

Appendix

A. Foundational Foods List

These are the foods that will form the foundation of your daily diet. They can be eaten in any of the plans to help you follow your specific nutritional prescriptions. Even if you have none of the health issues discussed in this book, and just want a healthy foundation for eating, choose from this list. It is your go-to source for health.

VEGETABLES

SERVING SIZE: UNLIMITED

Alfalfa sprouts	Brussels sprouts
Artichokes—all types, fresh, frozen, jarred, or canned without additives, not marinated. Artichokes and water should be the only ingredients stated on package.	Cabbage—all types, including fermented/cultured, such as sauerkraut and kimchi
Arugula	Carrots
Asparagus	Cauliflower
Bamboo shoots	Celery—including leaves
Beans—green, yellow wax, haricots verts	Chicory—especially curly endive
Bean sprouts	Collard greens
Beets—fresh or canned, no sugar added	Cucumbers—all types
Beets—greens and bulbs	Cultured/fermented veggies—all types, such as sauerkraut, kimchi, and cultured pickles
Bok choy	Daikon (white radish)
Broccoli	Dandelion greens
Broccolini	Eggplant
	Endive
	Fennel

Frisée
 Hearts of palm
 Jícama
 Kale
 Leafy greens (mixed)
 Leeks
 Lettuces—all types except iceberg
 Mushrooms
 Mustard greens
 Okra
 Onions—red, yellow, green (scallions)
 Parsnips
 Peppers—sweet and hot: Anaheim, banana, cherry, habanero, jalapeño, pepperoncini, poblano, and serrano chiles; bell, Italian frying, pimienta, sweet peppers (Note: all peppers, including spices from chiles, such as red pepper flakes and cayenne, are to be avoided when on the autoimmune prescription)

Pumpkin
 Radishes
 Rhubarb
 Rutabaga
 Sea vegetable/seaweeds—dulse, hijiki, kelp, kombu, nori
 Shallots
 Snow peas
 Spinach
 Spirulina (type of algae)
 Sprouts—all types
 Summer squash—yellow, zucchini
 Swiss chard
 Turnips
 Watercress
 Winter squash—acorn, butternut, delicata, pumpkin, spaghetti squash

FRUITS

Note: All fruits and vegetables can be fresh or frozen, unless otherwise noted.

SERVING SIZE: 1 CUP OR 1 PIECE

Low glycemic fruits (0–49)

Apples—all types
 Blackberries
 Blueberries
 Cherries
 Goji berries
 Grapefruit
 Kumquats
 Lemons
 Limes
 Loganberries

Mulberries
 Oranges
 Peaches
 Pears—all types
 Plums
 Prickly pears
 Prunes
 Strawberries
 Tomatoes (for our purposes, tomatoes are fruit, not vegetable)

High glycemic fruits (50–100)

Apricots
 Cantaloupe
 Clementine
 Cranberries
 Figs—fresh only
 Guavas
 Honeydew melon
 Kiwi

Mangos
 Nectarines
 Papayas
 Pineapple
 Pomegranates
 Raspberries
 Tangerines
 Watermelon

COMPLEX CARBS

SERVING SIZE: 1 CUP COOKED GRAIN; ½ CUP COOKED LEGUMES; 1 OUNCE CRACKERS OR PRETZELS; 1 SLICE BREAD; 1 TORTILLA; ½ BAGEL; 1 MEDIUM SWEET POTATO

Amaranth

Barley—black or white

Beans/legumes—white, black, kidney, lima, pinto, adzuki; no peanuts, peas or soybeans

Brown rice pasta

Buckwheat flour

Kamut flour/bagels

Freekah (a green wheat that is roasted; considered an “ancient grain”)

Millet

Nut flours

Oats/oatmeal

Quinoa

Rice—brown, black, red, wild

Rye flour

Sorghum

Spelt—pasta, pretzels, tortillas

Sprouted-grain bagels, breads, tortillas

Sweet potatoes/yams (for our purposes, sweet potatoes and yams are complex carbs, not vegetables)

