

<b>Allowed fruits:</b> <b>These can be fresh, frozen, dried, juiced or canned</b> <b>(watch for added sugar)</b>			
Apples	Coconuts	Limes	Pears
Apricots	Cranberries	Mangoes	Pineapples
Avocados	Dates	Melons	Plums
Bananas	Figs	Melons	Prunes
Berries	Grapefruit	Mulberry	Raisins
Blackberries	Grapes	Nectarines	Raspberries
Blueberries	Grenadine	Oats	Strawberries
Boysenberries	Guava	Olives	Tangelos
Breadfruit	Honeydew	Oranges	Tangerines
Cantaloupe	Kiwi	Papayas	Watermelon
Cherries	Lemons	Peaches	

<b>Allowed Vegetables:</b> <b>These can be fresh, frozen, dried, or canned (watch salt content)</b>			
Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

<b>Allowed Legumes:</b> <b>These can be fresh, frozen, dried, or canned (watch salt content)</b>		
Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Lupines
Pinto beans	Kidney beans	White Beans
Split peas	Peanuts (includes natural peanut butter)	
Lentils	Peas	

Allowed Nuts:		
All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax seed	Sunflower	Natural Almond Butter

Allowed Whole Grains:		
Whole wheat	Rollled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	Plain Rice cakes
Quinoa	Grits (vegan butter)	
Oats	Whole wheat pasta	
Millet Barley Popcorn (see recipe in FAQ's)		

Allowed Liquids:	
Water (spring, distilled, filtered)	Herbal Tea (caffeine free)
Unsweetened Soy Milk	100% Fruit/Vegetable Juice (no added sugar)
Unsweetened Almond Milk	

Other:
Tofu
Small amounts of Ezekiel Bread
Herbs Spices (read the label to be sure there are no preservatives)
Small amounts of Honey
Small amounts of Sea Salt
Stevia
Maple Syrup

Foods to Avoid:	
Alcohol	Margarine
All animal products including all meat, poultry, fish...	Mayonnaise
All Dairy	Milk
All deep-fried foods	Molasses
All leavened breads	Oils (canola, vegetable, olive, sunflower, etc
Baked goods (unless a vegan option)	Processed foods
Butter	Raw sugar

Limited Caffeine	Refined foods
Can juice	Refined sugar
Carbonated beverages	Shortening
Cheese	Some Sugar substitutes
Cream	Syrups (Can use Maple Syrup or Honey)
Eggs	White bread
Energy drinks	White flour
Food additives	White rice
Foods containing preservatives, additives	Animal Milk, Yogurt
High fat products	