

daily burn

IGNITETM

Quick Guide

Ignite Your Weight Loss,
Balance The Results.

ONLY AT WWW.DAILYBURN.COM

Introduction

Welcome to DailyBurn Ignite! Ignite is a nutritional lifestyle that will help you lose weight and keep it off. This is not a fad diet; it's not about losing weight while sacrificing health. Ignite is about eating how we believe you were meant to eat so you can live the life you were meant to live. And, when you eat using the Ignite eating method you should also feel great, have a ton of energy, and lose weight too!

This quick guide was designed to give you a starting point so that you can get started on Ignite right away. It's less focused on the "why" and more focused on the "what" of the method. If you want to get in-depth on the Ignite method, you'll find a myriad of resources on DailyBurn.com that can answer the "why" questions. DailyBurn.com also has many practical tips for living out Ignite everyday and an active community that can help answer any questions you might have about the system.

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This is version 1.0 of "DailyBurn Ignite Quick Guide". For the latest version please visit our website.

We are really excited to have you join us and we think the Ignite eating method will change the way you view nutrition. With Ignite you can finally reach your fitness and weight goals and live the life you were meant to live. Start Igniting today and learn if Ignite is meant for you!

What makes Ignite Different? Quality vs. Quantity

One of the main differences between Ignite and other "diets" is that with Ignite you focus on food quality more than food quantity. Most diets are based on pure calorie-restriction; they help you lose weight only by limiting the amount of food you eat. These diets rarely work for very long because you always feel hungry and deprived. It's a big reason that so many diets fail and one of the causes of the "yo-yo" effect that many experience when trying to lose weight.

With Ignite we orient you to foods that are both very nutritious, satisfying and filling. As a result, you will tend not to overeat. You'll learn what foods really make you feel great and you will have lots to choose from too! We will also teach you what foods you need to avoid most of the time if you want to reach your goals.

For many of you who have tried diet after diet, it's going to be quite different to not count calories and not try to purposefully limit portions. Of course, the

point of Ignite is not to consume an unlimited number of calories. It's a way of eating more satisfying and better calories that will keep you feeling great. Ignite is very freeing - you can eat when you want and will not be counting calories or points. No weighing and measuring your food. No fancy calorie counting tools. In fact, once you have learned the right foods to eat and what foods to avoid, this is probably the easiest nutrition program you have ever done.

Avoiding the “Evil 6”

Evil is a strong word of course, and it's maybe strange to think of food as evil. But we use this term with Ignite to ensure that you are straying away from specific foods that most commonly cause issues in people's diets. We want you to really change your thinking. Most people are unaware that they are intolerant, allergic or just don't respond well to some of the foods they eat. Our approach is to remove certain foods in their entirety for a period of time so you can really determine if they cause problems for you or not. Even if you think they don't cause you problems - you still need to remove them for a time on Ignite.

For the first part of Ignite, you will completely **remove** the following foods from your diet:



You should think of the Evil 6 as potential troubled spots that may be preventing you from reaching your goals. As you soon see in our phased approach, you will not eat these foods for 21 days during the first phase and then only on occasion after that.

Phased Approach to Sustainable Nutrition Lifestyle

The Ignite nutrition program has two phases: **Ignite** and **Balance**. The first phase of Ignite is so important that we decided to name the whole nutrition system Ignite. The Ignite phase is a 21-day removal program where you completely eliminate the “Evil 6” and do not cheat for the 21-day period. During that period we will also be guiding you to choose healthy foods, working on emotional reasons that are keeping you stuck, and getting you up-to-speed on why you should eat certain foods and remove other foods. It's an educational system - first you jump in and decide not to eat the “Evil 6” for 21-days and we explain to you why during the process.

The **Balance** phase is a sustainable method of eating after you have successfully completed the Ignite phase. In Balance we give you a system that allows you to “cheat” every once in awhile and choose foods from the “Evil 6”, but helps you maintain balance in your lifestyle. It's easy to follow Balance with the simple guidelines we put in place.

The important thing to know about Ignite is that it is sustainable. We aren't asking you to give up foods that you love forever. We're asking for a 21-day commitment so you can feel the difference yourself and then give you a framework that you can live with for the rest of your life.

Phase 1: Ignite

Summary of Ignite Phase

- Totally eliminate the following items from your diet for 21 days: gluten, soy protein, dairy, added sugar, artificial sweeteners, and alcohol.
- You get three meals a day and one snack (if you are hungry).
- Eat within 1 hour of waking up and stop eating 3 hours before going to sleep.
- Your first meal of the day should be a protein shake.
- There is absolutely no cheating during this phase. If you cheat you have to start the Ignite cycle over again.

