

Transform Your Gut

Add-In List

Almonds, including almond butter and oil	Carrots
Apples	Cashew nuts, fresh only
Apricots, fresh or dried	Cauliflower
Artichoke, French	Cayenne pepper
Asparagus	Celeriac
Aubergine (eggplant)	Celery
Avocados, including avocado oil	Cellulose in supplements
Bananas (ripe only with brown spots on the skin)	Cherimoya (custard apple or sharifa)
Beans, dried white (navy), string beans and lima beans properly prepared	Cherries
Beef, fresh or frozen	Chicken, fresh or frozen
Beets or beetroot	Cinnamon
Berries, all kinds	Citric acid
Black, white and red pepper: ground and corns	Coconut, fresh or dried (shredded) without any additives
Black radish	Coconut milk
Bok Choy	Coconut oil
Brazil nuts	Collard greens
Broccoli	Colby cheese
Brussels sprouts	Courgette (zucchini)
Butter	Coriander, fresh or dried
Cabbage	Cucumber
Canned fish in oil or water only	Dates, fresh or dried without any additives (not soaked in syrup)
Capers	Dill, fresh or dried
	Eggplant (aubergine)

Eggs, fresh	Melons
filberts	Mushrooms
Fish, fresh or frozen, canned in its juice or oil	Mustard seeds, pure powder, and gourmet types
Game, fresh or frozen	without any non-allowed ingredients
Garlic	Nectarines
Ghee, homemade (many store varieties contain non-allowed ingredients)	Nut flour or ground nuts (usually ground blanchéd almonds)
Gin, occasionally	Nutmeg
Ginger root, fresh	Nuts, all kinds freshly shelled, not roasted, salted or coated (dehydrate for crunch and flavor)
Grapefruit	Olive oil, virgin cold-pressed
Grapes	Olives (no sugar)
Haricot beans, properly prepared	Onions
Hazelnuts	Oranges
Herbal teas	Papayas
Herbs, fresh or dried without additives	Parsley
Honey, natural	Peaches
Juices (freshly pressed from permitted fruit and vegetables)	Peanut butter, without additives
Kale	Peanuts, fresh or roasted in their shells
Kiwi fruit	Pears
Kumquats	Peas, dried split, and fresh green
Lamb, fresh or frozen	Pecans
Lemons	Peppers (green, yellow, red, and orange)
Lentils	Pickles, without sugar or any other non-allowed ingredients
Lettuce, all kinds	Pineapples, Fresh
Lima beans (dried and fresh)	
Limburger cheese	
Limes	
Mangoes	
Meats, fresh or frozen	

Poultry, fresh or frozen	Tea, weak, freshly made, not instant
Prunes, (dried without any additives or in their own juice)	Tomato puree, pure without any additives apart from salt
Pumpkin	Tomato juice, without any additives apart from salt
Raisins	Tomatoes
Rhubarb	Turkey, fresh or frozen
Satsumas	Turnips
Seaweed fresh and dried (once Introduction Diet has been completed)	Ugly fruit
Shellfish, fresh or frozen	Vinegar (cider or white); make sure there is no allergy
Spices, single and pure without any additives	Walnuts
Spinach	Watercress
Squash (summer and winter)	White navy beans, properly prepared
String beans	Wine dry: red or white
Swedes	Zucchini (courgette)
Tangerines	