

Conquering My Own Everest

Suggestive Foods List

VEGETARIAN FAT

Avocado oil	Cheese	Butter
Cocoa butter	Coconut butter	Coconut oil
Red palm oil	Salad dressing without sugar	
Ghee	Macadamia oil	MCT oil
Olive oil	Palm shortening	Cheese
Sesame oil	Walnut oil	Whole cream

VEGETARIAN PROTEIN

Cheese	Hummus	Lentils
Mushrooms	Nut butters	Nutritional yeast
Paneer	Seed butters	
Protein powder (pea, hemp, brown rice)		
Seeds (sunflower, sesame, pumpkin)		Spirulina
Sprouted beans	Tofu/tempe (non-GMO) (organic fermented)	

NUTS and SEEDS

Almonds	Brazil nuts	Chia seeds
Hazelnuts	Hemp seeds	Macadamia nuts
Peanuts	Pecans	Pine nuts
Pistachios	Pumpkin seeds	Nut butters
Sesame seeds	Sunflower seeds	Tahini (sesame butter)
Walnuts		

NON-VEGETARIAN FAT

Duck fat	Egg yolks	Lard
Tallow		

NON-VEGETARIAN PROTEIN

Bacon	Beef	Beef jerky
Bison	Cheese	Chicken
Cottage cheese	Deer	Duck
Elk	Goat	Goose
Hot dogs	Lamb	Moose
Pepperoni	Pheasant	Pork
Pork rinds	Quail	Rabbit
Salami	Sausages	Sheep
Turkey	Wild boar	Wild turkey

FISH

Anchovies	Bass	Cod
Eel	Flounder	Grouper
Haddock	Halibut	Herring
Mackerel	Mahi-mahi	Orange roughy
Perch	Red snapper	Rockfish
Salmon	Sardines	Talapia
Turbot	Trout	Tuna (including albacore)
Sole		

SEAFOOD

Abalone	Caviar	Clams
Crab	Lobster	Mussels
Oysters	Scallops	Shrimp
Squid	Octopus	

ORGAN MEATS

Bone marrow	Heart	Kidney
Liver	Tongue	Tripe

VEGETABLES

Artichokes	Arugula	Asparagus
Beet greens	Bitter Gourd	Bottle gourd
Bok choy	Broccoli	Brussels sprouts
Butterhead lettuce	Cabbage	Carrots
Cauliflower	Celery	Chard Chives
Cucumber	Dandelion greens	Eggplant
Endives	Fennel	Fenugreek leaves
Green mustard	Green onion	Jackfruit
Jicama	Kale	Kimchi
Kohlrabi	Leeks	Lotus
cucumber	Mushrooms (all kinds)	Mustard greens
Okra	Olive	Onions
Parsley	Peppers (all kinds)	Pointed gourd
Pumpkin	Radicchio	Radish
Radish leaves	Rhubarb	Ridge gourd
Romaine Lettuce	Sauerkraut	Scallions
Seaweed (all sea vegetables)		Shallots
Spaghetti squash	Spinach	Swiss chard
Tomatoes	Turnip greens	Watercress
Wild Spinach	Zucchini	

BERRIES and FRUIT

Avocado	Blackberry	Blueberry
Cranberry	Indian goseberry	Lemon
Lime	Natal plum	Olive
Raspberry	Strawberry	

LIQUIDS

Almond milk	Broth (chicken, beef, bone)	
Club soda	Coconut milk	
Herbal teas	Lemon and lime juice (small amounts)	
Seltzer water	Sparkling mineral water	
Unsweetened coffee	Unsweetened tea	Water

HERBS

All spice	Basil	Cardamom
Cayenne pepper	Chili powder	Cilantro/Coriander
Cinnamon	Cloves	Cumin
Curry leaves	Curry powder	Dill
Garlic	Ginger	Italian seasoning
Nutmeg	Oregano	Paprika
Parsley	Peppermint	Rosemary
Sage	Thyme	Turmeric

ADDITIONALS

Almond flour/meal		
Cacao nibs	Cacao powder	Coconut aminos
Coconut flour	Cod liver oil (fish oil)	Dark chocolate 100%
Eggs (of any animal)		Fermented vegetables
Fish sauce	Gelatin	Gluten-free tamari sauce
Mayonnaise (made with good oils - see list of fats)		
Monk fruit / Lo han guo	Hot sauce (no sugar)	
Mustard	Pickles	Shredded coconut
Stevia	Vanilla extract	Vinegars

Limited Usage

VEGETABLES

Corn (and popcorn)

LEGUMES

Beans (all varieties - Broad bean, Cluster beans, Cowpea, French bean, Green beans, Runner Beans)

Chickpeas (hummus is okay as there is mixed oil)

Edamame

Foods to Avoid

PROTEIN

- Almond milk (sweetened)
- Any meat products with sugar/grains (meatballs, breaded meat, meats with sweet sauce, etc.)
- Barbecue (with sugar)
- Cashews (in excess)
- Coconut milk (sweetened)
- Hot dogs (unless organic/ grass-fed)
- Milk (commercial)
- Processed deli meat (nitrates or dextrose)
- Sausage (unless organic/ grass-fed)
- Soy milk (even regular, because it's GMO)

FRUITS

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|-----------------------------|------------|---------|
| Apples | Apricots | Bananas |
| Cantaloupe | Cherries | Dates |
| Dried Fruits (like raisins) | Grapefruit | |
| Grapes | Kiwi | Mangoes |
| Melons | Orange | Peach |
| Pineapple | Plantain | Plum |

STARCHES

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| Potato | Sweet potato | Yam |
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GRAINS

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|----------------|------|-------|
| Oats (oatmeal) | Rice | Wheat |
| Other grains | | |