Believe in yourself. “You can do anything for 21 days.”

When you start Ignite you must begin with a 21-day removal cycle. It is an intense, all-out program that should begin a real change in your body. It's 21 days for a reason; you need a full 21 days to complete the cycle. You'll be able to judge on your own how effective Ignite is!

During this phase, you will be:

- Making specific food choices to make your body change from depending on consumed sugar and instead using your own body's energy as a primary fuel source.
- Removing common problematic foods that prevent people from losing weight.
- Replacing bad foods with healthier choices that fuel your body properly and are more satisfying.

Because the 21 days are important, it is **essential that you do not cheat during the Ignite cycle**. Not even once. If you do, you need to start the 21-days over again (something we call Relgnite).

Remove the “Evil 6”

For the Ignite phase, you need to remove all of the “Evil 6” from your diet and replace them with healthier options. The “Evil 6” are:



GLUTEN

For many people, Gluten causes problems that are not fully understood. For now you just need to know that on Ignite you will avoid all Gluten. Gluten is found in wheat, rye, and oats. Lots of processed foods have gluten (cookies, crackers, cereal, etc.). Other common foods with gluten include bread, pita, soft tortilla, and most baked goods. ([“WHY NO GLUTEN?” ARTICLE](#))



DAIRY

Milk does not necessarily do the body good. Stay away from milk, cream, butter, yogurt (even greek yogurt), and cheese. Eggs do not count as dairy. Dairy is often high in calories and high in fat, and you will avoid it on Ignite. ([“WHY NO DAIRY?” ARTICLE](#))



SOY
PROTEIN

No soy foods for 21 days. That means soy sauce, soy oil, or any processed food that contains soy. Small amounts of compounds derived from soy like supplements that contain soy phytosomes are ok. ([“WHY NO SOY?” ARTICLE](#))



ADDED
SUGAR

Don't eat anything with over 10g of added sugar per serving. Beware of sauces (they often have sugar). Added sugar hides in food in many ways: high fructose corn syrup, honey, fruit juice, maltodextrin, etc. Read the labels and look at our other guides to learn how to decipher the chemicals that companies are adding to your “food”. Sugar increases the body's insulin response, which is known to increase fat storage in the body. You can eat fruit, but stay under 20g of total sugar, including natural sugar per meal. An apple for example, contains 20g of sugar on average. ([“WHY NO ADDED SUGAR?” ARTICLE](#))



ARTIFICIAL
SWEETENERS

Diet sodas are out folks. No aspartame, saccharin, sucralose, etc. ([“WHY NO ARTIFICIAL SWEETENERS?” ARTICLE](#))



ALCOHOL

No drinks of any kind for 21-days. You booze, you lose. ([“WHY NO ALCOHOL?” ARTICLE](#))

See Appendix B for a full list of “Sneaky Ingredients”

So, what do I eat?

Now that we have removed most of the bad stuff, let's focus on what you can eat during the 21-day Ignite cycle. A typical Ignite meal should include:



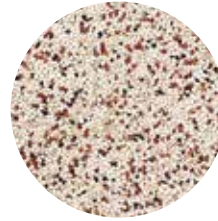
LEAN MEATS:
chicken, fish,
lean beef or pork
(grass fed, free
range, organic)



LOTS OF VEGGIES:
Eat as many as you
desire. Remember
that broccoli gives
you gas before
you go crazy
(thank us later).



**A LITTLE BIT OF
HEALTHY FAT:** nuts,
coconut oil, olives,
olive oil, avocado.



**A LITTLE BIT
OF HIGH FIBER
CARBS (BUT NO
GLUTEN!):** brown
rice, sweet potatoes,
quinoa, beans, low
glycemic fruit, etc.

Lean meat and veggies should be a bulk of your calories. Here are some common pitfalls:

- Go easy on the nuts. No more than one palm full a day because they are so calorie dense.
- Go easy on the fruit. A couple times a day or so is OK, preferably after a workout. Stick with low glycemic fruit like berries. No bananas you monkey. ([“WHICH FRUIT IS BEST?” ARTICLE](#))
- French fries and potato chips aren't allowed during Ignite. You didn't find a loophole.

