



# NSIPM & Sano Wellness Center

## Replacement Food Ideas

### Top 6 Foods to Eliminate from Diet:

GMO Foods	Gluten	Hydrogenated Oils
Processed Sugar	A1 Casein	Artificial Sweeteners

### The Dirty Dozen:

Peaches	Celery	Cherries	Spinach
Apples	Nectarines	Pears	Lettuce
Sweet Bell Peppers	Strawberries	Grapes	Potatoes

### Toxic Two:

Conventional Meat	Conventional Dairy
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### REPLACEMENT FOOD IDEAS:

#### Regular or Diet Soda

Kombucha, Herbal Tea with Stevia or Raw Honey, Zevia

#### Juice or Lemonade

Strawberry Lemonade (made with 100% Lemon Juice and Real Strawberries), San Pellegrino with lime juice, Coconut Water

#### Coffee (sugar)

Organic coffee with cinnamon, Coconut Creamer, Raw Honey

#### Energy Drinks

Coconut Water, Kombucha, Green Tea with Stevia

#### Crackers

Mary's Gone Crackers, Sprouted 7-Seed Crackers Beyond Organic, Brown Rice Crackers

#### Bars

Larabar, Z-Bars Beyond Organic, Standard Process Bars, Vega, Kind Bars

#### Milk Chocolate

Organic Dark Chocolate (70% or more cocoa) Choc Almond or Coconut Milk

#### Commercial Meats

100% Grass-fed Organic Beef, Lamb, and Venison. Free-range poultry, nitrate free turkey bacon and eggs. Grass-fed Beyond Organic beef and grass-fed beef hot dogs

#### Lunch Meat

Grass-fed Organic Lunch Meat, Organic Turkey, and Grass-fed beef jerky

#### Fish, Tilapia

Wild Caught Salmon and other wild caught fish (Halibut, Tuna, Grouper)

#### Milk

Unsweetened Coconut Milk, Unsweetened Almond Milk, Raw Grass-fed Cow's Milk, Goat's Milk

#### Processed Cheese

Organic Valley Raw Cheese or Raw cheeses from Goat, Sheep, or Beyond Organic

#### Ice Cream

Almond or Coconut Milk Ice Cream

#### Yogurt

Amasai, Kefir (goat's milk), Yogurt (sheep milk)

#### Vegetable & Canola Oil

Raw Grass-fed Butter, Coconut Oil, Red Palm Oil, Extra Virgin Olive Oil

#### Flours White and Wheat

Coconut Flour, Almond Flour, and Gluten-Free Flour (Bob's Red Mill)