

The Yes List

Feeding the good pro-biotic bugs to fill your body with bug love.

Your body effectively uses the love it needs and expels the rest.

This is why you can drink glasses of olive oil and not get fat.

Ask yourself every day, "What bugs am I feeding?"

ALCOHOL

- Champagne (6 oz /day)
- Red Wine (6 oz /day)
- Tequila (1 oz /day)
- Hard Apple Cider (12 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

A2 Casien protein comes from **Guernsey** cows and **Brown** cow livestock. Holstein livestock contain A1 Casien proteins that are toxic for the human body.
(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

EGGS & EGG REPLACERS

- Eggs (up to 4)
- 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

Ask yourself every day, "What bugs am I feeding?"

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”

(...acceptable noodles)

- Cappello’s almond flour pasta
- Kantan 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

(in moderation only, except for avocado)
(you cannot have too many avocados)

- Apples
- Apricots
- Avocados
- Bananas (Green Bananas only)
- 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
- Turmeric
- 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
- Elk
- Lamb
- Venison
- Wild game

NON-ALCOHOL BEVERAGES

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

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

Ask yourself every day, “What bugs am I feeding?”

NUTS & SEEDS

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

- Almonds (blanched)
- Baruka nuts
- Brazil nuts
- 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
- Rice bran oil
- Sesame oil
- Walnut oil

OLIVES

- All

POULTRY

(Pastured; no corn, soy, or gluten-grain feed)

- Chicken
- Dove
- Duck
- Eggs (up to 4)
- 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

RICE

- Basmati from India



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)
- Honey (1 Teaspoon per day, local or Manuka)
- 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

Ask yourself every day, “What bugs am I feeding?”

The NO List

**Do not feed the bad bacteria!
The bad bacteria excrete toxic feces
that pass through your intestinal walls
directly into your bloodstream.**

Your body retains and harbors these toxins.

This is why small amounts such as a teaspoon of canola oil will make you fat.

Ask yourself every day, “What bugs am I feeding?”

DAIRY

- **Non–Southern European** Cow’s Milk Products (**these contain A-1 casein**)
- **Cow’s Butter** **Sweet Goat Butter (Good)**
- **Cow’s Cheese** **Goat Cheese (Good)**
- **Cow’s Yogurt** (including Greek)
- **Cow’s Cottage cheese**

MEAT

- Any and all Pork, all wild Boar
- “grain or soybean fed” Fish,
- “grain or soybean fed” Shellfish
- “grain or soybean fed” Poultry
- “grain or soybean fed” Beef
- “grain or soybean fed” Lamb

FRUITS & VEGETABLES

- All lentils
- Bananas (yellow) **Green Bananas (Good)**
- 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

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
- Whole grains
- Wild rice

NUTS AND SEEDS

- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower

OILS

- Canola or Vegetable “Partially hydrogenated”
- Corn
- Cottonseed
- Grape seed
- Palm oil
- 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

SWEETENERS

- (Acesulfame K)
- (Aspartame)
- Agave
- Coconut sugar
- Corn syrup
- Diet drinks
- Maltodextrin
- Maple syrup
- NutraSweet
- Splenda (Sucralose)
- Sugar
- Sweet One or Sunett
- Sweet 'n Low (Saccharin)

Ask yourself every day, “What bugs am I feeding?”

