



BE WELL

by DR. FRANK LIPMAN

DAILY LIVING

EATING PLAN

Daily Living Eating Plan

	Allowed	Not Allowed
Fruits	All fresh fruits, freshly squeezed juices, small amounts of unsulfured dried fruit	Commercial fruit juices, sulfured dried fruit
Vegetables	All fresh vegetables, frozen vegetables, organic non-GMO corn	Canned vegetables, regular corn
Animal Protein	Organic or free range eggs, chicken, lamb, grass-fed beef, turkey, duck, wild game such as buffalo	Factory-farmed meats including chicken, turkey, pork, beef, veal, cold cuts, canned meats, hot dogs, sausage
Fish	Wild salmon, black cod, trout, shellfish anchovies, herring, sardines, wild fish (low mercury)	Factory farmed fish, high mercury fish including: tuna, shark, swordfish
Grains	Non-gluten grains including quinoa, brown and wild rice, buckwheat, teff, millet, amaranth, brown rice pasta, pure buckwheat noodles, gluten-free oats	Gluten grains including: wheat, barley, rye, spelt, bran, farina, kamut, oats, couscous
Beans & Pulses	All beans and legumes, fermented soy including natto, tempeh, miso	Unfermented soybean products, tofu
Nuts & Seeds	Raw (not roasted), unsalted nuts	Peanuts and peanut products
Dairy & Dairy Substitutes	Almond, rice, hemp and coconut milk, raw milk cheese, sheep and goats milk products, small amounts of plain yogurt & butter (from grass-fed cows if possible)	Regular cows milk, soy milk, non-dairy creamers, powdered milk, regular cheese, cream cheese, cottage cheese
Sweeteners	Stevia, Xylitol, small amounts of raw honey (unheated), 100% maple syrup, 100% palm sugar, black strap molasses	Artificial sweeteners, refined sugars, cane sugar, beet sugar, white and brown sugars, fruit juice concentrate high fructose corn syrup
Beverages	Green, black, herbal teas (non-caffeinated), spring and sparkling water, fresh vegetable juices	Alcohol, coffee, soft drinks, soda, commercial fruit juices, caffeinated beverages, commercial energy drinks
Oils	Extra virgin olive oil, coconut, sesame, walnut, flaxseed	Canola, sunflower, margarine, shortening
Vinegars	Apple cider, white wine, red wine, balsamic, rice	Commercial salad dressings
Herbs, Spices & Condiments	All herbs and spices, mirin, mustard, wheat-free soy sauce	Ketchup, relish, chutney, BBQ sauce, regular soy sauce, mayonnaise
Other	Small amounts of dark chocolate Cocoa nibs, unsweetened cocoa powder	Candy, milk chocolate, energy and protein bars