NEW YORK TIMES BEST SELLER

The Plant Paradox
THE HIDDEN DANGERS IN “HEALTHY” FOODS THAT CAUSE DISEASE AND WEIGHT GAIN

By Dr. Steven Gundry
The “Yes” List

OILS
- Algae oil
- Olive oil
- Coconut oil
- Macadamia oil
- MCT oil
- Avocado oil
- Perilla oil
- Wainut oil
- Red palm oil
- Rice bran oil
- Sesame oil
- Flavored cod liver oil

SWEETENERS
- Stevia
- Inulin
- Yacon
- Monk fruit
- Luo han guo
- Erythritol
- Xylitol

NUTS AND SEEDS
- (1/2 cup/day) Macadamia, Walnuts, Pecans, Pistachios, Pine nuts
- Pecans
- Coconut
- Coconut Cream Hazelnuts

- Chestnuts
- Flaxseeds
- Hemp seeds
- Sesame Seeds
- Hemp protein powder
- Psyllium
- Pine nuts
- Brazil nuts

OLIVES
- ALL

DARK CHOCOLATE
- 72% or greater

VINEGARS
- ALL without added sugars

HERBS AND SEASONINGS
- ALL (except chili pepper flakes)
- Miso

FAT BOMB KETO BARS
- Adapt bar; coconut and chocolate

FLOURS
- Coconut
- Almond
- Hazelnut
• Sesame
• Chestnut
• Cassava
• Green Banana
• Sweet potato
• Tiger nut
• Grape seed
• Arrowroot

ICE CREAM
• Coconut
• Milk/Dairy Free frozen dessert with 1 gram of sugar

FOODLES
• Cappello’s fettuccine
• Pasta Slim
• Shirataki noodles
• Miracle noodles and kanten pasta
• Miracle Rice

DAIRY PRODUCTS
• A2 Milk
• 1 oz cheese or 4 oz yogurt per day
• French/Italian butter
• Ghee
• Goat butter
• Goat cheese
• Butter (grass fed French or Italian)
• Goat brie
• Goad and sheep kefir
• Sheep cheese (plain)
• Coconut yogurt
• High-fat French/Italian cheeses such as triple-cream brie
• High-fat Switzerland cheese
• Buffalo mozzarella
  (made from buffalo milk)
• Organic heavy cream
• Organic sour cream
• Organic cream cheese
  (high fat dairy doesn’t have casein)

WINE & SPIRITS
• Champagne
  (one 6 oz glass per day)
• Red (one 6 oz glass per day)
• Aged spirits (1 oz.)

FISH
• Any wild caught
  2 - 4 oz per day
• White fish
• Freshwater bass
• Alaskan salmon
• Canned tuna
• Alaskan halibut
• Hawaiian fish
• Shrimp
• Crab
• Lobster
• Scallops
• Calamari/squid
• Oysters
• Mussels
• Sardines
• Anchovies

FRUIT
• Avocado or all berries in season, and sparingly
VEGETABLES
• Cruciferous
• Broccoli
• Brussels sprouts
• Cauliflower
• Bok choy
• Napa cabbage
• Chinese cabbage
• Swiss chard
• Arugula
• Watercress
• Collards
• Kale
• Green and Red cabbage
• Radicchio
• Raw sauerkraut Kimchi
• Nopales cactus
• Celery
• Onions
• Leeks
• Chives
• Scallions
• Chicory
• Carrots
• Carrot greens
• Artichokes
• Beets
• Radishes
• Daikon radishes

• Jerusalem artichokes
• Hearts of palm Cilantro
• Okra
• Asparagus
• Garlic
• Leafy greens
• Romaine
• Red and green leaf lettuce
• Kohlrabi
• Mesclun
• Spinach
• Endive
• Dandelion greens
• Butter lettuce
• Fennel
• Escarole
• Mustard greens
• Mizuna
• Parsley
• Basil
• Mint
• Purslane
• Perilla
• Algae
• Seaweed
• Sea vegetables
• Mushrooms

RESISTANT STARCHES
(In moderation)
• Siete brand tortillas
• Bread and bagels made by Bakery Paleo Wraps
made with coconut flour
• Paleo coconut flakes cereal
• Green plantains
• Green bananas
• Baobab fruit
• Cassava
• Sweet potatoes or yams
• Rutabaga
• Parsnips
• Yucca
• Celery root
• Glucomannan
• Persimmon
• Jicama
• Taro roots
• Turnips
• Tiger nuts
• Green mango
• Millet Sorghum
• Green papaya

PASTURED-RAISED POULTRY
2-4oz per day
(avoid farm-raised)
• Chicken
• Turkey
• Ostrich
• Pastured or omega 3 eggs
(4 yolks daily or 1 egg white)
• Duck
• Goose
• Quail
• Dove Grouse

MEAT
(Grass fed and grass finished 4oz per day)
• Bison
• Wild game
• Venison Boar
• Elk
• Pork
• Lamb
• Beef
• Prosciutto

PLANT BASED MEATS
• Quorn
• Hemp tofu
• Hilary’s root
• Veggie burger
• Tempeh (grain free only)
The “No” List

REFINED STARCHY FOODS
- Pasta
- Rice
- Potatoes
- Potatoes chips
- Milk
- Bread
- Tortillas
- Pastry
- Flours made from grains and pseudo
- Cookies
- Crackers
- Cereal
- Sugar
- Agave
- Splenda
- SweetOne or sunett NutraSweet
- Sweet n Low
- Diet drinks
- Maltodextrin

VEGETABLES
- Tomatoes
  (unless peeled, deseeded)
- Cucumbers
  (unless peeled, deseeded)
- Peas
- Sugar snap peas
- Legumes
- Green beans
- Chickpeas
- Soy
- Tofu
- Edamame
- Soy protein
- Textured vegetable
- All beans including sprouts
- All lentils

NUTS AND SEEDS
- Pumpkin
- Sunflower
- Chia
- Peanuts
- Cashews

FRUITS/VEGGIES
- All fruits (except in season fruit)
- Ripe Bananas
- Zucchini
• Pumpkins
• Squashes
• Melons
• Eggplants
• Tomatoes
  (unless peeled, deseeded)
• Bell peppers
  (unless peeled, deseeded)
• Chili peppers
  (unless peeled, deseeded)
• Goji berries

NON-SOUTHERN EUROPEAN COW’S MILK PRODUCTS
• Contain casein α-1 Yogurt
• Greek yogurt
• Frozen yogurts
• American Cheese
• Ricotta
• Cottage cheese
• Kefir
• Casein protein powders

GRAIN OR SOYBEANS-FED FISH- SHELLFISH- POULTRY- BEEF- LAMB AND PORK

SPROUTED GRAINS, PSEUDO- GRAINS AND GRASSES
• Whole grains
• Wheat Einkorn
• Wheat Kamut
• Oats
• Quinoa
• Rye
• Bulgur

• Brown rice
• White rice
• Barley
• Buckwheat
• Kashi
• Spelt
• Corn
• Corn products
• Cornstarch
• Corn syrup
• Popcorn
• Wheatgrass
• Barley grass

OILS
• Soy
• Grapeseed
• Corn
• Peanut
• Cottonseed
• Safflower
• Sunflower
• Partially hydrogenated vegetable or canola