

Baking Staples

Flours

- Almond meal/flour
- Arrowroot flour
- Cassava flour
- Coconut flour
- Tapioca starch/flour

Cocoa/Cacao powder (unsweetened)

- Organic Traditions
- Ecoideas
- Camino

Other Baking Staples

- Almond and vanilla extracts (pure), alcohol in this product is approved, organic is best choice.
- Whole vanilla bean
- Apple cider vinegar
- Baking powder
- Baking soda
- Coconut flakes and shreds
- Gelatin (unflavored/unsweetened)

Beverages

Coffee

- 100% coffee, unflavored.

Coconut Water

- Blue Monkey Coconut Water
- Taste Nirvana Coconut Water
- Thirsty Buddha Coconut Water

Coconut Milk/Cream

- Everland
- Earth's choice

Fermented Beverages

Look for less than 6-8 grams of sugar per 8 oz.

Kombucha

- Gt's Synergy Kombucha
- True Buch Kombucha
- Wild Tea Kombucha

Teas

Approved teas are those with no sweeteners/juice or other no list ingredients added.

- Mineral water (still or sparkling)
- Nut milks (besides coconut; unsweetened)

- Blue Diamond Almond Breeze Unflavored
- Organic Traditions Cashew Milk Powder
- Natura Beverages Unsweetened

Other Beverages

- La Croix Sparkling Water
- Bone Broth – Boxed or Frozen
- Organika Bone Broth Powders

Coffee Creamer

- Elmhurst Oat Creamer - Unsweetened

Collagen Peptides & Protein Powder

- Organika collagen
- Organika bone broth powder
- Vital Proteins collagen
- Garden Of Life collagen
- Bulletproof collagen

Note : All types permitted

- Whey protein powder (grass-fed recommended) – unflavored only

Dairy

Note: Approved dairy is full fat with no sugar/sweeteners.

- Butter
- Cheese
- Ghee (Not Maple Flavored)
- Milk & cream
- Yogurt (only those with no sweeteners/juice or fruit added)
 - Full fat plain/Greek yogurt – unsweetened only
 - Yoso cultured coconut yogurt - unsweetened

Fresh Produce & Refrigerated Items

Produce

- Vegetables
- Roots & Squashes
- Seasonal fruits (limit 1 per day)
- Coleslaw/Broccoli Slaw
- Riced vegetables – broccoli/cauliflower
- Spiralized vegetables – zucchini, butternut squash

Fermented Foods

- Pickles and vegetables
- Wildbrine sriracha
- Bubbie's Kosher Dill Pickles
- Karthein's Sauerkraut & Kimchi
- Bubbie's Sauerkraut
- Wildbrine Sauerkraut & Kimchi
- Min's Kimchi

Other Fresh Foods

- Wildbrine salsa
- Fodys salsa
- Mrs Renfro's - garlic, hot green & ghost pepper varieties only

Eggs/Meat/Poultry/Seafood

Note: Approved products are those that do not contain added sugar/sweeteners.

Exception: sugar is used for curing and preserving processed meats. If the sugar per serving is less than 1 gram, then it's approved.

Eggs

Deli Meat & Sausages

Chicken & Turkey

- Spolumbo's italian sausage & chicken sausages
- Sunworks farms kubasa

Salami & Pepperoni

- Old Country Sausage Shop Turkey Pepperoni
- Sunworks Farms Chicken Pepperoni

Hot Dogs

- Sunworks Farms Jumbo Chicken Hot Dogs
- Mclean Pork Bavarian Sausages
- Top Grass Beef
- Paolini Bison

Beef

- Top Grass Meatballs

Red Meat (Fresh & Frozen)

- Top Grass
- Sunworks Farms

Fresh Pork

- Broek pork acres
- Platinum Alberta

Fresh Poultry

- Rosstdowns Farms
- Sunworks Farms

Seafood

- All fresh and frozen fish – especially wild caught options
- Smoked salmon

Grocery/Pantry

Canned/Jarred

Note: Plant-based products such as coconut, tomato, and root vegetable products contain natural sugars, which are approved.

- Canned pumpkin, squash, and sweet potato
- Canned tomatoes
- Jarred Dill Pickles
- Jarred Sauerkraut
- Tomato paste
- Olives and capers
- Tomato-based pasta and pizza sauces - Fody's & Eden Organic are good brand options
- Diced tomatoes – Muir Glen is a good brand

Fats & Oils

- Avocado Oil
- Olive Oil (Cold Pressed)
- Coconut Oil
- Duck Fat/Lard/Tallow
- Nut Oil
- Red Palm Oil

Seafood (Jar/Canned)

All unflavored

- Salmon
- Sardines
- Tuna

Seasonings, Sauces & Condiments

Fermented Items & Vinegars

Seasoning Sauces

- Naked natural foods soy sauce replacement
- Coconatura coconut seasoning sauce
- Culture Shocked fermented

Vinegars

- Red wine
- White wine
- Apple cider
- Coconut vinegar
- Balsamic

Hot Sauce

- Lola's fine sauces
- Firecracker pepper sauces

- Seoul Kimchi Hot Sauce
- Wildbrine sriracha

Mayonnaise

- Primal Kitchen Mayonnaise

Mustard (no sweeteners)

Salad Dressings

- Primal Kitchen
 - Ranch
 - Green Goddess
 - Caesar
 - Greek

Seasoning & Spices

- Himalayan Salt
- Celtic Sea Salt
- Maldon Sea Salt
- Redmond's Real Salt
- Vancouver Island Co. sea Salts
- Simply Organic Herbs & Spices

Nuts & Seeds

- Almonds
- Hazelnuts
- Walnuts
- Pecans
- Sesame seeds
- Pumpkin seeds

Nut & Seed Butters

Unflavored & Unsweetened

- Nuts To You
- New World
- Wildly Organic

Wraps/Tortillas

Note: Limit 1 per day

- BFree High Protein

Snacks

Crackers

Note: Limit 1 serving size on box per day.

- Mary's Gone Crackers – Super Seed only
- Eves Crackers – All Flavors

Chocolate (Pure 100% Cacao)

- Giddy Yoyo 100% Chocolate Bars
- Camino Baking Chocolate unsweetened
- Zazubean 100% chocolate varieties

Other Snacks

- Ivanhoe Nothing But Cheese Snacks
- Seaweed Snacks
 - Eden
 - Seasnax