

## The Say “YES Please” List of Acceptable Foods

### Vegetables

Broccoli  
Brussel sprouts  
Cauliflower  
Bok choy  
Napa cabbage  
Chinese cabbage  
Swiss chard  
Arugula  
Watercress  
Collards  
Kale  
Green/red cabbage  
Radicchio  
Raw sauerkraut  
Kimchi  
Celery  
Onions  
Leeks  
Chives  
Scallions  
Chicory  
Raw carrots  
Artichokes  
Raw beets  
Radishes  
Daikon radish  
Jerusalem artichokes  
Hearts of palm  
Cilantro  
Okra  
Asparagus  
Garlic  
Mushrooms  
Romaine  
Red/green leaf lettuce  
Mesclun  
Spinach  
Dandelion greens  
Fennel  
Mustard greens  
Parsley  
Basil  
Mint  
Algae  
Seaweed  
Sea vegetables

### Fruits

#### (limit all but avocado)

Avocado  
Blueberries  
Raspberries  
Blackberries  
Pomegranates  
Kiwis  
Apples  
Citrus (no juices)  
Nectarines  
Peaches  
Plums  
Apricots  
Figs  
Dates

### Pastured Poultry

#### (not free range – 4oz)

Chicken  
Turkey  
Ostrich  
Pastured omega 3 eggs  
Duck  
Goose  
Pheasant  
Grouse  
Quail

### Meat (grass fed & grass finished)

Bison  
Wild game  
Venison  
Boar  
Elk  
Pork  
Lamb  
Beef  
Prosciutto

### Fish

#### (wild caught only)

Whitefish  
Freshwater bass  
Alaskan halibut

### Canned tuna

Alaskan salmon  
Hawaiian fish  
Shrimp  
Crab  
Lobster  
Scallops  
Calamari  
Clams  
Oysters  
Mussels  
Sardines  
Anchovies

### Dairy Products

1oz cheese/4oz yogurt per day  
Real parmesan  
French/Italian butter/cheese  
Buffalo butter  
Ghee  
Goat yogurt  
Goat milk  
Goat cheese  
Grass fed butter  
Goat and sheep kefir  
Sheep cheese/yogurt  
Coconut yogurt  
Switzerland cheese  
Casein A2 milk  
Organic heavy cream  
Organic sour cream  
Organic cream cheese

### Oils

Algae oil  
Olive oil  
Coconut oil  
Macadamia oil  
MCT oil  
Avocado oil  
Perilla oil  
Walnut oil  
Red palm oil  
Rice bran oil  
Sesame oil

### Olives

All

### Nuts and Seeds (1/2 cup/day)

Macadamia nuts  
Walnuts  
Pistachios  
Pecans  
Coconut  
Coconut milk/cream  
Hazelnuts  
Chestnuts  
Brazil nuts  
Pine nuts  
Flaxseeds  
Hemp seeds  
Hemp protein powder  
Psyllium

### Resistant starches

Tortillas (Siete brand made with cassava or coconut/almond flour)  
Julian bakery paleo wraps  
Green plantains  
Rutabaga  
Parsnips  
Yucca  
Celery root  
Turnips  
Tiger nuts  
Green mango  
Millet  
Green papaya

### Herbs and Seasonings

All except chili pepper flakes

### Vinegar

All (without added sugar)

### Dark Chocolate

72% or greater

### Ice Cream

Coconut milk dairy-free  
frozen dessert

Laloo's goat milk ice  
cream

**Flours**

Coconut  
Almond  
Hazelnut  
Sesame  
Chestnut  
Cassava  
Green banana  
Tiger nut  
Grape seed  
Arrowroot

**Sweeteners**

Stevia  
Just like sugar (made  
from chicory root)  
Inulin  
Monk fruit  
Erythritol  
Xylitol

**Wine**

Red (6oz/day)

**Noodles**

Cappelo's fettuccini and  
other pasta  
Pasta slim  
Shirataki noodles  
Kelp noodles  
Miracle noodles  
Miracle rice

**Energy bars**

Quest bars (lemon,  
cream pie, banana nut,

strawberry cheesecake,  
cinnamon roll and  
double chocolate chunk  
only)

B-Up bars/ Yup bars  
(chocolate mint,  
chocolate chip cookie  
dough and sugar cookie  
only)

Human food bar  
Adapt bar (coconut and  
chocolate)

**Just say "NO" List**

**Refined starchy**

**foods**

Pasta  
Rice  
Potatoes  
Potato chips  
Milk  
Bread  
Tortillas  
Pastry  
Flour  
Crackers  
Cookies  
Cereal  
Sugar  
Agave  
Splenda  
Sweet n low  
Diet drinks  
Maltodextrin

**Milk Products**

Yogurt (including  
Greek)  
Ice cream  
Frozen yogurt  
Cheese  
Ricotta  
Cottage cheese

**Fruits**

Cucumbers  
Zucchini  
Pumpkins  
Squash  
Melons  
Eggplant  
Tomatoes  
Bell peppers  
Chili peppers  
Goji berries

**Vegetables**

Peas  
Sugar snap peas  
Legumes  
Green beans  
Chickpeas  
Soy  
Tofu  
Edamame  
Soy protein  
Textured vegetable  
protein  
Pea proteins  
All beans  
All lentils

**Kefir Grains, Pseudo**

**Grains and Grasses**

Wheat  
Einkorn wheat  
Kamut  
Oats  
Quinoa  
Rye  
Bulgur  
White rice  
Brown rice  
Wild rice  
Barley  
Buckwheat  
Kashi  
Spelt  
Corn  
Cornstarch  
Popcorn  
Wheatgrass  
Barley grass

**Nuts and Seeds**

Pumpkin  
Sunflower  
Chia  
Peanuts  
Cashews

**Oils**

Soy  
Grape seed  
Corn  
Peanut  
Cottonseed  
Safflower  
Sunflower  
Partially hydrogenated  
Vegetable  
Canola