Tapioca, as a thickener in recipes (not the pudding with added sugar)

Teff

Wheat grass (serving size one shot)

PROTEINS

ANIMAL PROTEIN

SERVING SIZE: 4 OUNCES MEAT OR 6 OUNCES FISH

Beef—all lean cuts, lean ground meat, rump roast

Buffalo

Calamari

Caviar

Chicken

Clams

Corned beef

Crabmeat

Cured lean meats—prosciutto, black forest ham, smoked ham (only if nitrate free)

Deli meats—turkey, chicken, roast beef (only if nitrate free)

Eggs, whole, any size (2 eggs make a serving)

Fish—wild-caught, any types, especially cod, dory, flounder, haddock, halibut, herring, mackerel, pollock, sardines, sea bass, skate, sole, and trout (avoid bottom feeders, which tend to be more polluted, such as tilapia, grouper, and catfish)

Game—venison, elk, pheasant, etc.

Guinea fowl

Jerky—beef, buffalo, turkey, elk, ostrich

Lamb

Lobster

Mussels

Organ meats—chicken liver or gizzards, beef liver or heart, sweetbreads, kidneys, etc.

Oysters, fresh, raw or cooked; or packaged, packed in water

Pork—tenderloin, loin roast, chops

Rabbit

Salmon—smoked, fresh, frozen, or canned

Scallops

Shrimp

Tuna—fresh, frozen, or canned

Turkey

VEGETARIAN PROTEIN

SERVING SIZE: ½ CUP COOKED LEGUMES/COOKED MUSHROOMS; ½ CUP COOKED GRAINS; ¼ CUP RAW NUTS

Note: Some items on this list also appear on other lists, such as the Complex Carbs, Vegetables, or Healthy Fats lists. These foods can be used for either purpose in your meal map, but serving sizes will vary depending on how you are using them.

Almond cheese/almond flour	Nuts and seeds—raw only, all types (almond, Brazil, chia, pecan, pumpkin, sesame, walnuts, etc.), including their butters
Beans/legumes—white, black, pinto, chickpeas, lentils, adzuki, etc.—all <i>except</i> peanuts, peas, or soybeans	Oat bran
Mushrooms	Quinoa
	Rye berries
	Wild rice

HEALTHY FATS

SERVING SIZE: 1 CUP NUT MILKS; ¼ CUP RAW NUTS AND SEEDS OR SHREDDED COCONUT; ¼ CUP OLIVES; 3 TABLESPOONS DRESSING; 2 TABLESPOONS OIL; 2 TABLESPOONS RAW NUT OR SEED BUTTERS

Almond milk	Mayonnaise—safflower oil based
Avocado—½ medium	Olive oil
Cashew milk	Olives
Coconut	Nuts and seeds—raw only, all types (almond, Brazil, chia, pumpkin, sesame, walnuts, etc.), including their butters
Coconut milk	Sesame oil
Coconut oil	Tahini (sesame butter)
Flaxseed	
Grapeseed oil	
Hummus (⅓ cup)	

HERBS, SPICES, CONDIMENTS, AND MISCELLANEOUS FOODS

SERVING SIZE: UNLIMITED

Agar	Dried or fresh herbs—basil, bay leaf, celery seed, dill, mint, oregano, parsley, rosemary, tarragon, thyme (Note: all peppers, including spices from chiles, such as red pepper flakes and cayenne, are to be avoided when on the autoimmune prescription)
Apple cider vinegar	Garlic—fresh, and garlic powder
Arrowroot powder	Ginger, fresh or ground
Black pepper	Horseradish, fresh or jarred
Broths and stocks, homemade or natural/sugar-free—beef, chicken, vegetable, turkey	Lemon peel, lemon verbena leaves
Cacao powder, raw	
Chili powder	
Chives	
Coconut aminos	

Lime peel	Sweeteners—pure stevia or birch-based xylitol
Mustard—all types	Tabasco
Nutritional yeast	Tamari
Pickles	Vanilla extract
Salsa, including fermented	Vinegars—any type (including coconut vinegar and rice vinegar as long as it doesn't contain added sugar)
Sea salt	Xanthan gum (non-corn based)
Sesame seeds	
Spices—cinnamon, coriander, cumin, turmeric, nutmeg	
Spices from peppers—cayenne pepper, chili powder, red pepper flakes, paprika, etc.	

