

Favorable Food List (Low Glycemic Index)

PROTEINS (P)	FATS (F)	STARCHY CARBS + P	VEGGIE CARBS (unlimited)	FRUIT CARBS + P or F
Protein powder	Almonds	Kidney beans**	All lettuces	Apple** +
Chicken breast	Walnuts	Black beans**	Artichoke**	Apricot** +
Chicken sausage	Brazil nuts	Garbanzo beans**	Asparagus**	Blackberries** +
Turkey breast	Hazelnuts	Navy beans**	Bamboo shoots	Blueberries +
Turkey bacon	Cashews	Lima beans**	Bok choy	Cherries** +
Turkey sausage	Macadamia	Lentils**	Broccoli	Grapefruit**
Wild salmon	Pecans	Lentil orzo** +	Brussel sprouts	Grapes +
Cod	Pine nuts	Peas** +	Cabbage**	Kiwi +
Haddock	Nut butters	Sweet potato/yam +	Cauliflower**	Mango** +
Halibut	Sesame tahini	Butternut squash +	Celery**	Nectarine** +
Mahi	Sesame seeds	Acorn squash +	Chard	Orange +
Bass	Flax seeds	Tapiocayuucca +	Collard greens	Papaya +
Trout	Pumpkin seeds	Taro +	Cucumber	Peach** +
Snapper	Sunflower seeds	Plantain +	Endive	Pear** +
Sardines	Hemp seeds (PF)	*Brown rice +	Fennel	Plum** +
Orange roughy	Chia seeds	*Brown rice pasta +	Green beans	Raspberries +
Wild tilapia	Avocado	*Brown rice bread +	Kale	Strawberries +
Crabmeat (real)	Olives	*Wild rice +	Leeks**	Tangerine +
Wild shrimp	Coconut flesh	GF Oatmeal +	Mushrooms	
Lobster	Coconut milk and oil	Millet +	Onions**	
Lean lamb	Olive oil (extra virgin)	Buckwheat +	Radish	
Grass-fed ground beef		Amaranth +	Seaweeds	
Grass-fed top sirloin steak		Quinoa +	Spinach	
Grass-fed buffalo (bison)		Teff +	Sprouts	
Ostrich		Sorghum +	Yellow squash	
Venison			Zucchini	
Duck (skinless)			*Tomato	
Eggs/egg whites			*Bell pepper	
Organic tempeh (soy)			*Eggplant	
			*Okra	

Note: **Exclude** starchy carb grains in **red** if on the Grain-Free Lifestyle.
Avoid Nightshade vegetables * if you have arthritis.
 Starchy Carbs with + (add Protein), Fruit Carbs + (add Protein or Fat)
 ** FODMAP (Fermentable Oligo-Di-Monosaccharides and Polyols) foods