

# The Live Disease Free Eating Plan Cheat Sheet



FOOD GROUPS	FOODS ALLOWED	FOODS EXCLUDED
<b>SUGAR</b>	NONE	ALL SUGARS & NATURAL SWEETENERS EXCLUDED
<b>SWEETENERS</b>	NONE	STEVIA, ASPARTAME, SACCHARIN, SUCRALOSE
<b>FRUIT</b>	LEMON, LIME, ½ GREEN APPLE, ¼ CUP BERRIES, OR SMALL KIWI. ONE SMALL SERVING FRUIT PER DAY 30 MIN BEFORE BREAKFAST	ALL OTHER FRUIT, INCLUDING FRUIT JUICES
<b>MEAT</b>	VIRTUALLY ALL MEATS, INCLUDING FISH, POULTRY & BEEF (ORGANIC IS BEST)	BREADED MEATS, PROCESSED MEATS
<b>EGGS</b>	YES, ALL TYPES ALLOWED	AVOID EGG SUBSTITUTES
<b>DAIRY</b>	BUTTER	ALL OTHER DAIRY, INCLUDING MARGARINE & ANY BUTTER SUBSTITUTES
<b>VEGETABLES</b>	MOST FRESH, STEAMED, SAUTEED, STIRFRIED OR OVEN ROASTED UNBLEMESHED VEGGIES	WHITE POTATO, CORN, SWEET POTATO, YAM, LEGUMES, DRIED BEANS & PEAS
<b>BEVERAGES</b>	FILTERED WATER, HERBAL TEAS (NOT SWEET), SPARKLING WATER	COFFEE & TEA (INCLUDING DECAF) & REGULAR / DIET SODAS & FRUIT JUICES. NO CAFFEINE
<b>GRAINS</b>	NO GRAINS ALLOWED	PASTA, RICE, QUINOA, AMARANTH, CORN, WHEAT, MILLET, OATS, BARLEY, ETC.
<b>YEAST PRODUCTS</b>	NO YEAST ALLOWED	ALL ARE EXCLUDED, AS ARE BREAD, MUSHROOMS, PASTRIES & ALCOHOL
<b>VINEGAR</b>	UNPASTURIZED, APPLE CIDER VINEGAR & GREEN OR BLACK OLIVES NOT AGED IN VINEGAR	PICKLES, SALAD DRESSINGS, OLIVES IN VINEGAR, SOY SAUCE
<b>NUTS &amp; SEEDS</b>	RAW NUTS & SEEDS, INCLUDING PECANS, ALMONDS, HAZELNUTS, WALNUTS, PUMPKIN SEEDS, SUNFLOWER SEEDS, SESAME SEEDS, NUT BUTTERS (ALMOND, TAHINI, FILBERT)	PEANUTS (AND ALL PEANUT PRODUCTS), CASHEWS & PISTACHIOS
<b>ALCOHOL</b>	NONE	ALL ALCOHOL EXCLUDED
<b>FERMENTED FOODS</b>	RAW SAURKRAUT	KOMBUCHA, KIMCHI, DAIRY YOGURT, KEFIR

# Live Disease Free Eating Guidelines

1. The target is to eat 9-13 servings, or about 3 platefuls of a variety of low carbohydrate vegetables each day. Eat moderate amounts of animal protein with each meal and enough healthy fat throughout the day to maintain your weight.
2. Eat less than 50 total grams of carbs per day which includes carbohydrates, sugars and fiber. You can use the free Cronometer app to measure the total grams of carbs each day.
3. If you do not want to lose weight then make sure you eat enough calories each day. Eat 3 meals a day and 2 snacks each day. If you eat more calories than you burn each day, you won't lose weight. If you miss meals or snacks you will lose weight. The key is to include enough healthy fat throughout the day.
4. Healthy fats include organic, cold pressed, non-GMO, extra virgin oils such as olive oil, almond oil, avocado oil, coconut oil, and butter.
5. If you suffer with inflammatory bowel disease, avoid raw vegetables. Eat low-carb vegetables that you tolerate and make sure they are steamed, stir-fried, sautéed, or oven roasted. Avoid vegetables that aggravate symptoms.
6. Choose vegetables and animal protein as close to their natural state as possible.
7. Eat carrots, avocados, beets, peppers and tomatoes as a garnish on a large salad, but not as a serving.
8. Eat up to 2 small servings (small handful) of nuts or seeds maximum each day. Eating too many nuts and seeds will feed parasites.
9. Avoid any foods you are allergic or sensitive to.
10. For a list of foods that are allowed or excluded, please refer to the Live Disease Free Cheat Sheet. If a food is not on the allowed list, it must be excluded.