A note about calcium

It's important to watch your calcium levels during Ignite because most people consume calcium from fortified dairy and soy. Because we are asking you to eliminate these foods for 21 days, you should regularly be eating calcium-rich foods, including:

- Calcium fortified almond milk
- Almonds and almond butter
- Fish that contains small bones like canned salmon or sardines
- Kale
- Sesame seeds
- White beans
- Arugula

Eat enough carbs to fuel your body

Depending on the types of foods that you choose to eat in Ignite, your nutrition plan might be too low in carbohydrates to maintain your energy levels, especially if you are on a regular workout track that requires a lot of hard work like DailyBurn Inferno. A diet too low in carbohydrates can lead to ketosis, muscle

breakdown and calcium deficiency. You can follow this plan and be consuming a balanced diet, but it will vary by what foods you choose to consume in your personal plan. Some people feel just fine on a lower carb plan, while some need 30% of their daily calories from carbs to have optimum energy levels.

How do you know if you are not getting enough carbs? If you continue to feel sluggish and tired after the first few days of Ignite, or if it takes longer than a day to recover from your last workout, try increasing your carb levels incrementally until you feel better.

Meal timing

You are going to have three meals a day during Ignite: breakfast, lunch, and dinner. You can have a snack between lunch and dinner if you need it.

Spread the meals out during the day. You should eat breakfast within 1 hour of waking. You need to eat dinner at least 3 hours before you go to bed. Don't snack at night. And, don't get all fancy - eat like normal people: 3 solid meals a day and a snack or two if you get hungry. Ignore the advice of people who say you need to eat 6 times a day - they are typically bodybuilders or doing calorie restriction diets.

Shakes for Breakfast

The most common mistake that people make when starting a nutrition system like this is to eat eggs everyday for breakfast. Don't do that - instead, we recommend having a protein shake every morning. It's solid nutrition and a really fast way to do breakfast right.

Here's the deal with protein shakes: most contain at least dairy (whey), but many contain dairy, gluten, and more than 10g of added sugar or artificial sweeteners. You can't have those on Ignite. You have a couple options: 1) You can find a Whole Foods or another hippie grocery store and find some really terrible tasting shake with none of those ingredients, or 2) You can try DailyBurn Fuel which tastes good and has nothing bad in it. Your choice, but we obviously have an opinion. Buy whatever you want, but it can't have the "Evil 6" ingredients.

Also, don't mix DailyBurn Fuel with just water. We've designed it so that you need to add nutritious foods to it to complete your meal. A common shake recipe we use here at DB headquarters that we think tastes really great is:



- 2 scoops of DailyBurn Fuel (vanilla or chocolate)
- 1 cup coconut milk
- 1 tablespoon almond butter
- 2 cups frozen berries
- ice/water to taste.





Remember, you can do Ignite without a shake, but it is really hard to stay consistent and we highly recommend DailyBurn Fuel.

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DailyBurn Fuel comes 2 great flavors - vanilla & chocolate. Visit [our store](#) for more info.

A typical day on the Ignite cycle

Here's what a typical eating schedule looks like during your 21-day Ignite cycle.

-  **BREAKFAST** (within 1 hour of waking): DailyBurn Fuel Shake
-  **LUNCH:** Huge Salad with lots of greens veggies, chicken breast, olive oil
-  **SNACK:** Small handful of almonds and 1 small apple
-  **DINNER** (2-3 hours before bed): Salmon, broccoli, quinoa

Notice how there are no measurements next to the food. Remember, this isn't calorie counting. Don't over eat - just eat slow and eat until you feel satisfied. Your body knows what it's doing, especially when you get rid of the "Evil 6".

The Grocery List

The following chart contains the list of approved foods that you can eat during the Ignite Phase. These can be combined to make a wide variety of healthy meals. You'll want to stock up with these when you go to the grocery store.

PROTEIN

- Lean chicken and turkey
- Cold water fish and shellfish
- Lean grass-fed beef
- Lean pork

BEST FAT CHOICES

- Raw nuts and seeds
- Olives and olive oil
- Coconut milk or oil
- Avocado

BEST VEGGIE CHOICES (GO CRAZY)

- Arugula
- Asparagus
- Bamboo
- Bean sprouts
- Beets
- Bell peppers
- Cucumber
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Fennel
- Chives
- Collard greens

- Jalapenos
- Eggplant
- Endive
- Garlic
- Green beans
- Leeks
- Kale
- Onions
- Lettuce
- Mushrooms
- Radishes
- Shallots
- Spinach
- Squash
- Swiss chard
- Turnip greens
- Watercress
- Artichokes
- Zucchini

