Cold Water Fish
(limit to 1x per week)
- Free-Range Chicken and
Turkey
- Grass fed Beef
(limit to 1x per week)
- Sweet Potatoes, Yams,
Turnips
- Legumes
- Avocado
- Olive Oil, Grapeseed Oil,
Coconut Oil, Flaxseed Oil