

The Maker's Diet

Foods that Are Allowed the First Two Weeks

Meat (grass-fed/organic is best)

- Beef
- Lamb
- Venison
- Goat
- Veal
- Buffalo
- Beef sausage or hot dogs - no pork casing
- Meat bone soup/stock

Fish

- Salmon
- Tuna
- Scrod
- Haddock
- Pompano
- Trout
- Orange Roughy
- Snapper
- Herring
- Halibut
- Cod
- Grouper
- Mahi-mahi
- Tilapia
- Sea bass
- Mackerel
- Sole
- Salmon (canned in spring water)
- Tuna (canned in spring water)

- Sardine (canned in water or olive oil only)

Poultry (pastured/organic is best)

- Chicken
- Duck
- Cornish hen
- Turkey
- Turkey bacon
- Turkey Sausage
- Chicken/Turkey hotdogs

Eggs (high omega-3 DHA is best)

Dairy

- Goat's milk yogurt (plain)
- Homemade kefir made from goat milk
- Soft goat's milk cheese
- Hard goat's milk cheeses
- Sheep's milk hard cheeses

Fats & Oils (organic is best)

- Oil, butter (ghee)
- Avocado
- Extra-virgin coconut oil (cooking)
- Extra-virgin olive oil (not best for cooking)
- Flaxseed oil (not for cooking)
- Cow's milk butter
- Sesame oil
- Coconut milk/cream (canned)

Vegetables (organic or fresh or frozen is best)

- Broccoli
- Asparagus
- Cauliflower
- Cabbage
- Squash
- Beets
- Carrots

- Celery
- Eggplant
- Garlic
- Okra
- Spinach
- Peas
- String beans
- Cucumber
- Pumpkin
- Onion
- Lettuce
- Mushrooms
- Peppers
- Tomatoes
- Artichoke
- Leafy greens
- Sprouts
- Brussel sprouts
- Raw, fermented vegetables (lacto-fermented, no vinegar)

Beans & Legumes (soaked is best)

- Lentils

Nuts & Seeds (organic, soaked, or raw is best)

- Almonds
- Sunflower seeds
- Pumpkin seeds
- Almond butter
- Tahini, sesame butter raw

Condiments, spices, seasonings

- Salsa (fresh or canned)
- Guacamole
- Sea salt
- Herbamore season
- Umeboshi paste

- Raw salad dressings
- Raw marinades
- Herbs and spices
- Organic flavoring extracts
- Tomato sauce
- Apple cider vinegar
- Mustard
- Omega-3 mayo
- Soy sauce (wheat free)
- tamari

Fruits (organic fresh or frozen is best)

- Blueberries
- Blackberries
- Strawberries
- Cherries
- Lemon
- Raspberries
- Grapefruit
- Lime

Beverages

- Purified, non-chlorinated water
- Natural sparkling water (no carbonation added)
- Herbal teas - small amount of honey or stevia
- Raw vegetable juice
- Organic coffee

Sweeteners

- Stevia
- Raw honey in very small amounts (1 Tb per day max)