STARCHY CARBS (USE SPARINGLY)

- Tomatoes
- Lima beans
- Okra
- Pumpkin
- Sweet potato
- Turnips

- Legumes
- Black beans
- Chick peas
- French beans
- Great northern beans
- Kidney beans
- Lentils
- Pinto beans
- Peas
- Carrots
- Brown rice
- Quinoa

BEST FRUITS

- Berries (blackberries, blueberries, raspberries, strawberries)
- Apple
- Cherries

- Pears
- Apricots
- Peaches
- Limes
- Lemons
- Plums
- Oranges
- Grapefruit
- Kiwi
- Pomegranates

DRINKS

- Water
- Tea
- Coffee (black, or add some coconut milk creamer if you must)
- Seltzer

DailyBurn Ignite Recipes

Still having a hard time deciding what to eat? We've got you covered. We've created lunch, dinner, and snack recipes that are Ignite approved and available anytime on DailyBurn.com. All of the recipes are designed to produce just a serving or two, so double the recipe if you are feeding a family. Also, you'll see that we included an ingredient image and an image of the final product. Check out the ingredient image to get an idea of what a proper portion size should be. While it's true that Ignite is not a nutrition program where we ask you to count calories and restrict food, you will probably find that after Ignite, you won't be as turned on by restaurant-sized portions of food at home.

It's important to remember that we're not asking you to become Wolfgang Puck overnight. If you are used to eating convenience food or not cooking at all, pick out some of the easier recipes to start with. Seriously, it's not that hard to whip up a salad with homemade salad dressing. The ingredients that we've included can be found at most grocery stores, so you don't have to worry about making trips to multiple specialty stores. Finally, don't be afraid to experiment. You are welcome to use our recipe suggestions, but you don't have to. Try subbing in your favorite vegetables for a veggie that you don't like, or put your own spin on one of our recipes. Better yet, share your Ignite recipes with the DailyBurn community.

Try delicious Ignite-friendly recipes at www.DailyBurn.com. Don't forget to leave a comment!

Phase 2: Balance

Summary of Balance

- > 90% of the time you continue eating the same as when you are on the Ignite phase.
- > You receive a weekly balance that you can “spend” on non-ideal foods.
- > Each time you eat a serving of gluten, soy, dairy, over 10g of added sugar, artificial sweeteners, or alcohol you subtract one from your Balance.
- > Your balance resets every week and there is no carryover.

After you complete your 21-day Ignite phase, you may have already begun to see changes, you have less cravings for bad food, and your energy is starting to become steady and strong. You are starting to feel like you should eat this way forever. You rock and everyone knows it.

In a perfect world, if you're feeling great and seeing results, you should continue to eat this way always. The problem is, this isn't doable for most people. You don't want to be that jerk at parties with weird dietary restrictions. You want to go out with friends on the weekends. And, damn it, you want to have a piece of pizza once in awhile.







The good news for normal people is that if you make it through the entire Ignite cycle without cheating, you can afford to cheat just a bit. Your body is now in what we consider “balanced”. If you continue to eat flawlessly 90% of the time, you can cheat a little and it won't make or break your fitness goals.

The problem with creating a general guideline of “you can cheat 10% of the time” is that it isn't easily quantifiable. Does that mean you can have an entire cheat day? What about three cheat meals? Can I take off a whole weekend? And, if you don't quantify how much you can cheat, our experience shows that people start cheating more and more, until a month later they are back to old habits of eating Cheetos while watching infomercials in their sweaty tank tops at 4am. No more! What you need is a system that lets you cheat once in awhile but keeps you accountable. Luckily, we have created such a system.

Balance Basics

DailyBurn Balance is super simple. It's not based on calorie counting - it is based on food quality. Everybody starts with the same weekly balance. If you don't workout much you get a **balance of 10**. If you workout three times a week or more (preferably DailyBurn Workouts of course!) you get a **weekly balance of 15**. Your balance resets every week. It's up to you to keep track of your balance and use it in the wisest and most efficient way possible. If you know you have a cheat meal coming up - save your balance!!

