

Modified Pritiken

Foods to Eat-Plan most of your meals and snacks from this list

Fats

Nuts/Nut Butters (raw, unroasted, unsalted)
Almonds
Brazil Nuts
Cashews
Hazelnuts
Macadamia
Pecans
Pine Nuts
Pistachios
Walnuts
NO PEANUTS (they're legumes)

Fruits

Avocado (guacamole)
Olives (green and black)

Oils

Almond oil
Avocado oil
Olive oil
Canola oil
Coconut oil
Ghee
High oleic safflower oil

Fish and Seafood

Bass	Catfish	Cod
Crab	Flounder	Grouper
Haddock	Halibut	Herring
Lobster	Mackerel	Mahimahi
Orange roughy	Oysters (canned or fresh)	
Perch	Pike	Pollack
Rainbow trout	Salmon (canned or fresh)	
Sardines (canned in water, sardine oil, mustard or olive oil)		
Scallops	Shrimp (canned or fresh)	
Snapper	Sole	Tilapia

Lamb (no more than one serving twice per week)

Chop
Leg
Roast

Fish (highest in omega-3 fatty acids)

Halibut
Herring
Mackerel
Orange roughy
Sardines
Tuna

Other

A splash of cream in your coffee or tea daily is allowed.

Butter for cooking

Protein

Eggs (from algae or flax-fed chickens)
Omega-3 enriched eggs

Beef (no more than one serving twice per week)

Beef tenderloin
Cubed steak
Filet mignon
Flank steak
Ground round, extra lean
Ground sirloin, lean
Round steak
Roast beef (top round or rump)
Sirloin steak

Pork

Lean, boiled ham
Loin chops
Pork tenderloin

Poultry (preferably free-range or organic)

Chicken breast, no skin
Ground chicken
Ground turkey
Chicken sausage
Turkey sausage

Veggie Burgers (less than 7 carbs each)

Chik Sticks Vegetable and Grain Protein Burgers
Morning Star Farms Veggie Sausage Patty

Dairy

Goat cheese
No-fat cottage cheese
No-fat cream cheese
No-fat ricotta cheese
Feta cheese
Jarisberg Lite Swiss cheese
Parmesan cheese

Tofu

Plain
Herb
Flavored (Italian, Oriental, Thai)

Protein Powder

Egg protein powder
Vegetable protein
Whey protein

Carbohydrates

Vegetables

Asparagus	Cabbage	Fennel
Artichoke hearts	Cauliflower	Greens (collard, turnip, mustard, chard)
Arugula	Celery	Hot peppers
Bamboo shoots	Chard	Kale
Bell peppers (red, green, yellow, orange, hot)	Chives	Kohlrabi
Bok Choy	Cilantro	Lettuce
Broccoli	Cucumbers	Leeks
Brussel sprouts	Endive	Mushrooms(Portobello, Shitake, oyster, button)
Okra	Eggplant	Parsley
Radicchio	Onions	Rutabaga
Scallions	Radishes	Snow Peas
	Seaweed (dulse, nori, hikiki, kombu)	

Game

Cornish game hen
Buffalo
Ostrich
Pheasant
Rabbit
Venison
Natural Touch Vegetable Burgers

Hard Cheese- eat lite or low sat. fat varieties (no more than 1 slice daily)

Cheddar
Colby
Havarti
Monterey Jack
Provolone
Swiss
Mozzarella (as a condiment only)

Soft Cheese

Nonfat plain yogurt w/one TBS of flaxseed to increase protein content (no more than 2 ½ cup serving per week)
1% cottage cheese
Part skim milk ricotta cheese

Spinach	Sprouts (all varieties)	String beans
Turnip	Water chestnuts	Watercress
Zucchini		

Vegetables (no more than ½ cup per day and avoid first 2 weeks)

Carrots
Parsnips
Peas

Legumes (eat in limited qty)

Black soybeans	Adzuki	Navy
Lentil	Mung	Hummus-as a condiment

Fruits (no more than 1 serving a day, ½ cup berries, ½ grapefruit, or 1 small piece of whole fruit. Use only fresh or frozen not canned)

