

Dr Gundry's Diet Evolution: The First 2-6 Weeks

Foods you are allowed to eat:

What to eat at each meal!

- ✓ Protein the size of the palm of your hand (see below for other options)
- ✓ Plenty of green leafy vegetables.
- ✓ 2 snacks of seeds or nuts.

Other sources of protein servings:

- ✓ 1 cup cheese (ricotta or cottage)
- ✓ 1 oz. aged cheese (cheddar or Swiss) per day. (1 cube/slice)
- ✓ 1 cup plain unsweetened yogurt
- ✓ 1 cup plain or flavored unsweetened soy milk, almond milk, or hemp milk
- ✓ 2 or 3 eggs and up to 4 per day
- ✓ ½ cup black soybeans or edamame
- ✓ 1 pkg Shirataki tofu noodles

* Go to page 174 in book for recipes for first 2 weeks*

What Not to Eat:

- ✓ All beige or white foods: pasta, rice, potatoes, milk, ice cream, chips, all baked goods, cereals, and candy. (anything made with white flour)
- ✓ All foods containing sugar in any way.
- ✓ All drinks which are: diet, low-cal, lite, sugar-free, and alcoholic mixed drinks.
- ✓ All fruit and vegetable juices.
- ✓ White wine and beer which have residual sugars.

What Not to Eat for the First Two Weeks:

- ✓ All fruits (including berries)
- ✓ "Brown" foods: whole grains, legumes (beans and lentils)
- ✓ Vegetables that are really fruit (tomatoes, avocado, and eggplant).
- ✓ Cooked root vegetables (beets, carrots, and celery root).

The Fab-Five:

1. Vitamin E: Should say "Mixed Vitamin E" 400-2,000 IU per day.
2. Vitamin C: 500-1,000 mg/day.
3. Magnesium: 500-1,000 mg/day.
4. Folic Acid: Folic 800-5,000 mcg/day
5. B Vitamins: 50-100 mcg/day.

Foods List:

Proteins:

- ✓ Meat (preferably grass-fed):
 - Beef filet, flank steak, stew meat, ground sirloin, round steak, jerky
 - Lamb
 - Pork tenderloin, ham, Canadian bacon, prosciutto (but no slab bacon)
 - Wild game, venison, bison
- ✓ Poultry (preferable free-range):
 - Chicken
 - Cornish game hen
 - Duck
 - Goose
 - Turkey
 - Turkey “bacon”
 - Turkey and chicken cold cuts (preferable sliced and not processed parts)
 - Wild poultry
- ✓ Fish (preferably wild, not farm raised):
 - Alaskan halibut
 - Anchovies
 - Freshwater bass
 - Hawaiian fish, such as ono, mahi mahi, and opakapaka
 - Sardines
 - Shellfish, including crab, lobster, squid, calamari, shrimp, scallops, clams, and mussels
 - Trout
 - Whitefish and perch
 - Yellowtail and tuna, also canned tuna

Dairy Product:

- ✓ Fresh Cheeses
 - Farmer cheese (1 cup)
 - Feta cheese (1/2 cup)
 - Low-fat cottage cheese (1 cup)
 - Mozzarella cheese, water packed (1/2 cup)
 - Ricotta cheese (1 cup)
- ✓ Aged Cheeses
 - Asiago
 - Bleu cheese
 - Cheddar
 - Goat cheese
 - Gruyere
 - Pecorino Romano
 - Parmigiano-Reggiano
 - Swiss
- ✓ Other Dairies:
 - Almond milk (plain or flavored, unsweetened only)
 - Eggs
 - Kefir

- Soymilk (plain or flavored, unsweetened only)
- Yogurt (plain, unsweetened only)
- ✓ Soy and related protein sources:
 - Black soybeans
 - Edamame
 - Seitan (this is wheat gluten)
 - Tofu (firm only)
 - Tofu shirataki noodles\

Vegetables:

- ✓ Artichokes
- ✓ Arugula
- ✓ Bamboo shoots
- ✓ Bean sprouts
- ✓ Beans (string, yellow)
- ✓ Beet greens
- ✓ Bok Choy
- ✓ Broccoli
- ✓ Brussel Sprouts
- ✓ Cabbage
- ✓ Capers
- ✓ Carrots (raw only)
- ✓ Cauliflower
- ✓ Celery
- ✓ Chard
- ✓ Chayote (vegetable pearl)
- ✓ Chicory
- ✓ Collards
- ✓ Cucumber (including pickles)
- ✓ Dandelion
- ✓ Endive
- ✓ Escarole
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger root
- ✓ Herbs (cilantro, basil, mint, sage, oregano, parsley, rosemary, thyme, etc.)
- ✓ Jicama
- ✓ Kale
- ✓ Kohlrabi
- ✓ Lettuce, including romaine, Boston, and all red and green lettuces
- ✓ Mushrooms
- ✓ Mustard greens
- ✓ Olives
- ✓ Onions, shallots, scallions, and chives
- ✓ Peppers (hot including jalapenos)
- ✓ Peppers (sweet bell, all colors)
- ✓ Pumpkin (up to one cup a day)
- ✓ Purslane
- ✓ Radicchio
- ✓ Radishes (including daikon)
- ✓ Spinach
- ✓ Sugar snap peas, snow peas (but not shelled peas)