Each time you eat a serving of food that has any of the “Evil 6” then you are spending against your balance:

-  **SUBTRACT 1** for each serving that contains gluten
-  **SUBTRACT 1** for each serving that contains dairy
-  **SUBTRACT 1** for each serving that contains soy protein
-  **SUBTRACT 1** for each serving that contains > 10g added sugar
-  **SUBTRACT 1** for each serving that contains artificial sweeteners
-  **SUBTRACT 1** for each drink that contains alcohol

You can spread out the balance throughout the week, or you can use your whole balance on one day (or meal - yikes!). The important thing is that you need keep track and stay within balance each week.

One thing to pay special attention to is that some cheat foods have multiple Evil 6 ingredients in them. Eating these foods can rapidly deplete your balance. Here are some examples of popular cheat meals:



1 SLICE OF PIZZA



-2



1 BOTTLE OF BEER



-2



1 SLICE OF CAKE



-3

If you cheat smart, you can better utilize your balance during the week. Instead of beer (2) you could have wine (1). Your balance can really go a long way if you make good decisions.

Every time we explain Balance, certain questions pop up. Here are some of the common questions and our “official” DailyBurn stance.

Q

I’ve been staying within balance, but I’m gaining weight. What do I do?

A

Unwanted weight gain on our system is usually a symptom of overeating or not measuring your serving size correctly.

If you drink a 6 pack of beer, that’s 12 off your balance. A slice of pizza is 2, not a whole pizza. You get the idea. Be honest with yourself with serving sizes.

We also suggest that you take our symptoms quiz and rechallenge each of the “Evil 6” to see what it does to your body. Rechallenge is covered on DailyBurn.com. If you find that your body can’t handle a certain item, then we suggest you never spend your balance eating that food. For example, if you find that gluten is problematic for you, you should never eat gluten, despite having the balance to spend. Use your credits on something else, or not at all.

Q

What counts as >10g sugar?

A

For Ignite we want you to stay away from sugar as much as possible. We are specifically recommending that you don’t eat any food that have >10g of added sugar. Mostly, this means stay away from processed foods as much as possible. We don’t want you to fret about things like adding a few berries to your DailyBurn shake - this is not about **total sugar**.

Added sugar like the frosting on your Frosted Flakes and natural sugar like the sugar that makes an apple taste sweet act similarly in your body, although there are a few key differences.

- Both added sugar and natural sugar can spike your blood sugar levels, causing an insulin response. Insulin is the storage hormone. Not only does insulin facilitate the storage of fat in our fat cells, it also stores nutrients in our muscle cells. When you eat added sugar from processed food and then go crash in front of the tv for the evening, your pancreas pumps out an incredible amount of insulin to store all of the energy that will not be used immediately. Conversely, if you eat natural sugar from a whole food like an apple and then start a workout 30 minutes later, your body uses the sugar from the apple as energy after breaking down the fiber and absorbing the nutrients in the food.
- Timing your natural sugar intake is important. Only eat foods with natural sugar early in the day (in the form of fruit in your morning shake) or around your workout as part of a pre or post-workout meal. By timing your intake of natural sugar appropriately, you’ll be able to use storage properties of insulin as a tool. When you consume natural sugar and protein after your workout for example, the insulin surge will promote muscle growth and enhanced nutrient absorption to speed muscle recovery.

How can you tell the difference between natural sugar and added sugar? It’s all in the ingredients. Check the ingredients lists on food labels and look for ingredients that are code words to added sugar. You can find a full list of these [sneaky ingredients here](#). Consume natural sugar according to these guidelines, and you’ll be fine:

1. If it is a whole food that is found in nature, go for it. If it is a processed food, read the ingredients list on the

food label and look for sneaky added sugar.

2. Only eat one serving at a time. No binging on multiple servings of fruit.
3. Time your natural sugar intake for the first half of the day, or around workouts.
4. If you have a family history of diabetes, insulin sensitivity, or hypoglycemia, proceed with caution when it comes to natural sugar.

Q

Does this mean I can eat french fries all the time and stay in balance?

A

No. Obviously.

Just because something doesn't spend against your balance doesn't mean you should eat it all the time. If you eat a whole watermelon everyday it won't be good because even the natural sugar is high in calories. Same with potatoes and other foods. Stick with the Ignite diet and you will be fine.

Getting out of Balance

If you are in the Balance phase and you find yourself consistently going out of balance (using more than your 10 or 15 for the week), then most likely you need to reset and go through Ignite again to get on track (Reignite). Don't beat yourself up about it - it happens to a lot of people. Go through a full 21-day Ignite cycle again and make sure you really nail it and you will be back on track in no time.

Losing sight?
[Reignite!](#) Go through
the full 21-day Ignite
cycle again to restart!

