



NUTRITION LEVELS COMPARISON CHART

MEAT, POULTRY, FISH	PERFORMANCE	LIFESTYLE	KICK START
Beef	Yes	Yes	Yes
Game meats	Yes	Yes	Yes
Pork	Yes	Yes	Yes
Poultry	Yes	Yes	Yes
Fish	Yes	Yes	Yes
Shellfish	Yes	Yes	Yes
Bacon cured with sugar	No	Yes	Yes
Deli & cured meats with nitrates or artificial ingredients	No	No	Yes
VEGETABLES & LEGUMES	PERFORMANCE	LIFESTYLE	KICK START
Most vegetables (see below)	Yes	Yes	Yes
Legumes (except soybean)	Yes	Yes	Yes
Sweet potatoes	Yes	Yes	Yes
Corn	No	Yes	Yes
Potatoes	No	No	Yes
Soy	No	No	Yes
Taro	No	No	Yes
Yucca	No	No	Yes
FRUITS	PERFORMANCE	LIFESTYLE	KICK START
All fresh fruits	Yes	Yes	Yes
Dried fruit with no added sugar	Yes	Yes	Yes
NUTS, SEEDS, FATS & OILS	PERFORMANCE	LIFESTYLE	KICK START
Nuts - butters, milks, nut "flours"	Yes	Yes	Yes
Avocado	Yes	Yes	Yes
Coconut - flakes, milk, flour, aminos	Yes	Yes	Yes
Most cooking oil (see below for exceptions)	Yes	Yes	Yes
Animal fats (e.g. butter, lard, duck fat, tallow)	Yes	Yes	Yes
Corn oil, soy oil	No	Yes	Yes
GRAINS, STARCHES, CORN & SOY	PERFORMANCE	LIFESTYLE	KICK START
Sweet potatoes	Yes	Yes	Yes
Yams	Yes	Yes	Yes
Almond flour, coconut flour	Yes	Yes	Yes
Buckwheat	No (Yes for Veg)	Yes	Yes
Oats and oatmeal	No (Yes for Veg)	Yes	Yes
Brown rice	No (Yes for Veg)	Yes	Yes
Quinoa	No (Yes for Veg)	Yes	Yes
Amaranth	No (Yes for Veg)	Yes	Yes
Wild rice	No (Yes for Veg)	Yes	Yes
Soy, fermented (traditionally fermented tamari, miso, tempeh)	No (Yes for Veg)	Yes	Yes
Corn, fresh	No	Yes	Yes
Potatoes	No	No	Yes
Soy, unfermented (tofu, soy sauce, edamame, beans)	No	No	Yes
Tortillas (flour, whole wheat, corn)	No	No	Yes
White rice	No	No	Yes

GRAINS, STARCHES, CORN & SOY <i>continued</i>	PERFORMANCE	LIFESTYLE	KICK START
Corn, popped	No	No	Yes
Yucca, taro, arrowroot powder, tapioca starch	No	No	Yes
Pasta (all types – wheat, rice, etc.)	No	No	No
Flours of any complaint or non-complaint grain	No	No	No
Bread, flat breads, naan, etc.	No	No	No
SWEETENERS, SUGAR, CANDY & DESSERT	PERFORMANCE	LIFESTYLE	KICK START
Stevia	Yes	Yes	Yes
Coconut sugar	No	No	Yes
Sugar/sweetener as ingredient in store or restaurant bought prepared foods (e.g. broths or fresh meals)	No	No	Yes
Gum, mints	No	No	Yes
Sugar, agave, honey to normally sweeten coffee or tea	No	No	Yes
Artificial sweeteners (e.g. Nutra-sweet, Splenda, Equal)	No	No	Yes
Sugar/sweetener as ingredient in dessert, baked goods, oatmeal, home recipes, etc.	No	No	No
Coffee or tea flavored drinks (e.g. mochas, syrups, “blendeds”)	No	No	No
Candy, chocolate	No	No	No
DAIRY	PERFORMANCE	LIFESTYLE	KICK START
Butter	Yes	Yes	Yes
Yogurt or kefir (unsweetened)	No	Yes	Yes
Whey protein	No	Yes	Yes
Milk, sour cream, cottage cheese	No	No	Yes
Cheese	No	No	No
BEVERAGES	PERFORMANCE	LIFESTYLE	KICK START
Water	Yes	Yes	Yes
Carbonated water	Yes	Yes	Yes
Coffee	Yes	Yes	Yes
Kombucha	Yes	Yes	Yes
Lemon or lime juice	Yes	Yes	Yes
Coconut water (unsweetened)	Yes	Yes	Yes
Vegetable juice	Yes	Yes	Yes
Fruit puree (blended)	Yes	Yes	Yes
Wine or spirits	No	1 per week	1 per day
Cooking with alcohol	No	Yes	Yes
Fruit juice	No	No	Yes
Soda (regular, diet, or “natural”)	No	No	No
Beer	No	No	No
JUNK FOOD, ARTIFICIAL & OTHER INGREDIENTS	PERFORMANCE	LIFESTYLE	KICK START
Sweet potato fries, sweet potato chips, veggie chips	Yes	Yes	Yes
Citric acid, calcium chloride, yeast	Yes	Yes	Yes
Xanthan gum and guar gum	No	Yes	Yes
MSG, nitrates/nitrites, benzoates (includes: BHA, BHT, TBHQ), hydrogenated oils	No	No	Yes
Artificial colors and flavors	No	No	Yes
Potato chips, corn chips and french fries	No	No	No