

✓ Yes List

The foods on the **Yes List** help your body maintain steady blood sugar levels because they are more slowly digested. When these foods make up at least 80% of your diet, you are far less likely to experience large fluctuations in your blood sugar. As a result, your body releases less insulin—a hormone that signals fat storage.

EATING FOODS FROM THE YES LIST WILL KEEP YOU SATISFIED LONGER TO REDUCE CRAVINGS WHILE SHIFTING YOUR METABOLISM INTO FAT-BURNING MODE.

EAT SOMETHING FROM THE YES LIST EVERY TWO TO THREE HOURS ACCORDING TO HUNGER. IF YOU'RE NOT HUNGRY, THEN JUST EAT A FEW BITES, PREFERABLY OF A PROTEIN. BY EATING FREQUENTLY, YOU'LL STAY AHEAD OF CRAVINGS AND KEEP YOUR BLOOD SUGAR LEVELS ON AN EVEN KEEL.

VEGETABLES

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Avocado (1-2 Tbsp. per Day)
Bamboo Shoots
Basil
Bean Sprouts
Beets (Sparingly)
Bell Peppers
Bok Choy
Broccoli
Broccolini
Broccoli Rabe
Brussels Sprouts
Cabbage
Cauliflower
Celery
Chard
Cucumber
Chili Peppers
Chives
Cilantro
Collard Greens
Dill
Daikon
Eggplant
Endive
Garlic
Ginger
Grape Leaves

Green Beans
Green Chiles
Green Peppers
Greens (All Types)
Heart of Palm
Horseradish (Raw)
Jicama
Kale
Kohlrabi
Leeks
Lettuce (All Types)
Long Beans
Maca (Sparingly)
Mixed Greens
Mushrooms
Mustard Greens
Nopales
Okra
Onions
Olives (Sparingly)
Parsley
Parsley Root
Parsnips
Peppers (All Types)
Radicchio
Radishes
Rhubarb
Rosemary
Rutabaga
Scallions
Shallots
Squash (All Types)

Spinach
Sprouts
Swiss Chard
Thyme
Tomatoes (Sparingly)
Turnips
Wasabi
Water Chestnuts
Watercress
Zucchini

DAIRY

Butter (All Types In Moderation)
Cheese (All Types Sparingly)
Coconut Butter
Cottage Cheese
Cream Cheese
Feta Cheese
Ghee
Goat Cheese
Greek Yogurt (Plain, Flavored, or Fruit Added; Choose with More Grams Protein Than Sugar)
Half-and-Half (1-2 Tbsp.)
Heavy Cream (Sparingly)
Low-Fat Yogurt
Milk (All Types, One 8 fl. oz. Glass per Day)

Quark
Sour Cream
Yogurt (Low Sugar/High Protein)

NONDAIRY

Nondairy Yogurt
Nondairy Cheese
Nondairy Milk (All Types)

CONDIMENTS/ SWEETENERS

Aioli (Mayonnaise Seasoned with Garlic)
Apple Cider Vinegar
Chimichurri Sauce
Cocktail Sauce
Coconut Aminos
Coconut Nectar
Coconut Syrup
Dips (Veggie or Dairy)
Fish Sauce (Sparingly)
Gelatin
Horseradish (Sparingly)
Hummus (1-2 Tbsp. For Flavor)
Mayonnaise (Light)
Monk Fruit
Mustard
Nutritional Yeast
Pesto Sauce
Pickles—Dill (or Your Choice)
Salad Dressings (1-2 Tbsp. Your Choice)
Salt
Seasonings (All Types)
Sherry (Cooking)
Soy Sauce (Low Sodium)
Sriracha Sauce (Sparingly)
Stevia
Sucralose
Tahini
Truvia®
Vinegar (All Types Except Malt Vinegar)
Wasabi
Xylitol

HERBS AND SPICES

All Herbs and Spices

SOUPS

Broth Soups (Meat, Veggies, All Types)

FRUIT

Avocado (1-2 Tbsp. Per Day)
Coconut (Shredded, Unsweetened)
Lemons (Lemon Water)
Limes
Olives (Sparingly)
Tomatoes (Sparingly)

OILS (1-2 TBSP. PER DAY)

Almond Oil
Avocado Oil*
Canola Oil
Coconut Oil*
Corn Oil (Sparingly)
Cottonseed Oil (Sparingly)
Extra-Virgin Olive Oil
Fish Oil
Flaxseed Oil
Grapeseed Oil
Hempseed Oil
Macadamia Nut Oil
Palm Oil
Peanut Oil
Olive Oil* (Pure or Light)
Rapeseed Oil
Red Palm Oil
Rice Bran Oil
Safflower Oil*
Sesame Oil*
Soybean Oil (Sparingly)
Sunflower Oil (Sparingly)
Tea Seed Oil
Vegetable Oil (Sparingly)
Walnut Oil

NUTS AND SEEDS (IN MODERATION, OR 1/4 CUP—GROUND, RAW, ROASTED, OR SALTED)