B. Top 20 Power Foods for GI Repair

Basil	Mint
Carrots	Pears
Celery	Pine nuts
Coconut oil	Prunes
Cultured/fermented cabbage (such as kimchi and sauerkraut)	Raw pumpkin seeds
Fennel	Red cabbage
Green apples	Rosemary
Green beans	Salmon
Lentils (ideally sprouted)	Sweet potatoes
	Zucchini

C. Top 20 Power Foods for Energy Repair

Asparagus	Ginger, fresh or ground
Brussels sprouts	Grapefruit
Cantaloupe	Lemons
Cauliflower	Lentils
Celery	Meats—all lean types
Chiles	Nuts, raw
Coconut oil	Oatmeal
Cucumbers	Quinoa
Eggs	Raspberries
Fish—wild-caught, except tilapia, grouper, or catfish	Spinach

D. Top 20 Power Foods for Hormone Repair

Apples	Garlic
Avocados	Ginger, fresh or ground
Beets	Legumes
Black pepper	Olive oil
Blueberries	Oranges
Broccoli	Pineapples
Cabbage	Nuts, raw
Cinnamon	Sweet potatoes
Eggs, whole (not just whites), organic	Turmeric
Flaxseed	Salmon, wild-caught

E. Top 20 Power Foods for Cholesterol Metabolism Repair

Avocados	Onions
Green beans	Oranges
Berries, such as raspberries, blueberries, blackberries	Pears
Carrots	Pork—lean and nitrite free
Fish—any kind	Prunes
Garlic	Radishes
Legumes—lentils, black beans, kidney beans, chickpeas	Rosemary
Mushrooms	Sardines
Oats	Spinach
	Tomatoes
	Walnuts

F. Top 20 Power Foods for Mood and Cognition Repair

Apricots	Mackerel
Beef liver (organic only)	Oranges
Broccoli	Oysters
Cantaloupe	Peaches
Carrots	Pumpkin
Cashews	Salmon
Chickpeas	Sardines
Collard greens	Spinach
Cultured (fermented) veggies	Turkey
Lima beans	Walnuts

G. Top 20 Power Foods for Blood Sugar Repair

Artichokes	Green beans
Avocados	Lettuce
Beef (grass-fed)	Nuts, raw—all types
Bell peppers	Olives
Cauliflower	Onions
Chia seeds	Turkey (organic)
Coconut milk	Vinegar—all types without added sugar
Dark leafy greens, especially dandelion greens and spinach	Warming spices like chili powder, cayenne pepper, cinnamon, and turmeric
Eggplant	Zucchini
Fresh herbs, especially parsley, rosemary, and chives	
Garlic	

H. Top 20 Power Foods for Immune Repair

Apricots	Cucumbers
Arugula	Garlic
Asparagus	Jícama
Beef liver (organic)	Olives
Blueberries	Radishes
Brussels sprouts	Sardines
Butternut squash	Sprouted adzuki beans
Cauliflower	Sweet potatoes
Celery	Turkey
Cranberries	Watermelon

I. Avoid Autoimmunity Anti-power Foods

Although the foods on this list are generally considered nutritious, they can be triggers for autoimmunity. If this is your challenge, temporarily cross these foods off your Foundational Foods List.

Almonds	Eggs
Cherries	Goji berries
Chiles and peppers, including all sweet and hot chiles and peppers like bell, banana, frying peppers, jalapeños, pimientos, and habanero; as well as spices made from peppers, like paprika and cayenne (black pepper is okay)	White potatoes (sweet potatoes are okay)
Eggplant	Rice
	Sprouted grain, spelt, and Kamut (only if you have celiac disease or gluten intolerance)
	Tomatillos
	Tomatoes