- ✓ Summer squash (patty pan, yellow crookneck, zucchini)
- ✓ Turnip greens
- ✓ Water chestnuts.
- ✓ Watercress

Oils:

- ✓ Canola oil
- ✓ Flaxseed oil (do not heat)
- ✓ Grapeseed oil
- ✓ Hempseed oil (do not heat)
- ✓ Macadamia oil
- ✓ Olive oil (extra-virgin only, preferable unfiltered and cold pressed)
- ✓ Sesame oil(both plain and Asian roasted)
- ✓ Tahini (sesame seed paste), in small amounts only
- ✓ Walnut oil (do not heat)

Condiments:

- ✓ A.1. Steak sauce
- ✓ Fish sauce (nam pla)
- ✓ Lemon/Lime juice
- ✓ Mustard (without honey or sugars)
- ✓ Salsa (preferably fresh)
- ✓ Salt and pepper
- ✓ Spices and herbs
- ✓ Tabasco and other hot sauces
- ✓ Tamari or soy sauce
- ✓ Tomato sauce or paste
- ✓ Vinegar
- ✓ Worcestershire sauce

Nuts and Seeds:

- ✓ Almonds
- ✓ Brazil nuts
- ✓ Cocoa beans or chocolate with greater than 70% cocoa
- ✓ Coconut, dried or fresh, unsweetened only (very high in calories)
- ✓ Flaxseeds
- ✓ Hazelnuts
- ✓ Hemp seeds or powder
- ✓ Macadamias
- ✓ Peanut butter and other nut-butters
- ✓ Peanuts (unless you are cooking with them, use only roasted peanuts)
- ✓ Pecans
- ✓ Pepitas
- ✓ Pine Nuts
- ✓ Pistachios
- ✓ Pumpkin seeds
- ✓ Sesame seeds
- ✓ Walnuts

Meal Replacement Bars and Powders:

- ✓ Most low-carb protein bars including:
 - Atkins Advantage
 - Doctor's Carbrite Diet
 - Pure Protein
 - Think Thin
 - ✓ Most low-carb protein shakes including:
 - Atkins Advantage
 - Pure Protein
 - ✓ Hemp protein powder
 - ✓ Rice protein powder
 - ✓ Soy protein powder
 - ✓ Whey protein powder
- * All unsweetened*

Beverages:

- ✓ Coffee
- ✓ Consommé, bouillon, clear broth
- ✓ Plain spirits w/out mixers
- ✓ Red wine
- ✓ Tea (black, green, white, and herbal)

Foods to Avoid:

- ✓ "White" Foods
 - "No added sugar" foods
 - Artificial sweeteners
 - Candy
 - Flour
 - Frozen Yogurt
 - Ice cream
 - Mayo
 - Milk
 - Pasta
 - Potatoes
 - Ranch dressing
 - Rice (including white basmati and most brown rice)
 - Rice milk
 - Saltines
 - Sugar
 - White bread
- ✓ "Beige" Foods:
 - Blended coffee drinks
 - Bread (including flat bread, pita, and whole wheat, whole grain, and sprouted grain products)
 - Breaded food-any kind
 - Buns
 - Cereals (hot and cold)

- Chips
- Cookies
- Crackers
- Deep fried foods
- French fries
- Low-fat processed foods
- Muffins
- Pastry
- Bagels
- Pretzels
- Pizza
- Rolls
- Tortillas (flour or corn)

✓ Killer Fruits

- Fruit leathers/strips
- Dates
- Dried fruits of any kind
- Ripe bananas
- Oats
- Mangos
- Pineapple
- Plantains
- Raisins
- Ripe papayas
- Ripe pears
- Seedless grapes

✓ Other Foods to Avoid:

- Alcohol in a mixed drink, white or rose wine, beer, malt liquors
- Fruit juice (all kinds)
- Honey, molasses, maple syrup, corn syrup, and other sweeteners
- Jam, jellies, preserves, condiments made with sugar
- Jell-O-O (including sugar-free Jell-O)
- Soft drinks, including sugar-free and diet brands)
- Vegetable juice (all kinds)