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

Foods to avoid

|  |  |  |  |
| --- | --- | --- | --- |
| High Glycemic Foods | Starchy Veggies | Dairy | Grains |
| Refined sugarBrown SugarCane sugarDessertsPastaCereal/GranolaFruitsBaked goodsMaple Syrup | Kidney BeansBlack BeansChickpeasGreen beansLentilsCornPeasPotatoSweet Potato | MilkYoghurtCheeseKefir | WheatBarleySpeltWhite riceOats |

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, zucchiniSprouts: alfalfa, sunflower, raddishOther: \*Carrots, celery, celery root, cucumbers, pickles, leeks, mushrooms, olives, shallots, tomato | 3 cups of green leafy per day3 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 oilCoconut oilExtra Virgin Olive oilFlax oil – cold pressed, do not heatMCT oil | 3-4 Tbs on every mealBulletproot 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, parsleyCayenneTumeric + GingerGarlicOthers: Thyme, oregano, basil | 2- 4 tbs per meal1 tsp per day on mealEverydayEverydayAs desired |
| Liquids | Water, bone broth, herbal tea, decaffeinated coffee, carbonated water, almond milk, coconut milk, soy milk | 2 L per dayMake 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 |  |