

# Yay or Nay?

## Eat Freely\*

These foods should make up the majority of your diet and can be enjoyed daily. They're real, whole foods and will give you the nutrients and energy you need to feel and look amazing!

- Leafy greens (spinach, kale, arugula, Romaine)
- Crunchy veggies (broccoli, zucchini, bell pepper, onion, summer squash, cauliflower)
- Starchy veggies (spaghetti squash, acorn squash, potatoes, carrots, sweet potatoes, parsnips, butternut squash)
- Fresh fruit (avocados, apples, berries, bananas, pineapple, pomegranate, grapes)
- Herbs (fresh or dried)
- Spices
- Raw or dry roasted nuts (almonds, Brazil nuts, walnuts, pistachios)
- Seeds (chia seeds, ground flaxseed, pumpkin seeds)
- Beans and lentils (pinto beans, chickpeas, black beans, kidney beans, lentils)
- Non-dairy milks, unsweetened (coconut, almond, cashew)
- Fermented foods (kombucha, sauerkraut, kimchi, kefir, yogurt)
- Gluten-free whole grains (oats, quinoa, corn, brown rice, wild rice, millet, buckwheat, amaranth)
- Organic eggs
- Grass-fed beef, lamb, or bison
- Pasture-raised pork
- Wild caught fish
- Free range chicken or turkey
- Healthy fats and oils (olive oil, ghee, coconut oil, avocado oil)

## Eat in Moderation

These foods are derived from their whole-food counterparts in the Eat Freely category but are slightly more processed. They can still be enjoyed weekly as part of a healthy diet.

- Gluten-free bread and crackers
- Gluten-free pasta (brown rice pasta, lentil pasta, quinoa pasta)
- Dried fruit, unsweetened
- Canned fruit (in 100% juice)
- Organic sausage or lunch meats
- Protein powder (collagen, 100% whey, or plant-based)
- Bars (Larabar, Epic, Rx, Bulletproof, Primal)
- Dark chocolate (70% or higher)
- Wine, beer or low-sugar cocktails (avoid during P20)

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(continued)

## Save for Special Occasions (Limit or Avoid During P20)

We like to say food is for fuel and for fun. These foods fall into the “fun” category and can be enjoyed occasionally for pleasure and for celebrations!

- Bread and pasta
- Cheese
- Sweet treats like chocolate or candy
- Chips, pretzels and other salty snacks
- Ice cream
- Baked goods
- Restaurant meals
- Alcohol

\*Although we say to eat these foods “freely,” we still encourage you to eat mindfully with consideration to your hunger levels, energy, and overall sense of well-being. We also generally recommend limiting animal protein to 1-2 servings per day and limiting red meat consumption to ~2 times per week.