



NEW YORK TIMES BEST SELLER

The Plant Paradox

THE HIDDEN DANGERS IN “HEALTHY” FOODS
THAT CAUSE DISEASE AND WEIGHT GAIN

By Dr. Steven Gundry



The “Yes” List

OILS

- Algae oil
- Olive oil
- Coconut oil
- Macadamia oil
- MCT oil
- Avocado oil
- Perilla oil
- Walnut oil
- Red palm oil
- Rice bran oil
- Sesame oil
- Flavored cod liver oil

SWEETENERS

- Stevia
- Inulin
- Yacon
- Monk fruit
- Luo han guo
- Erythritol
- Xylitol

NUTS AND SEEDS

- (1/2 cup/day) Macadamia, Walnuts, Pecans, Pistachios, Pine nuts
- Pecans
- Coconut
- Coconut Cream Hazelnuts

- Chestnuts
- Flaxseeds
- Hemp seeds
- Sesame Seeds
- Hemp protein powder
- Psyllium
- Pine nuts
- Brazil nuts

OLIVES

- ALL

DARK CHOCOLATE

- 72% or greater

VINEGARS

- ALL without added sugars

HERBS AND SEASONINGS

- ALL (except chili pepper flakes)
- Miso

FAT BOMB KETO BARS

- Adapt bar; coconut and chocolate

FLOURS

- Coconut
- Almond
- Hazelnut



- Sesame
- Chestnut
- Cassava
- Green Banana
- Sweet potato
- Tiger nut
- Grape seed
- Arrowroot

ICE CREAM

- Coconut
- Milk/Dairy Free frozen dessert with 1 gram of sugar

FOODLES

- Cappello's fettuccine
- Pasta Slim
- Shirataki noodles
- Miracle noodles and kanten pasta
- Miracle Rice

DAIRY PRODUCTS

- A2 Milk
- 1.oz cheese or 4.oz yogurt per day
- French/Italian butter
- Ghee
- Goat butter
- Goat cheese
- Butter (grass fed French or Italian)
- Goat brie
- Goat and sheep kefir
- Sheep cheese (plain)
- Coconut yogurt
- High-fat French/Italian cheeses such as triple-cream brie

- High-fat Switzerland cheese
- Buffalo mozzarella (made from buffalo milk)
- Organic heavy cream
- Organic sour cream
- Organic cream cheese (high fat dairy doesn't have casein)

WINE & SPIRITS

- Champagne (one 6 oz glass per day)
- Red (one 6 oz glass per day)
- Aged spirits (1 oz.)

FISH

- Any wild caught 2 - 4 oz per day
- White fish
- Freshwater bass
- Alaskan salmon
- Canned tuna
- Alaskan halibut
- Hawaiian fish
- Shrimp
- Crab
- Lobster
- Scallops
- Calamari/squid
- Oysters
- Mussels
- Sardines
- Anchovies

FRUIT

- Avocado or all berries in season, and sparingly



VEGETABLES

- Cruciferous
- Broccoli
- Brussels sprouts
- Cauliflower
- Bok choy
- Napa cabbage
- Chinese cabbage
- Swiss chard
- Arugula
- Watercress
- Collards
- Kale
- Green and Red cabbage
- Radicchio
- Raw sauerkraut Kimchi
- Nopales cactus
- Celery
- Onions
- Leeks
- Chives
- Scallions
- Chicory
- Carrots
- Carrot greens
- Artichokes
- Beets
- Radishes
- Daikon radishes

- Jerusalem artichokes
- Hearts of palm Cilantro
- Okra
- Asparagus
- Garlic
- Leafy greens
- Romaine
- Red and green leaf lettuce
- Kohlrabi
- Mesclun
- Spinach
- Endive
- Dandelion greens
- Butter lettuce
- Fennel
- Escarole
- Mustard greens
- Mizuna
- Parsley
- Basil
- Mint
- Purslane
- Perilla
- Algae
- Seaweed
- Sea vegetables
- Mushrooms

RESISTANT STARCHES

(In moderation)

- Siete brand tortillas
- Bread and bagels made by Bakery Paleo Wraps made with coconut flour
- Paleo coconut flakes cereal
- Green plantains
- Green bananas



- Baobab fruit
- Cassava
- Sweet potatoes or yams
- Rutabaga
- Parsnips
- Yucca
- Celery root
- Glucomannan
- Persimmon
- Jicama
- Taro roots
- Turnips
- Tiger nuts
- Green mango
- Millet Sorghum
- Green papaya

- Pork
- Lamb
- Beef
- Prosciutto

PLANT BASED MEATS

- Quorn
- Hemp tofu
- Hilary's root
- Veggie burger
- Tempeh (grain free only)

PASTURED-RAISED POULTRY

2-4oz per day
(avoid farm-raised)

- Chicken
- Turkey
- Ostrich
- Pastured or omega 3 eggs
(4 yolks daily or 1 egg white)
- Duck
- Goose
- Quail
- Dove Grouse

MEAT

(Grass fed and grass finished 4oz per day)

- Bison
- Wild game
- Venison Boar
- Elk



The “No” List

REFINED STARCHY FOODS

- Pasta
- Rice
- Potatoes
- Potatoes chips
- Milk
- Bread
- Tortillas
- Pastry
- Flours made from grains and pseudo
- Cookies
- Crackers
- Cereal
- Sugar
- Agave
- Splenda
- SweetOne or sunett NutraSweet
- Sweet n Low
- Diet drinks
- Maltodextrin

VEGETABLES

- Tomatoes (unless peeled, deseeded)
- Cucumbers (unless peeled, deseeded)
- Peas
- Sugar snap peas
- Legumes
- Green beans
- Chickpeas
- Soy
- Tofu
- Edamame
- Soy protein
- Textured vegetable
- All beans including sprouts
- All lentils

NUTS AND SEEDS

- Pumpkin
- Sunflower
- Chia
- Peanuts
- Cashews

FRUITS/VEGGIES

- All fruits (except in season fruit)
- Ripe Bananas
- Zucchini



- Pumpkins
- Squashes
- Melons
- Eggplants
- Tomatoes
(unless peeled, deseeded)
- Bell peppers
(unless peeled, deseeded)
- Chili peppers
(unless peeled, deseeded)
- Goji berries

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS

- Contain casein a-1 Yogurt
- Greek yogurt
- Frozen yogurts
- American Cheese
- Ricotta
- Cottage cheese
- Kefir
- Casein protein powders

GRAIN OR SOYBEANS-FED FISH- SHELLFISH- POULTRY- BEEF-LAMB AND PORK

SPROUTED GRAINS, PSEUDO- GRAINS AND GRASSES

- Whole grains
- Wheat Einkorn
- Wheat Kamut
- Oats
- Quinoa
- Rye
- Bulgur

- Brown rice
- White rice
- Barley
- Buckwheat
- Kashi
- Spelt
- Corn
- Corn products
- Cornstarch
- Corn syrup
- Popcorn
- Wheatgrass
- Barley grass

OILS

- Soy
- Grapeseed
- Corn
- Peanut
- Cottonseed
- Safflower
- Sunflower
- Partially hydrogenated vegetable or canola