Acorns
Almonds
Beechnuts
Brazil Nuts
Breadnuts
Candlenuts
Cashews
Chestnuts
Chia Seeds
Cumin Seeds
Dried Coconut
Flaxseeds
Gevuina
Guiana Chestnuts
Hazelnuts (Filberts)
Hempseeds
Hickory Nuts
Kola Nuts
Lotus Seeds
Macadamia Nuts
Mustard Seeds
Pecans
Pine Nuts
Pistachios
Poppy Seeds
Pumpkin Seeds
Sesame Seeds
Soy Nuts
Squash Seeds
Sunflower Seeds
Walnuts

POULTRY

Chicken
Chicken Sausage
Duck Breast
Eggs
Egg Substitute
Turkey Breast (Low Sodium)
Turkey Bacon (Low Sodium)
Turkey Sausage

RED MEAT

Beef (All Types, Lean Choice Better)
Buffalo (Ground)
Lamb
Roast Beef
Venison (Grass-Fed or Pastured and Organic Meats of All Types Are Best)

✓ Yes List

(CONTINUED)

SEAFOOD

Bass
Bluegill
Catfish
Ceviche
Clams
Cod
Crab
Crappie
Flounder
Grouper
Haddock
Halibut
Lobster
Mahi-Mahi/Dorado
Mussels
Orange Roughy
Oysters
Salmon
Scallops
Shrimp
Snapper
Sole
Swordfish
Tilapia
Trout
Tuna (Canned in Water or Fresh)
Walleye

VEGETABLE PROTEIN

Beans (for Vegetarians Only)
Edamame (for Vegetarians Only)
Tempeh
Tofu
Vegan Burgers
Vegan Cheese
Vegan Mac & Cheese
Vegan Pizza
Veggie Burgers

LUNCH MEAT (SLICED DELI MEAT, LOW SODIUM IS BEST CHOICE)

Chicken
Corned Beef
Ham
Pepperoni
Roast Beef
Salami
Turkey

PORK

Bacon
Ham
Pork (Lean)
Pork Sausage (Sparingly)
Roast
Sausage
Spare Ribs
Tenderloin

BEVERAGES

Carbonated Water
Coffee
Kombucha
Seltzer Water
Sparkling Water—Natural (All Types)
Sparkling Mineral Water—Natural (All Types)
SplashH₂O™ Drink
Soda with Approved Sweeteners
Sustain™ Active Electrolyte Hydration Drink
Tea (Unsweetened)
Sustain Post-Active
Sustain Pre-Active Water (at Least 8 Glasses per Day)

SNACKS

Access® Exercise Bars
Attain™ with Craveblocker™ Bars
Beef Jerky (Sparingly)

Exceed™ Mints
FiberWise™ Drinks (1-2 per Day Mixed with Water)
GC Control™ Shakes (1-2 per Day Mixed with Water)
Hard-Boiled Eggs
Lean Meat
Low-Fat Mozzarella Cheese Stick (or Cheese of Your Choice, Sparingly)
Nuts and Seeds (See List under Nuts and Seeds)
Pickles—Dill (or Your Choice)
Pork Rinds (All Flavors)

Proflex Protein Shakes
Proflex Pro Whey Protein Shakes
Proflex Pro Organic Pea Protein Shakes
Proflex Pro Protein Bars
Simply Fit™ Protein Bars
Turkey Jerky (Sparingly)
Veggies and 1-2 Tbsp. Hummus
Veggies and 1-2 Tbsp. Salad Dressing (See List under Condiments/Sweeteners)
Vitality Elevate™ B-Fuel
Vitality Elevate Energy Kick
Vitality for Life® Berberine Glucose Support
Yogurt (See List under Dairy)

✗ No List

The foods on the **No List** are higher on the glycemic index, meaning they convert to sugar in the body easily and quickly. These foods are not bad, but eating these foods frequently can cause metabolic problems.

Decreasing the consumption of these foods during the Reset phase will help you maintain a steady blood sugar level, decrease cravings for junk food and sugar, and shift your metabolism into fat-burning mode!

STAY AWAY FROM THESE FOODS DURING THE RESET PHASE AT LEAST 80% OF THE TIME. YOU MAY REINTRODUCE SOME OF THESE FOODS DURING THE REINTRODUCE AND REAL LIFE PHASES.

Agave Nectar
Alcohol—Drinking or Cooking
Aspartame
Barley
Barbecue Sauce
Beans (All Types Except Green and Long)
Bread, Tortillas, Wraps (All Types)
Cakes
Candy
Carrots
Cereal (All Types)
Chickpeas
Chips (All Types, Including Veggie and Protein)
Chocolate
Coconut Sugars
Cookies
Corn
Crackers
Cream Soups
Diet Foods and Drinks (All Types)
Edamame
Fat-Free Foods
Flour (All Types)
Fruit
Grains—Regular and Added
Granola
Honey
Ice Cream
Jelly
Juice
Ketchup
Legumes (All Types)
Lentils
Maple Syrup
Meat Marinades
Nut Butter (All Types)
Oatmeal
Oats
Pasta (All Types)
Peanuts/
Peanut Butter
Peas
Popcorn
Potatoes (All Types)
Quinoa
Rice (All Types)
Rye
Sauces (All Types)
Soft Drinks
Sugar—Real or Artificial
Sweet Potatoes
Sweet Tea
Tomato Sauce
Wheat
Yams