

Natalie Hanson – Food Sensitivities (+ four day rotation diet) – January 2017

PROTEINS - ok	VEGETABLES - ok	STARCHES - ok	FRUIT - ok	SPICES - ok	NUTS & SEEDS - ok
Beef	Artichoke	Acorn squash	Apple	Bay leaf	Almond
Bison	Asparagus	Beet	Apricot	Black pepper	Brazil nut
Catfish	Avocado & avocado oil	Butternut squash	Banana	Garlic	Cashew
Chicken	Bok choy	Parsnip (nt)	Blackberry	Ginger	Cocoa / chocolate
Cod	Broccoli	Pumpkin	Blueberry	Horseradish	Coconut & coconut oil
Crab	Brussel sprout	Rutabaga	Cherry	Mustard seed	Hazelnut
Duck	Cabbage	Sweet potato	Craisin	Oregano	Macadamia
Lobster	Cauliflower	Turnip	Fig	Parsley	Pine nuts
Pork	Celery	Yam	Grape	Rosemary	Pistachio
Salmon	Cucumber		Grapefruit	Sesame	
Sardine	Endive		Kiwi	Tarragon	
Scallop	Jicama		Lemon	Vanilla	
Shrimp	Kale		Mango		
Sole	Leek (nt)		Melon		
Tilapia	Lettuce		Nectarine		
Trout	Onions		Olive oil		
Turkey	Peas		Orange		
Lamb	Radish (nt)		Papaya		
Veal	Spaghetti squash		Peach		
Whitefish	Spinach		Pear		
	Swiss chard		Pineapple		
	Watercress		Plantain	SPICES - NO	OTHER - NO
	Zucchini		Plum / Prune	Allspice	Aloe
			Raspberry	Basil	Carob (nt)
			Strawberry	Caraway (nt)	Coffee
			Tangerine	Cayenne	Dairy of any kind
				Cinnamon	Soy

				Coriander (nt)	Tea
				Cumin (nt)	
				Curry	
PROTEIN - NO	VEGETABLES - NO	STARCHES - NO	FRUIT - NO	Dill	NUTS & SEEDS - NO
Egg (chicken)	(Alfalpa) bean sprout	Corn or canola oil	Caper	Licorice (nt)	Hemp (nt)
Oyster	Carrot	Beans or legumes	Olive	Nutmeg	Flax (nt)
Sea bass	Eggplant	Buckwheat		Paprika	Peanut
Snapper	Sweet or hot pepper	Grains of any kind		Peppermint	Pecan
Tuna	String bean	Potatoes (white or red)		Sage	Walnut
	Tomatoes	Rice		Thyme	