Before You Start Ignite

Prepping for Ignite

It's always important to set up for success for any nutrition program, and Ignite is no different. DailyBurn will take you through these steps but we highly recommend you do this before you set your starting day:

- **GET RID OF ALL FOODS WITH THE “EVIL 6”** - You need to get every potential cheat food out of your house, office, and total environment. We highly recommend you just trash the food with the bad ingredients, but you can also give them to someone you really don't like. Make an event out of it. Take a video, snap some photos, and post your cupboard makeover online. This is the start of a new you. Get excited! By staying positive and getting the whole family involved in your cupboard makeover, you'll spare the tears as you toss your family's favorite boxed cookies out of the house.
- **GO TO THE GROCERY STORE AND STOCK UP ON THE GOOD FOODS** - It's important to have what you need around the house so you can cook smart and pack food for when you are on the go. If you don't have good stuff nearby, you are going to be tempted to cheat. We recommend cooking most meals for at least the first week because the Evil 6 hides in a lot of restaurant food if you don't know where to look. Print out our grocery list and go get some good food. Don't worry about the cost. Many people freak out about the thought of buying healthy foods because they have heard that organic foods are a price gouge. You don't have to buy the organic version of every food on our list. Check out our organic produce on budget article to learn what foods what the highest levels of pesticides, and which foods you can by commercial varieties of. As the saying goes, pay the farmer or pay the doctor.
- **ORDER YOUR DAILYBURN FUEL** - Breakfast is important on Ignite and we recommend DailyBurn Fuel to get started right. You want to have it on hand so you can start your new nutrition plan out on the right foot.
- **TAKE YOUR BEFORE PICTURES AND MEASUREMENTS** - Take pictures from the front, side, and back before you start Ignite. You can keep them for when you make your big reveal after you lose weight and look great. You'll want them for motivation of yourself and others, so make sure you take them before you start.
- **DOWNLOAD THE IGNITE APP FOR YOUR PHONE** - We've created an app for iOS that helps you keep track of your meals on the go and have Ignite resources with you at all times. You don't have to have the app to successfully do Ignite, but we think it helps. Download the app on the Apple app store by searching for “DailyBurn Ignite”.

DailyBurn Fuel Recipes

We've created a ton of recipes on DailyBurn.com that you can use with your DailyBurn Fuel. Here is a sampling of some of our favorite:



Chocolate Raspberry [VISIT RECIPE](#)

What could be more indulgent than rich chocolate and raspberries? This protein shake packs in over 50% of your daily Vitamin C requirement, and close to a third of your daily Vitamin K requirement.



Ginger Peach [VISIT RECIPE](#)

This classic flavor combination tastes even more refreshing blended with DailyBurn Fuel. Ginger is a strong flavor, so only add a little at a time to the blender until you reach your desired flavor profile. We like it spicy, so we used 1 tbsp of freshly peeled ginger. Ginger helps settle your digestion and peaches are high in potassium.



Pina Colada [VISIT RECIPE](#)

This isn't your typical "sip it by the pool" pina colada. We've added protein and taken out the alcohol, so feel free to enjoy this healthy version of your favorite summer treat, guilt-free. Our DailyBurn pina colada is high in potassium from the coconut water. Since this shake is a little higher in natural sugar than our other shakes thanks to the pineapple and coconut water, it makes for a great post-workout shake to help refuel your muscles.

Approved Food List

PROTEIN

- ✓ Lean chicken and turkey
- ✓ Cold water fish and shellfish
- ✓ Lean grass-fed beef
- ✓ Lean pork

BEST FAT CHOICES

- ✓ Raw nuts and seeds
- ✓ Olives and olive oil
- ✓ Coconut milk or oil
- ✓ Avocado

BEST VEGGIE CHOICES (GO CRAZY)

- ✓ Arugula
- ✓ Asparagus
- ✓ Bamboo
- ✓ Bean sprouts
- ✓ Beets
- ✓ Bell peppers
- ✓ Cucumber
- ✓ Broccoli
- ✓ Brussel sprouts
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Celery
- ✓ Fennel
- ✓ Chives
- ✓ Collard greens
- ✓ Jalapenos
- ✓ Eggplant
- ✓ Endive
- ✓ Garlic
- ✓ Green beans
- ✓ Leeks
- ✓ Kale
- ✓ Onions
- ✓ Lettuce
- ✓ Mushrooms

