



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



ALCOHOL

- Champagne (6 oz /day)
- Red Wine (6 oz./day)
- Dark Spirits (1 oz./day)

CEREAL

- Arrowhead Mills Natural Puffed Millet Cereal
- Magic Spoon; all four flavors

CHOCOLATE

- Cocoa powder (non-alkalized only)
- Dark chocolate (72% or greater; 1 oz./day)

DAIRY

(1 oz. cheese OR 4 oz. yogurt/day)

- Buffalo butter
- Buffalo mozzarella and other cheese
- Cow butter (A2 from France, Italy or Switzerland)
- Cow cheese (A2 from France, Italy, or Switzerland)
- Cow milk (A2 only; creamer or cooking; not for drinking)
- Cow ricotta (A2 only)
- Cow yogurt (A2 only, unsweetened)
- Cream cheese (Organic)
- Ghee Goat Butter
- Goat cheese
- Goat milk (creamer or cooking, not for drinking)
- Goat yogurt (unsweetened)
- Goat/sheep kefir
- Heavy cream (Organic)
- Sheep cheese
- Sheep yogurt (unsweetened)
- Sour Cream (Organic)
- Whey protein powder

EGG REPLACERS

- Bob's Red Mill
- EnerG

ENERGY BARS

- Adapt: All flavors approved
- B-Up (made by Yup): Chocolate Mint,
- Chocolate Chip Cookie Dough, Sugar Cookie
- KETO: Almond Butter Brownie, Salted Caramel, Lemon Poppyseed, Chocolate Chip Cookie Dough
- Marigold: Choconut, Pure Joy, Espresso, Ginger Coconut
- Primal Kitchens: Almond Spice and Coconut Lime
- Quest: Strawberry Cheesecake, Double Chocolate Chunk, Maple Waffle, Mocha Chocolate, Peppermint Bark, Chocolate Sprinkled Doughnut, Cinnamon Roll
- Stoka: Vanilla Almond and Coco Almond

FISH

(wild-caught) 2 - 4 oz./day

- Anchovies
- Bass, freshwater
- Calamari/squid
- Clams
- Crab
- Halibut, Alaskan
- Kippers
- Lobster
- Mackerel
- Mahi-mahi
- Mussels
- Oysters
- Salmon, Alaskan
- Sardines
- Scallops
- Shrimp
- Tuna, canned (only small tuna; no albacore or yellow fin)
- Whitefish: includes cod, haddock, hake, herring, monkfish, mullet, plaice, pollock, sea bass, skate, sole, swordfish, turbot, and whiting

FLOURS/STARCHES

- Almond (blanched)
- Arrowroot
- Cassava, aka Yuca
- Chestnut
- Coconut
- Grape seed
- Green banana (raw only)
- Hazelnut
- Millet
- Sesame (and seeds)
- Sorghum
- Sweet potato
- Tapioca
- Tiger nut

“FOODLES”

(my name for acceptable noodles)

- Cappello’s almond flour pasta
- Kanten pasta
- Kelp noodles
- Korean sweet potato or yam noodles
- Hearts of palm noodles
- Millet pasta
- Shirataki, aka konjac noodles; two brands are Miracle Noodles (and rice) and Pasta Slim
- Sorghum pasta
- TJ’s cauliflower gnocchi

FRUIT

(limit fruits to in-season and in moderation only, except for avocado)

- Apples
- Apricots
- Avocados
- Blackberries
- Blueberries
- Cherries
- Citrus
- Crispy pears (Anjou, Bosc, Comice)
- Dates
- Figs
- Jackfruit
- Kiwis
- Nectarines
- Peaches
- Plums
- Pomegranates
- Raspberries
- Strawberries

HERBS & SEASONINGS

- All except chili pepper flakes
- Avocado mayonnaise
- Coconut aminos
- Curry paste
- Extracts (all)
- Fish sauce
- Miso
- Mustard
- Nutritional yeast
- Sea salt (ideally iodized)
- Tahini
- Vinegars (any without added sugar, but balsamic is fine)
- Wasabi

ICE CREAM

- Killer Creamery: Chilla in Vanilla, Caramels Back, No Judge Mint
- Mammoth Creameries: Vanilla Bean
- Rebel Creamery: Vanilla, Strawberry, Butter Pecan, Salted Caramel, Raspberry

MEAT (Grass-fed and finished—4 oz./day)

- Beef
- Bison
- Boar
- Elk
- Lamb
- Pork (humanely raised)
- Prosciutto
- Venison Boar
- Wild game

NON-ALCOHOL BEVERAGES

- Coffee
- Kombucha (Kevita brand low-sugar only, e.g., coconut, coconut Mojito)
- Tea (all types)

NON-DAIRY MILKS/CREAMS, ETC.

- Almond milk (unsweetened, blanched)
- Almond ricotta (blanched)
- Almond yogurt (unsweetened, blanched)
- Coconut milk/cream (unsweetened)
- Coconut water (in a product; not for drinking)
- Coconut yogurt (unsweetened)
- Hemp milk

NUTS & SEEDS

(nuts 1/2 cup a day except Brazil nuts)

- Almonds (blanched)
- Baruka nuts
- Brazil nuts (two)
- Coconut
- Chestnuts
- Flaxseeds
- Hazelnuts
- Hemp protein powder and seeds
- Macadamia nuts
- Nut butters (from compliant nuts, unsweetened, almond must be blanched, 1 tbl./day)
- Pecans
- Pine nuts
- Pistachios
- Psyllium
- Sesame
- Walnuts

