

“Favorable” Yeast-Free Foods

FAVORABLE

Proteins

Chicken Breast
Eggs
Lean Low-Fat Beef
Seafood
Turkey Breast
Veal
Venison
Wild Game

Vegetables

Alfalfa Sprouts
Artichoke
Asparagus
Bean Sprouts
Black Beans
Green/Wax Beans
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots (in moderation)
Cauliflower
Celery
Cucumber
Chickpeas
Collard Greens
Eggplant
Green Pepper
Hummus
Jicama
Kale
Kidney Beans
Leeks
Lentils
Lettuce

Okra
Onions
Pinto Beans
Radishes
Spaghetti Squash
Spinach
Swiss Chard
Tomato
Turnips
Turnip Greens
Yellow Squash
Zucchini

Fruits

Apple
Applesauce
(no sugar added)
Apricots
Blackberries
Blueberries
Cantaloupe
Grapefruit
Honeydew
Kiwi
Lemon
Lime
Nectarine
Orange
Peach
Pear
Plum
Raspberries
Strawberries
Tangerine

Grains

Oatmeal
(only in recipes)

Fats

Avocados
Virgin Coconut Oil
Cold-Pressed Olive Oil
Olives (only black)
Peanut Butter
Nut Butter
Peanut Oil
Nuts and Seeds:
Almonds
Cashews
Macadamia Nuts
Peanuts
Pecans
Pistachios
Pumpkin seeds
Sunflowers
Walnuts

FAIR**Proteins**

Canadian Bacon - Lean
 Chicken - Dark, No skin
 Corned Beef - Lean
 Duck
 Ham - Deli Style

Ham - Lean
 Lamb - Lean
 Pork - Lean
 Pork Chop
 Turkey - Dark, No skin
 Turkey Bacon

AVOID**Vegetables**

Acorn Squash
 Baked Beans
 Beets
 Butternut Squash
 Corn
 Lima Beans
 Parsnips
 Peas
 Potatoes
 Refried Beans
 Sweet Potatoes

Fruits

Bananas
 Cranberries
 Dates
 Figs
 Fruit Juices
 Grapes
 Guava
 Kumquat
 Mango
 Papaya
 Pineapple

Prunes

Raisins

Watermelon

Grains

Rice (white or brown)

Sweeteners

Agave nectar
 Brown Sugar
 Honey
 Sugar

Miscellaneous

Mushrooms

Milk or Milk Products

Greek yogurt
 Hard cheeses
 Ice cream
 Milk-based dressings
 Sour cream
 Yogurt

AVOID

PERMANENTLY
 IN YOUR DIET

Proteins

Bacon
 Beef - Fatty Cuts
 Bologna
 Hot Dogs (any meat)
 Kielbasa
 Liver
 Pepperoni
 Pork Sausage
 Salami
 Soy Products
 Tofu