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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

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

EGG REPLACERS
• Bob’s Red Mill
• EnerG
**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)*
- Cappelo’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

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)