Dr Gundry's Diet Evolution: The First 2-6 Weeks

Foods you are allowed to eat:
What to each at each meal!
✓ Protein the size of the palm of your hand (see below for other options)
✓ Plenty of green leafy vegetables.
✓ 2 snacks of seeds or nuts.

Other sources of protein servings:
✓ 1 cup cheese (ricotta or cottage)
✓ 1 oz. aged cheese (cheddar or Swiss) per day. (1 cube/slice)
✓ 1 cup plain unsweetened yogurt
✓ 1 cup plain or flavored unsweetened soymilk, almond milk, or hemp milk
✓ 2 or 3 eggs and up to 4 per day
✓ ½ cup black soybeans or edamame
✓ 1 pkg Shirataki tofu noodles

* Go to page 174 in book for recipes for first 2 weeks*

What Not to Eat:
✓ All beige or white foods: pasta, rice, potatoes, milk, ice cream, chips, all baked goods, cereals, and candy. (anything made with white flour)
✓ All foods containing sugar in any way.
✓ All drinks which are: diet, low-cal, lite, sugar-free, and alcoholic mixed drinks.
✓ All fruit and vegetable juices.
✓ White wine and beer which have residual sugars.

What Not to Eat for the First Two Weeks:
✓ All fruits (including berries)
✓ “Brown” foods: whole grains, legumes (beans and lentils)
✓ Vegetables that are really fruit (tomatoes, avocado, and eggplant).
✓ Cooked root vegetables (beets, carrots, and celery root).

The Fab-Five:
1. Vitamin E: Should say “Mixed Vitamin E” 400-2,000 IU per day.
2. Vitamin C: 500-1,000 twice mg/day.
3. Magnesium: 500-1,000 mg/day.
4. Folic Acid: Folic 800-5,000 mcg/day
5. B Vitamins: 50-100 mcg/day.
Foods List:

Proteins:
✓ Meat (preferably grass-fed):
  • Beef filet, flank steak, stew meat, ground sirloin, round steak, jerky
  • Lamb
  • Pork tenderloin, ham, Canadian bacon, prosciutto (but no slab bacon)
  • Wild game, venison, bison
✓ Poultry (preferable free-range):
  • Chicken
  • Cornish game hen
  • Duck
  • Goose
  • Turkey
  • Turkey “bacon”
  • Turkey and chicken cold cuts (preferable sliced and not processed parts)
  • Wild poultry
✓ Fish (preferably wild, not farm raised):
  • Alaskan halibut
  • Anchovies
  • Freshwater bass
  • Hawaiian fish, such as ono, mahi mahi, and opakapaka
  • Sardines
  • Shellfish, including crab, lobster, squid, calamari, shrimp, scallops, clams, and mussels
  • Trout
  • Whitefish and perch
  • Yellowtail and tuna, also canned tuna

Dairy Product:
✓ Fresh Cheeses
  • Farmer cheese (1 cup)
  • Feta cheese (1/2 cup)
  • Low-fat cottage cheese (1 cup)
  • Mozzarella cheese, water packed’ (1/2 cup)
  • Ricotta cheese (1 cup)
✓ Aged Cheeses
  • Asiago
  • Bleu cheese
  • Cheddar
  • Goat cheese
  • Gruyere
  • Pecorino Romano
  • Parmigiano-Reggiano
  • Swiss
✓ Other Dairies:
  • Almond milk (plain or flavored, unsweetened only)
  • Eggs
  • Kefir
- Soymilk (plain or flavored, unsweetened only)
- Yogurt (plain, unsweetened only)
- Soy and related protein sources:
  - Black soybeans
  - Edamame
  - Seitan (this is wheat gluten)
  - Tofu (firm only)
  - Tofu shirataki noodles

