

# FAT BURNING YES FOODS

*N*ightshade foods are to be avoided if you have arthritis or any other inflammatory condition

*G*oitrogen foods are to be avoided if you have a thyroid condition or if you've tried everything and still can't lose weight.

*S*weet potato and winter squash and other starchy veggies are only to be eaten after a workout and sparingly.

## MEATS

Beef  
Chicken  
Lamb  
Turkey  
Wild Boar  
Bison  
Venison  
Bacon (no sugar or nitrite)  
Deli Meat (no sugar, nitrite or gluten)

Only free range grass-fed meats if at all possible. This makes a huge difference!  
Check out: <http://bellybustermeat.com>

## FISH

Wild caught only and either packed in water or olive oil

## EGGS

Organic free-range if possible

## ORGAN MEATS

Liver and others...  
<http://bellybustermeat.com>

## VEGETABLES

Artichokes  
Arugula  
Asparagus  
Beets (awesome for NO levels!)  
Bell Peppers (nightshade)  
Bok choy  
Broccoli (goitrogen)  
Broccoli rabe (goitrogen)  
Brussels sprouts (goitrogen)  
Cabbage (goitrogen: green, red)  
Carrots  
Cauliflower (goitrogen)  
Celery  
Celery root  
Chile peppers (nightshade)  
Cilantro  
Cucumber  
Eggplant (nightshade)  
Garlic  
Green beans  
Greens (beet, collard, mustard, turnip)  
Jalapeno (nightshade)  
Jicama  
Kale (goitrogen)  
Kohlrabi  
Leeks  
Lettuce  
Mushrooms  
Napa cabbage  
Onion  
Parsley  
Parsnips  
Plantains  
Potato (sweet, yams)  
Radicchio  
Radishes  
Rutabaga  
Seaweed  
Snap peas



Snow peas  
 Spinach (goitrogen)  
 Sprouts  
 Squash (Butternut, spaghetti, summer, winter)  
 Swiss chard  
 Tomatoes (nightshade)  
 Turnips  
 Watercress  
 Yucca  
 Zucchini

## FRUITS

*\*Not dried fruits and go for organic*

Apples  
 Apple sauce, unsweetened  
 Apricots  
 Bananas  
 Blackberries  
 Blueberries (good for collagen)  
 Cantaloupe  
 Cherries  
 Dates  
 Figs  
 Grapefruit  
 Grapes  
 Guava  
 Honeydew melon  
 Kiwifruit  
 Lemon  
 Lime  
 Mandarin oranges  
 Mangoes  
 Nectarines  
 Oranges  
 Papayas  
 Peaches  
 Pears  
 Pineapples  
 Plums

Pomegranates (awesome)  
 Pumpkin  
 Raspberries  
 Rhubarb  
 Strawberries  
 Tangerines  
 Ugli fruit  
 Watermelon

## FATS

Avocado  
 Avocado oil  
 Coconut  
 Coconut milk  
 Coconut oil  
 Ghee  
 Nuts  
 Olive oil  
 Olives  
 Tallow



## FERMENTED FOODS

Coconut kefir  
 Kimchi  
 Pickles (unpasteurized, refrigerated)  
 Sauerkraut

## BEVERAGES

Water (of course, can add lemon)  
 Mineral water  
 Sparkling water  
 Tea  
 Coffee



## MEAL REPLACEMENT SHAKES

[Biotrust Low Carb Protein](#) – awesome!  
Grass-fed Collagen Protein – pricey but good.  
Bone broth has collagen in it!

## SOUPS

Bone and or Marrow Broths  
Fast & Convenient Broth [HERE](#)  
BEST Bone Broth [HERE](#)

## CONDIMENTS

Cocoa powder, unsweetened  
Hot sauce (nightshade, but small amount)  
Mustard  
Pepper  
Salsa (nightshade)  
Salt (pink Himalayan)  
Spices  
Vinegar

## FLOURS and THICKENERS

Almond flour  
Arrowroot powder  
Coconut flour



**FAT  
BURNING  
NO FOODS**

## GRAINS

Barley  
Breads  
Cereal  
Chips  
Cookies  
Corn (including corn oil, watch out for mayo and salad dressings!)  
Cornstarch  
Crackers  
Granola  
Oats (yes oatmeal, too)  
Pasta  
Popcorn  
Quinoa  
Rice  
Rye  
Spelt  
Waffles  
Wheat

## FATS – REFINED AND PROCESSED

Canola  
Corn oil  
Grapeseed oil  
Margarine and vegetable shortening  
Peanut oil  
Safflower oil  
Soybean oil  
Sunflower oil  
Vegetable oil

## DAIRY

Butter (except for ghee, clarified butter)  
Cheese  
Cream  
Flavored creamers  
Frozen yogurt  
Half and half  
Ice cream  
Milk  
Yogurt

