



FOOD REPLACEMENT GUIDE



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If you have any specific medical conditions and/or dietary concerns or allergies, please consult your physician or nutritionist before commencing this or any other meal plan.



THE SINISTER SIX

THE TOP SIX FOODS TO ELIMINATE FROM YOUR DIET TODAY.

1. GMO FOODS (GMO)

Any organism whose genetic material has been altered using genetic engineering techniques. GMOs are the source of genetically modified foods and are also widely used in scientific research and to produce goods other than food.

2. PROCESSED SUGAR

Also known as refined sugar, sucrose, and table sugar, is cane and beet sugar. It is a white, odorless, crystalline powder with a sweet taste and is the most common form of sugar in North America and Europe.

3. GLUTEN

a protein composite found in wheat and related grains, including barley and rye. Gluten gives elasticity to dough, helping it rise and keep its shape and often gives the final product a chewy texture.

4. A1 CASEIN

A protein commonly found in milk, making up 80% of the proteins in cow milk and between 20% and 45% of the proteins in human milk. Research has found correlations between the prevalence of milk with A1 beta-casein proteins and various chronic diseases.

5. HYDROGENATED OILS

Oil in which the essential fatty acids have been converted to a different form chemically for more shelf life and will not go rancid as quickly. Made by forcing hydrogen gas into oil at high pressure. Two common examples of hydrogenated oil are Crisco and margarine.

6. ARTIFICIAL SWEETENERS

Any sugar substitute or food additive used to sweeten food that is not natural such as aspartame, sucralose, neotame, acesulfame potassium (Ace-K), saccharin, and advantame.

THE WHITE DEVILS

THESE FOODS SPIKE BLOOD SUGAR TOO QUICKLY, CAN CREATE CRAVINGS AND CAN BE ALLERGENIC.

1. WHITE SUGAR

2. WHITE FLOUR

(from processed grains)

3. WHITE RICE

4. WHITE POTATOES

5. WHITE COW'S MILK

(pasteurized)

6. WHITE SALT

THE ALTERNATIVE ANGELS

THESE FOODS CAN HELP BALANCE BLOOD SUGAR AND CAN REDUCE CRAVINGS.

1. STEVIA OR RAW CANE SUGAR

2. WHOLE GRAIN OR WHOLE NUT FLOUR

(e.g. coconut or almond)

3. BROWN RICE, WILD RICE, OR QUINOA

4. SWEET POTATOES OR YAMS

5. COCONUT, ALMOND, RICE, OR HEMP SEED MILK

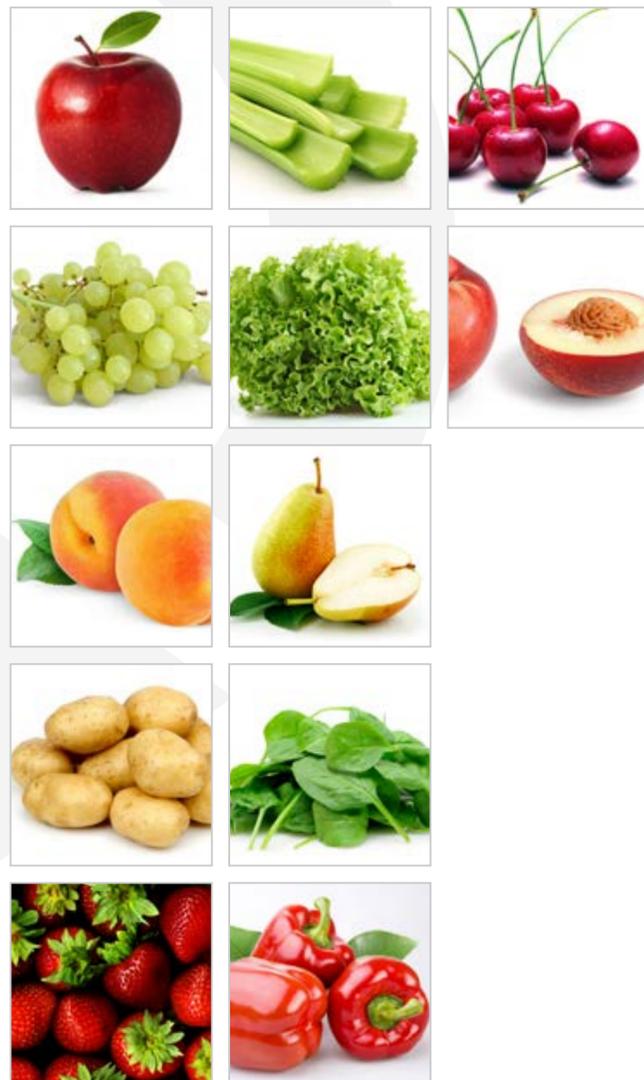
6. HIMALAYAN OR CELTIC SEA SALT

PRODUCE

THE “DIRTY DOZEN”

These vegetables and fruits have the highest pesticide residue, try to buy organic whenever possible.