- ✓ Radishes
- ✓ Shallots
- ✓ Spinach
- ✓ Squash
- ✓ Swiss chard
- ✓ Turnip greens
- ✓ Watercress
- ✓ Artichokes
- ✓ Zucchini

STARCHY CARBS (USE SPARINGLY)

- ✓ Tomatoes
- ✓ Lima beans
- ✓ Okra
- ✓ Pumpkin
- ✓ Sweet potato
- ✓ Turnips
- ✓ Legumes
- ✓ Black beans
- ✓ Chick peas
- ✓ French beans
- ✓ Great northern beans
- ✓ Kidney beans
- ✓ Lentils
- ✓ Pinto beans
- ✓ Peas
- ✓ Carrots
- ✓ Brown rice
- ✓ Quinoa

BEST FRUITS

- ✓ Berries (blackberries, blueberries, raspberries, strawberries)
- ✓ Apple
- ✓ Cherries
- ✓ Pears
- ✓ Apricots
- ✓ Peaches

- ✓ Limes
- ✓ Lemons
- ✓ Plums
- ✓ Oranges
- ✓ Grapefruit
- ✓ Kiwi
- ✓ Pomegranates

DRINKS

- ✓ Water
- ✓ Tea
- ✓ Coffee (black, or add some coconut milk creamer if you must)
- ✓ Seltzer

Sneaky Ingredients

CODE WORDS FOR SUGAR

- ✗ Agave Nectar
- ✗ Barley Malt Syrup
- ✗ Beet sugar
- ✗ Brown Rice Syrup
- ✗ Brown sugar
- ✗ Cane sugar
- ✗ Coconut Nectar
- ✗ Corn sweetener
- ✗ Corn syrup, or corn syrup solids
- ✗ Crystalline fructose
- ✗ Date sugar
- ✗ Dextrin
- ✗ Dextrose
- ✗ Evaporated Cane Juice
- ✗ Fructose
- ✗ Fruit juice concentrate
- ✗ Glucose
- ✗ High-fructose corn syrup
- ✗ Honey
- ✗ Invert sugar
- ✗ Lactose
- ✗ Maltodextrin
- ✗ Malt syrup
- ✗ Maltose
- ✗ Maple syrup
- ✗ Molasses
- ✗ Raw sugar
- ✗ Saccharose
- ✗ Sorghum or sorghum syrup
- ✗ Sucrose
- ✗ Syrup
- ✗ Treacle
- ✗ Turbinado Sugar
- ✗ Xylose

WATCH OUT FOR HIDDEN SUGAR IN THESE FOODS:

- Condiments (ketchup, mustard, BBQ sauce, and more)
- Sauces (fish sauce, chutney,

tomato sauce, and more)

- Salad Dressings (all varieties)
- Flavored Yogurt
- Nut butter
- Protein bars
- Sports drinks
- Fruit juices
- Reduced-fat products

CODE WORDS FOR GLUTEN

- ✗ Barley
- ✗ Bulgur
- ✗ Bran
- ✗ Brewer's Yeast
- ✗ Durum flour
- ✗ Emulsifiers
- ✗ Farina
- ✗ Graham flour
- ✗ Kamut
- ✗ Malt
- ✗ Malt flavoring
- ✗ Malt vinegar
- ✗ Modified food starch
- ✗ Oats
- ✗ Rye
- ✗ Semolina
- ✗ Spelt
- ✗ Triticum
- ✗ Whole grain flour
- ✗ Wheat
- ✗ White flour
- ✗ Matzo
- ✗ Couscous
- ✗ Enriched flour
- ✗ Hydrolyzed Wheat Protein
- ✗ Seitan

WATCH OUT FOR HIDDEN GLUTEN IN THESE FOODS:

- Beer
- Cooking sprays that

contain grain alcohol

- Condiments made with grain distilled vinegar
- Processed meats like deli counter lunch meat, hot dogs, and sausages
- Soy sauce
- Ketchup
- Pickles
- Relish
- Seasoning mixes
- Tabbouleh
- Udon Noodles
- Salad dressings
- Gravies, sauces, and marinades
- Packaged puddings and pie fillings
- Reduced-fat products
- Vegetarian meat substitutes
- Ice cream
- Baked goods
- Imitation crab meat
- Baking mixes

