

MEATS

Look for organic with no added water/stock/spices

Chicken
Ground Beef
Lamb
Steak
Duck
Eggs (could trigger some)
Turkey (be careful of flavorings)
Pork (can trigger some)
Fish (look for wild caught)
Scallops
Shrimp
Langoustine
Crab
Lobster
Calamari

CHEESE & DAIRY

Ricotta (no additives)
Cream cheese (Arla brand/no additives)
Cottage Cheese (Daisy brand)
Mascarpone
Farmer's Cheese
Queso Fresco
Oaxaca
Fresh Mozzarella (not aged or smoked)
Fresh Goat Cheese (Chevre)
Boursin (garlic and herb)
Good quality American cheese
Milk (whole milk is best)
Half & Half
Heavy Cream (watch for carrageenan)
Ice Cream (no additives, Haagen Daz or McConnell's vanilla)

CONDIMENTS

Dijon (Annie's Organic/no wine)
Distilled White Vinegar (sub for citrus)
Sumac/Lemongrass (for citrus flavor)
Homemade mayo or clean store-bought
Annie's Ketchup (if you can tolerate onion powder)
Jams & Jellies without lemon or gelatin
Sriracha (no sulfites)
Zhoug Sauce from Trader Joe's
Olive oil
Cooking oils
Ghee
Butter (no "natural flavors", Kerrygold)
Vanilla
Honey
Agave
Pure Maple Syrup

GRAINS, etc.

Rice
Quinoa
Oats
Farro
Polenta
Cous cous
Buckwheat
Cereals (without additives or nuts)
Millet
Tapioca
Sorghum
Cassava
Wheat
Sugar (brown sugar may be an issue for some)

DRINKS

Sparkling water mixed with juices are wonderful to replace artificially flavored drinks
Swiss Water or CO2 Processed Decaf Coffee
Rooibos Tea
Ginger/Turmeric Tea
Alcoholic beverages: good vodka, blanco tequila, and dry white wine are best tolerated

BEANS

Garbanzo
Kidney
Black Beans
Great Northern
Pinto
Black Eyed Peas