**Organic Stores -** Vancouver: Famous Foods, Choices, Whole Foods**.** Victoria: Ingredients Marketplace, Lifestyles, Mother Nature

Foods to avoid

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| High Glycemic Foods | Starchy Veggies | Dairy | Grains |
| Refined sugar  Brown Sugar  Cane sugar  Desserts  Pasta  Cereal/Granola  Fruits  Baked goods  Maple Syrup | Kidney Beans  Black Beans  Chickpeas  Green beans  Lentils  Corn  Peas  Potato  Sweet Potato | Milk  Yoghurt  Cheese  Kefir | Wheat  Barley  Spelt  White rice  Oats |

Food to eat

|  |  |  |
| --- | --- | --- |
| Type | Examples | Dose |
| Vegetables | **Green leafy**: spinach, kale, lettuce, beet greens  **Avocados** – 1 per day  **Cruciferous**: cabbage, broccoli, brussel sprouts, bok choy, cauliflower, collards, kale, arugula, mustard greens, raddish, turnip, watercress, asparagus, chives  **Night Shades:** Tomato, \*onion, peppers, eggplant  **Squash**: summer squash, zucchini  Sprouts: alfalfa, sunflower, raddish  Other: \*Carrots, celery, celery root, cucumbers, pickles, leeks, mushrooms, olives, shallots, tomato | 3 cups of green leafy per day  3 cups of cruciferous per day  \* Limit the amount of this item, it is higher in glycemic index. 1-3 times per week only |
| Fruit | **Berries only**: blueberries, blackberries, raspberries, strawberries | 1 cup per day |
| Fish | Salmon, Tuna (limit), sardines, rockfish, halibut | 1-3 servings per week |
| Oil | Avocado oil  Coconut oil  Extra Virgin Olive oil  Flax oil – cold pressed, do not heat  MCT oil | 3-4 Tbs on every meal  Bulletproot Brand |
| Nuts | Walnuts, almonds, hazelnuts, cashews, macadamia | 1 handful per day |
| Seeds | Pumpkin seeds, sunflower seeds, hemp seeds, chia seeds | 1 cup per day |
| Grain | Quinoa and brown rice only | Occasionally |
| Meats + Protein | Chicken, beef, lamb, eggs, | 1 serving per week |
| Herbs | Fresh cilantro, parsley  Cayenne  Tumeric + Ginger  Garlic  Others: Thyme, oregano, basil | 2- 4 tbs per meal  1 tsp per day on meal  Everyday  Everyday  As desired |
| Liquids | Water, bone broth, herbal tea, decaffeinated coffee, carbonated water, almond milk, coconut milk, soy milk | 2 L per day  Make sure all drinks are unsweetened. |
| Seasoning | Bragg’s, Liquid coconut aminos, Himalayan salt, sea salt, pepper, cayenne pepper | Moderation |
| Fermented | Saurkraut – 6 week ferment | 1 cup per day if you like it |
| Sweetener | Stevia, 2 tsp of honey per day, erythritol, xylitol |  |
| Misc | Noodles: kelp, Japanese shiritaki, raw zucchini noodles |  |