OILS

- Algae oil (Thrive culinary brand)
- Avocado oil, extra virgin
- Coconut oil (Phase 3 only)
- Flavored cod liver oil
- Macadamia oil
- MCT oil
- Olive oil, extra virgin
- Perilla oil
- Red palm oil, aka palm fruit oil and palm oil
- Rice bran oil
- Sesame oil
- Walnut oil

OLIVES

- All (pimento-filled are Phase 3 only)

PLANT-BASED 'MEAT'

- Hemp tofu
- Quorn: Grounds (contains barley malt extract) and the new gluten-free line, Fillets and Pieces only (contain a small amount of sugar)
- Tempeh (grain-free only)

POULTRY

(Pastured; no corn, soy, or gluten-grain feed— 2-4 oz./day)

- Chicken
- Dove
- Duck
- Eggs (up to 4 yolks and 1 white; pastured or omega-3)
- Goose
- Grouse
- Ostrich
- Pheasant
- Quail
- Turkey

RESISTANT STARCHES

- (One small serving per meal)
- Barely Bread bagels and bread
- Baobab fruit
- Cassava, aka Yuca
- Celery root (celeriac)
- Coconut
- Glucomannan (konjac root)
- Green bananas
- Green mango
- Green papaya
- Green plantains
- Jicama
- Julian Bakery Paleo Wraps (made with coconut flour)
- Millet
- Parsnips
- Persimmon
- Rutabaga
- Siete Tortillas (only those made with cassava or almond flour)
- Sorghum
- Sweet potatoes
- Taro root
- The Real Coconut coconut cassava-flour tortillas and chips
- Tiger nuts
- Turnips
- Yams



VEGETABLES

- Algae
- Artichokes
- Arugula
- Asparagus
- Bamboo Shoots
- Basil
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (green and red)
- Carrots
- Cauliflower (including TJ's gnocchi)
- Celery
- Chicory
- Chinese cabbage
- Chives
- Cilantro
- Collards
- Dandelion greens
- Dill
- Endive
- Escarole
- Fennel
- Fiddlehead fern
- Garlic
- Ginger
- Hearts of palm
- Jerusalem artichokes (sunchoke)
- Kale
- Kimchi
- Kohlrabi
- Leafy greens (all)
- Leeks
- Lemongrass
- Lettuce (all)
- Mesclun (micro greens from any of the Yes list vegetables)
- Mint
- Mizuna
- Mushrooms
- Mustard greens
- Napa cabbage
- Nopales cactus
- Okra
- Onions
- Parsley
- Perilla
- Purslane

- Radicchio
- Radishes (all)
- Raw sauerkraut
- Rhubarb
- Romaine
- Scallions
- Sea vegetables
- Seaweed
- Spinach
- Swiss chard
- Tarragon
- Water Chestnuts
- Watercress

SWEETENERS

- Allulose
- Boca Sweet
- Erythritol (Swerve is my favorite as it also contains oligosaccharides)
- Inulin
- Just Like Sugar (made from chicory root [inulin])
- Lakanto Maple Flavored Syrup
- Luo han guo (the Nutresse brand is good)
- Monk fruit
- Stevia (SweetLeaf is my favourite)
- Xylitol
- Yacón





The "No" List

Items with an asterisk can be reintroduced in Phase 3 if the skin and seeds are removed, OR if they're pressure cooked. Vegetarians and vegans can reintroduce legumes (beans and lentils) in Phase 2.

DAIRY

- Non–Southern European Cow's Milk Products (these contain casein A-1)
- Butter
- Cheese
- Cottage cheese
- Yogurt (including Greek)

FRUITS & VEGETABLES

- All lentils*
- Beans*
- Bean sprouts
- Bell peppers*
- Chickpeas*
- Chili peppers*
- Cucumbers*
- Edamame
- Eggplant*
- Goji berries
- Green beans
- Legumes*
- Lentil pasta*
- Melons (any kind)
- Pea protein
- Peas
- Pumpkin*
- Soy
- Soy protein
- Squashes (any kind)*
- Sugar snap peas
- Textured vegetable protein (TVP)
- Tofu
- Tomatoes*
- Zucchini*

NO GRAIN OR SOYBEAN FED FISH, SHELLFISH, POULTRY, BEEF, LAMB OR PORK

GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS and GRASSES

- Barley (cannot pressure cook)
- Barley grass
- Brown rice
- Buckwheat
- Bulgur
- Corn
- Cornstarch
- Kashi
- Oats (cannot pressure cook)
- Popcorn
- Quinoa*
- Rye (cannot pressure cook)
- Spelt
- Wheat (cannot pressure cook)
- Wheat Einkorn
- Wheat Kamut
- Wheatgrass
- White rice (except basmati from India)*
- Whole grains
- Wild rice*

NUTS & SEEDS

- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower

OILS

Canola or Vegetable “Partially hydrogenated”

- Corn
- Cottonseed
- Grape seed
- Peanut
- Safflower
- Soy
- Sunflower

REFINED, STARCHY FOODS

- Bread
- Cereal
- Cookies
- Crackers
- Flours made from grain and pseudo-grains
- Pasta
- Pastry
- Potato chips
- Potatoes*
- Rice
- Tortillas

SEASONINGS

- Chili pepper flakes
- Ketchup
- Mayonnaise
- Soy sauce
- Steak sauces

SWEETENERS

- (Acesulfame K)
- (Aspartame)
- Agave
- Coconut sugar
- Corn syrup
- Diet drinks
- Honey (1 teaspoon per day
local or Manuka)*
- Maltodextrin
- Maple syrup
- NutraSweet
- Splenda (Sucralose)
- Sugar
- Sweet One or Sunett
- Sweet’n Low (Saccharin)