## MEATS – PROCESSED

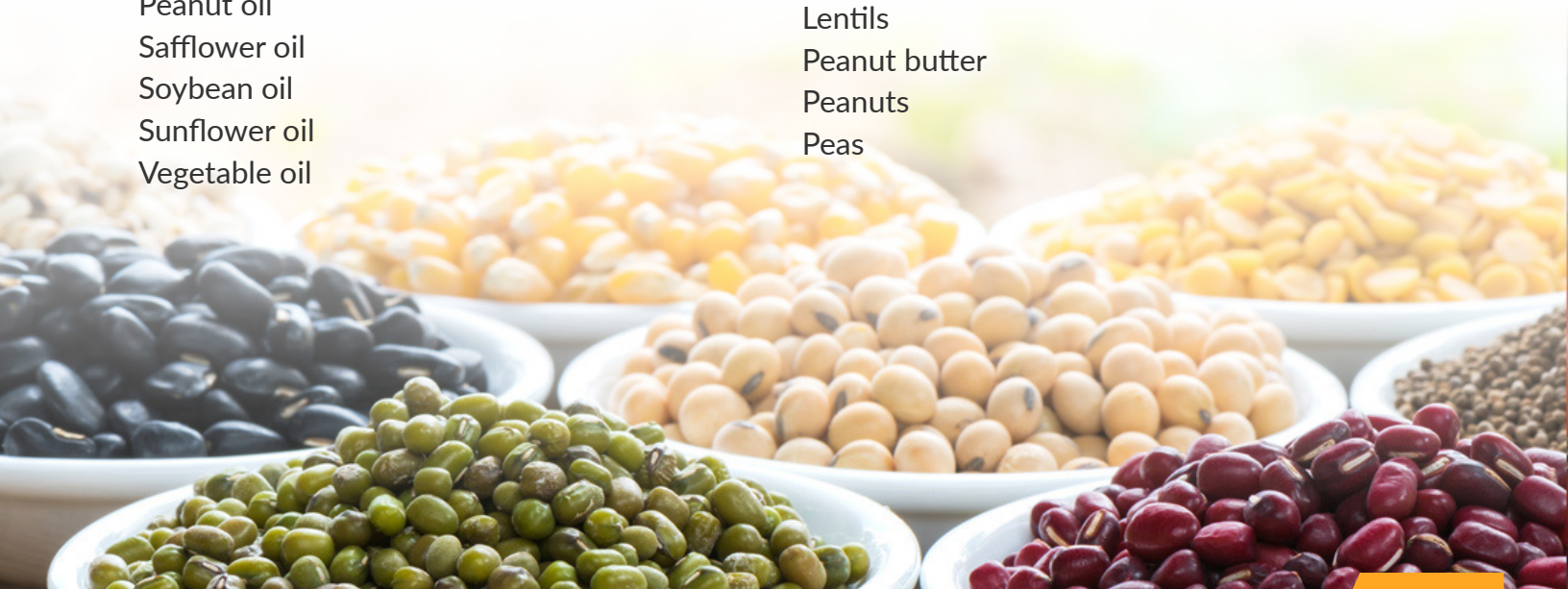
No meats with gluten, nitrites (look for sodium nitrite), soy, or sweeteners.

## BEVERAGES

Alcohol – wine, beer, liquor  
Fruit Juices  
Coffee/Tea sweetened  
Sodas (including diet sodas)

## LEGUMES/BEANS

Beans (not green beans, they are fine)  
Lentils  
Peanut butter  
Peanuts  
Peas



## SUGARS & SWEETENERS

All sugars including Agave nectar, jams, jellies, syrups, high fructose corn syrup, cane sugar, molasses, and honey.

Acesulfame K  
Aspartame  
Saccharin  
Stevia – just for now  
Sucralose  
Anything with SUGAR  
Truvia – just for now

### *Here are some tricky ones:*

Barley malt syrup  
Corn sweetener  
Corn syrup  
Crystalline fructose  
Dehydrated cane juice  
Dextrin  
Dextrose  
Disaccharide  
Evaporated cane juice  
Fructose  
Fruit juice concentrate  
Galactose  
Glucose  
Lactose  
Maltodextrin  
Maltose  
Malt syrup  
Monosaccharide  
Polysaccharide  
Ribose  
Rice syrup  
Saccharose  
Sorghum  
Sucrose  
Treacle  
Xylose

## SOY

Anything with soy ingredients  
Edemame  
Miso soup  
Soy milk  
Soy sauce  
Teriyaki sauce  
Tofu

## CONDIMENTS

BBQ Sauce  
Bottled dressings and marinades  
Ketchup  
Sweet/sour sauce

## WHITE POTATOES

REMEMBER, THIS IS ONLY 3 WEEKS! YOU CAN DO THIS!