Apples	Apricots	Blueberries
Cherries	Grapefruit	Kiwi
Nectarines	Peaches	Pears
Plums	Raspberries	Strawberries
Tomatoes		

Seeds (preferably raw, unroasted and unsalted-nuts are the best)

Pumpkin	Poppy	Sesame
Sesame Tahini(sesame paste)	Sunflower	

High Fiber Starches

La Tortilla Factory tortilla (gluten free)
“Manna from Heaven” bread (Not gluten free; also counts as protein)
Grissino breadstick- no more than 2-3/day (read labels if gluten free is needed)

Low Starch, High Protein Pasta

Dream Fields pasta (low carb pasta)(not gluten Free)

Low Carb Tomato Sauce

Any brand with 5 or less grams of carbs

Beverages

1 cup real coffee
4oz. of red wine
Tea (black, green, and herbal)
Coffee Substitutes (Roma, Teeccino, Cafix, Pero)

Sweeteners (in very limited qty)

Stevia
Sucralose

Condiments, Spices, Seasonings

Basil	Bragg’s Liquid Aminos (non-fermented soy sauce substitute)	
Cardamom	Black pepper	Cayenne Pepper
Capers	Cajun blended seasonings	Cinnamon
Crushed red pepper	Cumin	Curry powder
Dill weed	Fennel	Garlic (fresh or powdered)
Ginger	Indian blended seasonings	Lemon

Lime	Mexican blended seasonings	Miso salt (if not salt-restricted)
Mustard	Nutmeg	Onion (fresh or powdered)
Oregano	Paprika	Rosemary
Tamari	Tarragon	Thyme
Vanilla	Vinegar (balsamic, red wine, Umenoshi (plum), and rice)	Worcestershire sauce

Foods to Avoid- try to avoid these altogether

Dairy

Milk
Frozen Custard
Frozen Yogurt
Fruit-flavored yogurt
Ice cream

All Full fat Hard Cheese

Cheddar
Colby
Havarti
Monterey Jack
Provolone
Swiss

Bad Fats

All commercially processed oils
Corn oil
Hydrogenated Fats
Lard
Margarines with transfatty acid
Peanut oil
Safflower oil
Soybean oil
Sunflower oil
Squeezable butter /shortening

Bad Condiment

Barbecue Sauce
Ketchup
Mayonnaise
Most commercially prepared salad dressings

All cuts of Meat not included in "A" protein or "b" protein

Deli Meats (other than Fresh cooked)	Chicken Roll	Hot Dogs (all varieties)
Corned beef	Honey Turkey	Pastrami
Sandwich meats	Sausage (other than turkey or chicken)	Turkey Roll
Roast beef		

Off- Limits Legumes

Chickpeas (garbanzos)	Lima Beans	Peanuts
Peanut butter	Pinto beans	

Vegetables

Beets	Corn/corn products (tortillas)	White potatoes (any form)
Pumpkin	Yams	

All Fried Foods

Fried chicken	Chicken nuggets
Fried fish	French fries

Starches

All bread (except "Manna from Heaven" bread or very low-carb bread)
Crackers (except low carb and made with good fat)

Couscous	Muffins	Packaged pancake mix
Packaged dry cereal	Pasta	Rice
Quinoa	Waffles	

Fruits

Banana
Grapes
Pineapple

Cantaloupe
Honeydew
Watermelon

Dried Fruit
Orange

Snack Foods

Chips
Cakes
Flavored Jell-O
Ice Cream

Breakfast bars
Candy
Frozen fruit ice
Popcorn

Energy bars
Cookies
Gelato
Pretzels

Beverages

Fruit juice (all varieties)
Sweetened teas

Soda pop (all varieties)

Sports drink

Sugars and Artificial Sweeteners

Brown sugar
Fructose
Maple syrup
Sucrose
Turbinado

Corn syrup
Honey
Nutrasweet
Sugar

Dextrose
Maple Sugar
Saccharin
Sweet'n Low