



## **Stage 1 Dietary Guidelines at a Glance**

	<b>Anti-inflammatory Foods to Include (Organic and Non GMO) = at least 80% of diet</b>	<b>Pro-inflammatory Foods to Avoid (Including any known food sensitivities) =20% or less of diet</b>
<b>Fruits</b>	Unsweetened fresh, frozen, water-packed fruits, diluted fruit juices	Oranges, orange juice
<b>Vegetables</b>	All fresh, raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
<b>Starch</b>	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat corn, barley, spelt, kamut, rye (all gluten containing products)
<b>Bread/cereal</b>	Products made from the above	Products made from the above (all gluten containing products)
<b>Legumes (vegetable protein)</b>	All beans, peas, lentils	Soybeans, tofu, tempeh, soy milk, other soy products
<b>Nuts &amp; Seeds</b>	Almonds, cashews, walnuts, sesame (tahini) , sunflower, pumpkin seeds, butters made from these nuts/seeds	Peanuts, peanut butter
<b>Meat &amp; Fish (animal protein)</b>	All fresh or frozen chicken, turkey, wild game, lamb, fish (water-packed canned)	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs shellfish, farmed fish
<b>Dairy products &amp; milk</b>	Milk substitute products from rice, coconut, almond, oat, or other nut milks	Cow or goat milk, cheese, cottage cheese, yogurt, ice cream, non-dairy creamers
<b>Fats</b>	Cold-expeller pressed olive oil, flaxseed, safflower, sunflower, sesame, walnut, pumpkin or almond oils	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads
<b>Beverages</b>	Filtered water, herbal tea, mineral water, alkaline water, Ionized water	Soda pop, soft drinks, alcoholic beverages, coffee, black tea, other caffeinated beverages

<b>Spices &amp; Condiments</b>	All spices (cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, thyme, turmeric, apple cider vinegar, etc)	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, other condiments
<b>Sweeteners</b>	Coconut sugar (no > 1tsp/day), fruit, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy, artificial sweeteners

**Important Considerations:**

1. Hydration: 2/3 ounce for every lb of body weight (Ex. 150lb person = 3L)
2. Meal Window: 12 hours or less. Decrease to 9-10 hours for increased results.
3. Keto (insulin friendly meal/drink) to break your fast.
4. 1 or less serving of grain per day (Ex. 1 serving = 1/2c of cooked rice or 1 slice of bread)