CODE WORDS FOR SOY

- ✗ Hydrolyzed soy protein
- ✗ Miso
- ✗ Tempeh
- ✗ Textured vegetable protein
- ✗ Tofu
- ✗ Bean curd
- ✗ Bean sprouts
- ✗ Edamame
- ✗ Kinako
- ✗ Soy nuts
- ✗ Tamari
- ✗ Soy sauce
- ✗ Mono- and di-glycerides
- ✗ MSG (monosodium glutamate)
- ✗ Soy lecithin
- ✗ Soy milk
- ✗ Soy protein

- ✗ Soybean oil
- ✗ Textured vegetable protein (TVP)
- ✗ Vegetable oil
- ✗ Vegetable shortening

WATCH OUT FOR HIDDEN SOY IN THESE FOODS:

- Asian cuisine
- Baked goods
- Baking mixes
- Cereal (especially cereal with high protein content)
- Packaged chicken broth
- Protein bars
- Protein powders
- Processed meats like deli counter lunch meat, hot dogs, and sausages
- Imitation dairy foods, like soy yogurt, soy cheese, and soy ice cream
- Vegetarian meat substitutes
- Margarine
- Mayonnaise

CODE WORD FOR DAIRY

- ✗ Butter
- ✗ Yogurt
- ✗ Milk
- ✗ Cream
- ✗ Half and half
- ✗ Cheese
- ✗ Sour cream
- ✗ Cream cheese
- ✗ Ice cream
- ✗ Acidophilus Milk
- ✗ Ammonium Caseinate
- ✗ Butter Fat
- ✗ Butter Oil
- ✗ Butter Solids
- ✗ Buttermilk
- ✗ Buttermilk Powder
- ✗ Calcium Caseinate
- ✗ Casein
- ✗ Condensed Milk
- ✗ Cottage Cheese
- ✗ Curds
- ✗ Custard
- ✗ Delactosed Whey
- ✗ Demineralized Whey

- ✗ Dry Milk Powder
- ✗ Dry Milk Solids
- ✗ Evaporated Milk
- ✗ Ghee
- ✗ Goat Milk
- ✗ Hydrolyzed Casein
- ✗ Hydrolyzed Milk Protein
- ✗ Iron Caseinate
- ✗ Lactalbumin
- ✗ Lactoferrin
- ✗ Lactoglobulin
- ✗ Lactose
- ✗ Lactulose
- ✗ Low-Fat Milk
- ✗ Magnesium Caseinate
- ✗ Malted Milk
- ✗ Milk Derivative
- ✗ Milk Fat
- ✗ Milk Powder
- ✗ Milk Protein
- ✗ Milk Solids
- ✗ Natural Butter Flavor
- ✗ Nonfat Milk
- ✗ Nougat
- ✗ Paneer
- ✗ Potassium Caseinate
- ✗ Pudding
- ✗ Recaldent
- ✗ Rennet Casein
- ✗ Skim Milk
- ✗ Sodium Caseinate
- ✗ Sour Milk Solids
- ✗ Sweetened Condensed Milk
- ✗ Whey
- ✗ Whey Powder
- ✗ Whey Protein Concentrate
- ✗ Whey Protein Hydrolysate
- ✗ Whipped Cream
- ✗ Whipped Topping
- ✗ Whole Milk
- ✗ Zinc Caseinate

WATCH OUT FOR HIDDEN DAIRY IN THESE FOODS:

- Baking mixes
- Chocolate
- Cream Liqueurs
- Fried foods

- Protein powders
- Protein bars
- Salad dressings
- Creamy soups
- Spice mixes (may contain whey powder)
- Yogurt coated snacks like raisins, almonds, or pretzels

CODE WORDS FOR ARTIFICIAL SWEETENERS

Artificial sweeteners can be sold as their chemical names:

- ✗ Acesulfame K
- ✗ Aspartame
- ✗ Neohesperidin DC (NHDC)
- ✗ Neotame
- ✗ Saccharin
- ✗ Sucralose

Artificial sweeteners can also be sold as their brand names:

- ✗ Equal
- ✗ NutraSweet
- ✗ Splenda
- ✗ Sweet'N Low

WATCH OUT FOR HIDDEN ARTIFICIAL SWEETENERS IN THESE FOODS:

- Packaged low carb foods
- Sugar-free gum
- Sugar-free candy
- Diet sodas
- Powdered sugar-free water flavoring
- Sugar-free ice cream
- Instant sweetened iced tea
- Protein shakes
- Low carb protein bars

REFERENCES

- Food Allergen Labeling and Consumer Protection Act of 2004
[VISIT ARTICLE](#)

