

# No Grain Diet Food List

## Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Fish (salmon, tuna, trout, etc.)
- Shellfish (shrimp, crab, lobster, etc.)
- Eggs
- Tofu

## Dairy and Dairy Substitutes:

- Full-fat milk (if tolerated)
- Cheese (preferably natural, non-processed varieties)
- Greek yogurt (unsweetened)
- Coconut milk
- Almond milk
- Cashew milk
- Soy milk (if tolerated)

## Vegetables:

- Leafy greens (spinach, kale, lettuce, arugula, etc.)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, cabbage, etc.)
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Mushrooms
- Asparagus
- Eggplant
- Onions
- Garlic

## Fruits:

- Berries (strawberries, blueberries, raspberries, blackberries)
- Apples
- Pears
- Oranges
- Grapefruit
- Kiwi
- Avocado
- Lemons
- Limes
- Peaches
- Plums

## Nuts and Seeds:

- Almonds
- Walnuts Pecans
- Cashews
- Macadamia nuts
- Pistachios
- Hazelnuts Brazil nuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sunflower seeds

## Healthy Fats and Oils:

- Olive oil
- Coconut oil Avocado oil
- Ghee (clarified butter)
- Flaxseed oil
- Walnut oil

## Notes: