

Patti-Approved Foods

***=Highly Recommended**

Vegetables & Legumes

Choose fresh or frozen

Acorn Squash
Aduki beans
Arrowroot
Artichokes
Asparagus
Avocado
Beets
Black beans
Black radish
Bok Choy
Broccoli
Brussels sprouts
*Cabbage-purple
Cactus
Carrots-purple
*Cauliflower-purple
Celery
*Chard-Swiss/rainbow
Cherry tomatoes
Chives
*Cilantro
Collard greens
Cucumber
Eggplant
Endive
Fennel
Garbanzo beans
*Garlic
*Ginger
Green beans
*Green onion
*Kale/ purple
Kidney beans
*Kohlrabi
*Leeks
Lentils
Lettuces-all but iceberg
Lima beans
Mushrooms
Mustard greens
Okra

Olives
*Onions-purple
Parsley
*Pepper-all types-hotter the better
Pinto beans
Purple Potatoes-skin on
Pumpkin
Radishes
Radicchio
Rhubarb
Rutabaga
Shallots
*Spinach
Sprouts- all types
*Sprouts-broccoli
Sweet potatoes-purple or regular
Squash-all
Tomatillo
Tomatoes
Turnips
Wasabi root
Yams
Yucca root
Zucchini

Fruits & Berries

"Wild crafted" for best results-Organic preferred-wash but don't peel-darker the better

*Acai-no added sugar
Apples-Granny Smith, crab
Avocados
*Blackberries
*Blueberries
Bitter melon
Boysenberries
Cherries-sour
*Cranberries
*Coconut
*Currants-black, red
*Elderberries
Figs
*Gogi

Gooseberries
Grapefruit
Grapes-black
Huckleberries
Key limes
Kiwi-fruit
Kumquats
Lemons
Lingonberries
Mulberries
Oranges-blood
Plums-black
*Pomegranate
Prunes
Raspberries
Sea-buckthorn
Strawberries-organic only

Nuts (raw-no salt)

Almonds
Brazil nuts
Cashews
Chestnuts
Filberts
Hazelnut
Macadamias
Pecan
Pine nuts
*Pistachios
Walnuts-black

Seeds (raw-no salt)

Chia
Cumin black seeds
Flaxseed
Hemp
Pumpkin
Sesame
Sunflower

Patti-Approved Foods

Flours

Amaranth
Artichoke
Buckwheat
Coconut
Oat flour-GF
Sorghum
Teff

Bean Flours

Black bean
Chickpea
Fava bean
Garbanzo bean
Kidney
Lentil

Nut Flours

Almond
Almond meal
Ground pecans
Ground walnuts

Seed Flours

Ground flaxseed
Pumpkin seed flour/meal
Quinoa
Sesame seed meal
Sunflower seed meal

Grains and Pasta

(GF= Gluten Free)

Amaranth
Arrowroot
Artichoke pasta
Brown rice noodles
Buckwheat
Mung bean pasta
Oat-Irish steel cut GF
Oat bran GF
Oatmeal GF
Quinoa-black, red
Quinoa pasta
Rice-black, red

Soba
Soba noodles
Sorghum
Spinach pasta
Teff

Butters Organic, raw

Almond butter
Butter, organic
Coconut butter
Sunbutter

Oils Organic, raw

Almond
*Black seed
*Coconut butter
*Extra Virgin Olive Oil (EVOO)
*Fish oil- High Quality
Flax
Grape seed
*Pistachio nut
Sesame
Sunflower

Dairy (organic, raw only)

Butter
Coconut yogurt
Goat cheese/ milk/ yogurt
Kefir
Plain yogurt
Raw milk

Cheeses- Organic, Raw, w/o rbGH & antibiotics

Cheddar-aged
Cottage cheese
Feta cheese
Goat cheese
Parmesan/Asiago
Swiss, aged

Alternative milk

(no sugar added)
Almond milk
Coconut milk
Goat milk
Hemp milk

Fish/ Shellfish

The smaller the fish, the less chance of mercury contamination
Anchovies
Cod
Crab
Halibut
Orange roughy
Salmon-wild caught
*Sardines
Shrimp
Trout
Tuna
Other fish-canned/ fresh

Poultry

Chicken-free range, organic
Cornish Hen
Duck
*Eggs
Goose
Pheasant
Turkey

Red Meats

Choose grass fed- antibiotic free-grilling/ barbequing more likely to cause cancer-marinating meat in rosemary neutralizes this effect
Antelope
Beef
Bonsmara beef
Buffalo
Lamb
Ostrich
Pork -uncured-unsmoked

Patti-Approved Foods

Rabbit
Squirrel
Venison
Wild game

Sauces/ Condiments

Bragg Amino Acid
Bragg Herbs & Spices
Capers
Cardamom
*Cayenne pepper
Chilies
Chili powder
Chili sauce
Chinese mustard
Chipotle
*Cinnamon
Coriander
Cumin, ground
Cumin black seed
*Curry powder
Dijon Mustard
Fennel
*Fresh Garlic
Garlic powder
Ginger
Gomasio (Sea salt & seaweed)
*Kelp
Ketchup (organic, no sugar)
*Kim chee
Lemon/ Lime juice
Marinara sauce (no sugar)
Miso
Mustard
Nigella (onion seed)
Nutmeg
Nutritional yeast
Olives
Onion powder
*Oregano
Pesto
Pickles
*Raw unrefined honey

Red chili paste
*Rosemary
Sage
Salsa
*Sauerkraut
Sea salt
Sesame seed
Siracha
Tamari
Tarragon
Tabasco
Tomato paste
*Turmeric
Vanilla
Veganaise mayonnaise
Vinegar

Sweeteners - LIMITED

Black strap molasses
Cacao
Cinnamon
Coconut Palm sugar
Luo Han Guo (Lo Han)
Maple syrup, pure
Nutmeg
Raw unrefined honey
Stevia
Vanilla
*Xylitol (toxic to dogs)
Yacon

Beverages

*Water (body wt. divided by 2 in ounces)
Purified water
Sparkling water
*Fresh Vegetable/Fruit juice
Smoothies **More veggies than fruit**
*Small, dark and bitter fruits.
The darker the better.
100% organic
Tart cherry
Currant
Pomegranate

Coffee organic

Teas organic
*White
*Green
Black
Pau D'Arco
Herbal teas

Kombucha
Coconut water

Weapons of Mass Reduction

*Black (Cumin) seed oil
Opening Channels Program
Digestive Enzymes & Acid
Probiotics
Magnesium
B Complex
Trace Minerals
Vitamin D3
Iodine
Glandular support
Herbal support
Homeopathy
Quantum Biofeedback