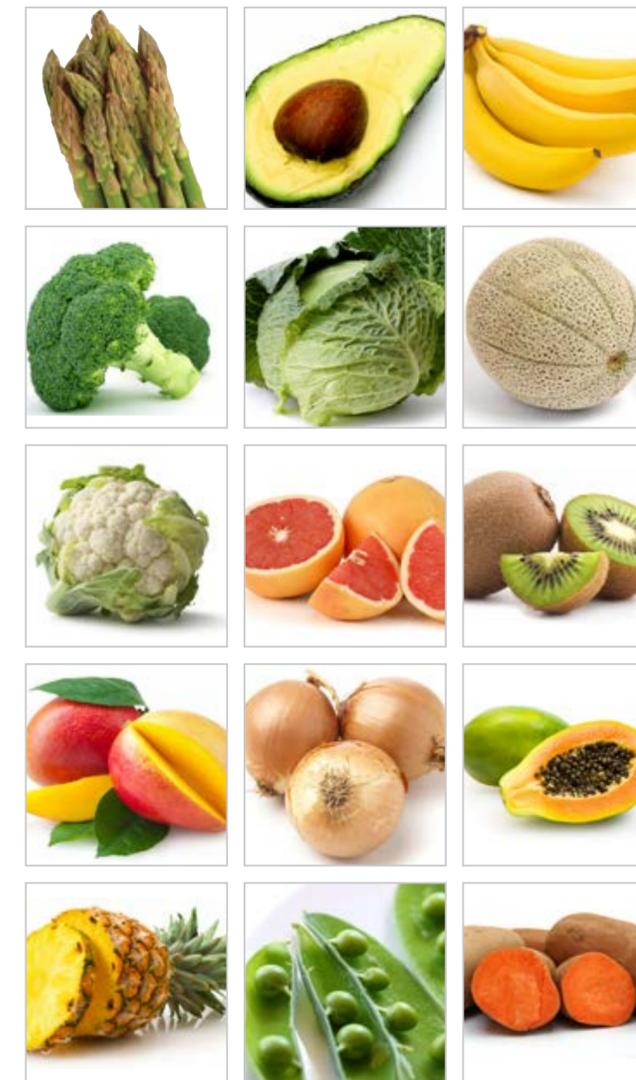
1. Apples
2. Celery
3. Cherries
4. Grapes (imported)
5. Lettuce
6. Nectarines
7. Peaches
8. Pears
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet Bell Peppers



THE “CLEAN FIFTEEN”

These are some of the more pesticide free vegetables and fruits.

1. Asparagus
2. Avocado
3. Bananas
4. Broccoli
5. Cabbage
6. Cantaloupe
7. Cauliflower
8. Grapefruit
9. Kiwi Fruit
10. Mango
11. Onions
12. Papaya
13. Pineapples
14. Sweet Peas (Frozen)
15. Sweet potatoes



THE TRIPLE THREAT

CONTROVERSIAL FOODS WITH POTENTIAL HEALTH RISKS.

CONVENTIONAL MEAT



CONVENTIONAL DAIRY



CONVENTIONAL
FARM-RAISED FISH



SIMPLE SWAPS

These replacement foods are from my buddy Dr. Josh Axe (draxe.com) and are simple swaps that will help improve your energy and overall health.

- Regular or Diet Soda** Coconut Kefir, and Herbal Tea with Stevia or Honey
- 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
- Energy Drinks** Coconut Water, Kombucha, Green Tea with Stevia
- Crackers** Mary's Gone Crackers, Beyond Organic Sprouted 7-Seed Crackers
- Bars** [Quest Bars](#), Beyond Organic Bars, Lara Bars
- Milk Chocolate** Organic Dark Chocolate (70% or more cocoa)
- 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 (Cod, Halibut, Tuna, Sardines, Grouper)

Milk Unsweetened Coconut Milk, Unsweetened Almond Milk, Raw Grass-fed Cows Milk, Goats Milk

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

Ice Cream Coconut Ice Cream or Cashewtopia (brand) Ice Cream

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

Vegetable & Canola Oil Raw Grass-fed Butter, Coconut Oil, Red Palm Oil, Olive Oil

Flours White & Wheat Coconut Flour, Almond Flour, and Gluten-Free Flour (Bob's Red Mill)

Breads Whole Sprouted Breads, Ezekiel Bread, Paleo Bread made with Coconut and Almond Flour

SIMPLE SWAPS (CONT.)



Tortillas / Wraps Gluten Free Tortillas, Ezekiel Tortillas, Coconut Wraps, Sprouted Corn Tortillas by Food for Life

Pastas Zucchini Noodles, Quinoa Noodles, Ezekiel Pasta

Fries Baked Sweet Potato Fries. (cook in coconut oil, top with sea salt), Eggplant fries, and turnip fries

Chips Kale Chips from Alive and Radiant, Baked Zucchini Chips, and Brown Rice Chips

Pretzels Mary's Gone Crackers Sticks & Twigs Sea Salt Pretzels

Whey Protein Isolate Organic Grass-fed Whey and [Vega One](#) Sprouted Brown Rice Protein

Refined Oatmeal Gluten Free Steel Cut Oats, Chia Seed Pudding, and Cream of Brown Rice

Cereal Sprouted Nut Granola (sprouted almonds, pecans, chia seeds, raisins, coconut flakes, cinnamon, raw honey, sea salt)

Salad Dressing Olive Oil, Balsamic Vinegar, Hummus, Bragg Brand Salad Dressings, apple cider vinegar, and coconut vinegar

Dips Hummus, Guacamole, Salsa, Nut Butters (Almond, Cashew, Macadamia)

Sugar or Artificial Sweeteners Stevia, Raw Honey, Coconut Nectar, Dates, Cinnamon

Spices Sea Salt, Garlic, Rosemary, Turmeric, Cilantro, Basil, Black Pepper

Cookies & Pastries Cookies and Pastries made with Coconut Flour, Almond Flour, Dates, Raw Honey and Stevia. (For 1 cup flour: substitute 2/3 coconut flour, 1/3 almond flour)