

Recipes for Repair: Complete List of Allowable Foods

Below is a comprehensive list of all of the allowable foods in the diet, categorized by food type so you can see the diet as a whole.

Beverages

Phase 1

Açai juice
Blackberry juice
Blueberry juice
Cherry juice
Cranberry juice
Pomegranate juice
Pure filtered water
Raspberry juice
Rooibos tea

Phase 2

Green tea
Black tea
Vegetable juice
Carbonated water

Phase 3

Apple juice
Citrus juice
Coffee (organic)
Orange juice

Phase 4 - N/A

Fruits

Phase 1

Açai
Avocado
Blackberries
Blueberries
Cherries
Coconut (or coconut milk)
Cranberries
Green apple
Pomegranate
Raspberry

Phase 2

Apricot
Cantaloupe
Date
Fig
Mango
Olives
Pear
Pineapple
Plum
Prune
Watermelon

Phase 3

Apple (all varieties)
Banana
Grapefruit
Lemon
Lime
Nectarine
Orange
Peach
Strawberry

Phase 4

Grapes (purple)
Kiwi
Papaya
Raisins

Nuts and Seeds

Phase 1

Almonds (or almond milk)
Chia seeds
Flaxseed
Pine nuts
Walnuts

Phase 2

Brazil nuts
Caraway seeds
Cashews
Pecans
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

Phase 3

Peanuts
Pistachios

Phase 4

Hemp seeds

Vegetables

Phase 1

Artichoke
Arugula
Asparagus
Beets
Bok choy
Broccoli
Cauliflower
Brussels sprouts
Cabbage
Carrots
Celery
Chard
Collard greens
Cucumber
Garlic
Kale
Leeks
Mushrooms (shiitake are the best choice)
Mustard greens
Onions
Lettuce
Scallions
Spinach
Sprouts
String beans
Watercress

Phase 2

Arame
Celery root
Dulse
Fennel
Hijiki
Kelp
Kohlrabi
Kombu
Nori
Pumpkin
Squash
Sweet potato
Tapioca (cassava)
Wakame
Wasabi

Phase 3

Dill pickles
Jicama
Nightshades
Cayenne
Chili powder
Chilies
Eggplant
Green pepper
Hot pepper
Mild pepper
Paprika
Potato (white)
Red pepper
Tomato

Phase 4

All other pickles
Parsnips
Radishes
Red potatoes
Turnips
Watercress
Yams

Grains

Phase 1

Brown rice
Wild rice

Phase 2

Brown rice flour
Oat flour
Oatmeal

Phase 3

Buckwheat
Corn
Millet
Oat groats
Quinoa
Sorghum
Teff

Phase 4 - Possibility of gluten-containing grains (see page 234 of *Recipes for Repair*)

Beans and Legumes

Phase 1 - N/A

Phase 2

Black beans
Chickpeas
Kidney beans
Lentils
Navy beans
Peas
Pinto beans

Phase 3 - N/A

Phase 4 - N/A

Protein

(organic, if possible)

Phase 1

Eggs (free-range)
Haddock
Halibut
Flounder
Mackerel
Salmon
Sardines
Sole
Tilapia

Phase 2

Lamb
Venison
White meat chicken or turkey

Phase 3

Beef
Bison (free-range)
Chicken (dark meat)
Turkey (dark meat)

Phase 4

Cod
Grouper
Pork
Shellfish

Herbs and Spices

Phase 1

Basil
Bay leaf
Cardamom
Chives
Cilantro
Cinnamon
Cloves
Cumin
Curry

Ginger
Lemon grass
Mint
Mustard
Mustard powder
Mustard seed
Oregano
Parsley
Rosemary
Sage
Sea salt
Thyme

Phase 2

Black pepper

Phase 3

Cayenne
Chili powder
Paprika

Phase 4

Horseradish

Dairy

Phase 1 - N/A

Phase 2 - N/A

Phase 3

Butter (organic)
Cheeses
Milk
Cream
Yogurt

Phase 4

Feta
Unsweetened kefir

Traditional Soy

Bean Products

Phase 1 - N/A

Phase 2 - N/A

Phase 3

Miso
Natto
Tamari
Tempeh
Tofu

Phase 4 - N/A

Fats

Phase 1

Extra virgin coconut oil
Extra virgin olive oil
Ghee
Virgin olive oil

Phase 2

Margarines without trans fats

Phase 3

Almond oil
Avocado oil
Grapeseed oil
Palm oil
Safflower oil
Sunflower seed oil

Phase 4

Peanut oil

Sweeteners

Phase 1

Lakanto
Raw honey
Stevia

Phase 2

Coconut palm sugar
Coconut nectar
Honey
Maple syrup
Sorbitol
Xylitol

Phase 3 - N/A

Phase 4 - N/A

Other

Phase 1

Almond extract
Baking soda
Coconut aminos
Coconut extract
Cream of tartar
Mint extract
Raw apple cider
Vinegar
Vanilla extract

Phase 2

Coconut kefir
Psyllium husk powder

Phase 3

Air-popped popcorn
Arrowroot
Baking powder
Guar gum
Nutritional yeast
Mustard
Other vinegars
Xanthan gum

Phase 4

Chocolate
Gelatin
Yeast

Note: If you notice that a food is missing from this list, it is possible that it may have inadvertently been left off the diet. If you feel like the food in question has anti-inflammatory properties and nutritional value, use your judgment and add it into the Phase that you feel would be most appropriate. During all diet Phases, you should avoid eating foods you know you are allergic or sensitive to, even if they are on the list of allowable foods. As your inflammation lessens and you are feeling better, however, you may try to introduce some of the foods you were sensitive to as a test to see if you can now tolerate them. You may also decide to try gluten-containing grains, which are discussed on page 234 of our book.

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