

Appendix 5: Your List of Safe Foods*

<i>Animal Protein</i>	<i>Traditional Fats</i>	<i>Vegetables</i>	
Chicken	Ghee	Zucchini	
Duck	Coconut oil	Spinach	
Beef	Extra-virgin olive oil	Carrots	
Bison	Macadamia oil	Green beans	
Venison	Avocado oil		
Pork	Palm oil		
Fish	Tallow		
Crab	Lard		
Liver	Duck fat		
<i>Seasonings</i>		<i>Beverages</i>	<i>Non-Grain Carbs (fruits, tubers, sweeteners)</i>
Unrefined salt		Water	
Chives		Homemade bone broth	
Green part of green onions		Rooibos tea	
Cinnamon		Green tea	
Apple cider vinegar		Sparkling water	
Lemon/lime juice		Water infused with fresh rosemary, mint, or other herbs	
Asafoetida powder			
Fresh herbs			
Garlic-infused oil			
Herb-infused oil			
<i>Other (dairy, nuts, seeds, fermented foods, etc.)</i>		<i>Supplements</i>	

*Simply cross out foods you don't tolerate and add any safe foods you discover during the reintroduction phase.