Vegetables:
- Artichokes
- Arugula
- Bamboo shoots
- Bean sprouts
- Beans (string, yellow)
- Beet greens
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Capers
- Carrots (raw only)
- Cauliflower
- Celery
- Chard
- Chayote (vegetable pearl)
- Chicory
- Collards
- Cucumber (including pickles)
- Dandelion
- Endive
- Escarole
- Fennel
- Garlic
- Ginger root
- Herbs (cilantro, basil, mint, sage, oregano, parsley, rosemary, thyme, etc.)
- Jicama
- Kale
- Kohlrabi
- Lettuce, including romaine, Boston, and all red and green lettuces
- Mushrooms
- Mustard greens
- Olives
- Onions, shallots, scallions, and chives
- Peppers (hot including jalapenos)
- Peppers (sweet bell, all colors)
- Pumpkin (up to one cup a day)
- Purslane
- Radicchio
- Radishes (including daikon)
- Spinach
- Sugar snap peas, snow peas (but not shelled peas)
✓ Summer squash (patty pan, yellow crookneck, zucchini)
✓ Turnip greens
✓ Water chestnuts.
✓ Watercress

Oils:
✓ Canola oil
✓ Flaxseed oil (do not heat)
✓ Grapeseed oil
✓ Hempseed oil (do not heat)
✓ Macadamia oil
✓ Olive oil (extra-virgin only, preferable unfiltered and cold pressed)
✓ Sesame oil (both plain and Asian roasted)
✓ Tahini (sesame seed paste), in small amounts only
✓ Walnut oil (do not heat)

Condiments:
✓ A.1. Steak sauce
✓ Fish sauce (nam pla)
✓ Lemon/Lime juice
✓ Mustard (without honey or sugars)
✓ Salsa (preferably fresh)
✓ Salt and pepper
✓ Spices and herbs
✓ Tabasco and other hot sauces
✓ Tamari or soy sauce
✓ Tomato sauce or paste
✓ Vinegar
✓ Worcestershire sauce

Nuts and Seeds:
✓ Almonds
✓ Brazil nuts
✓ Cocoa beans or chocolate with greater than 70% cocoa
✓ Coconut, dried or fresh, unsweetened only (very high in calories)
✓ Flaxseeds
✓ Hazelnuts
✓ Hemp seeds or powder
✓ Macadamias
✓ Peanut butter and other nut-butters
✓ Peanuts (unless you are cooking with them, use only roasted peanuts)
✓ Pecans
✓ Pepitas
✓ Pine Nuts
✓ Pistachios
✓ Pumpkin seeds
✓ Sesame seeds
✓ Walnuts
Meal Replacement Bars and Powders:
✓ Most low-carb protein bars including:
  - Atkins Advantage
  - Doctor’s Carbrite Diet
  - Pure Protein
  - Think Thin
✓ Most low-carb protein shakes including:
  - Atkins Advantage
  - Pure Protein
✓ Hemp protein powder
✓ Rice protein powder
✓ Soy protein powder
✓ Whey protein powder
  * All unsweetened*

Beverages:
✓ Coffee
✓ Consommé, bouillon, clear broth
✓ Plain spirits w/out mixers
✓ Red wine
✓ Tea (black, green, white, and herbal)

Foods to Avoid:
✓ “White” Foods
  - “No added sugar” foods
  - Artificial sweeteners
  - Candy
  - Flour
  - Frozen Yogurt
  - Ice cream
  - Mayo
  - Milk
  - Pasta
  - Potatoes
  - Ranch dressing
  - Rice (including white basmati and most brown rice)
  - Rice milk
  - Saltines
  - Sugar
  - White bread

✓ “Beige” Foods:
  - Blended coffee drinks
  - Bread (including flat bread, pita, and whole wheat, whole grain, and sprouted grain products)
  - Breaded food-any kind
  - Buns
  - Cereals (hot and cold)
- Chips
- Cookies
- Crackers
- Deep fried foods
- French fries
- Low-fat processed foods
- Muffins
- Pastry
- Bagels
- Pretzels
- Pizza
- Rolls
- Tortillas (flour or corn)

✔ Killer Fruits
  - Fruit leathers/strips
  - Dates
  - Dried fruits of any kind
  - Ripe bananas
  - Oats
  - Mangos
  - Pineapple
  - Plantains
  - Raisins
  - Ripe papayas
  - Ripe pears
  - Seedless grapes

✔ Other Foods to Avoid:
  - Alcohol in a mixed drink, white or rose wine, beer, malt liquors
  - Fruit juice (all kinds)
  - Honey, molasses, maple syrup, corn syrup, and other sweeteners
  - Jam, jellies, preserves, condiments made with sugar
  - Jell-O-O (including sugar-free Jell-O)
  - Soft drinks, including sugar-free and diet brands
  - Vegetable juice (all kinds)