

Yeast-Free Guidelines

The duration of the yeast treatment is 3 months. Refer to the following guidelines.

The following foods are yeast-free:

- ✓ **Meats** (*Chicken, Beef, Turkey, Pork, Lamb, Venison, & Seafood*)
- ✓ **Eggs** (*boiled, poached, scrambled, or fried with coconut oil*)
- ✓ **Vegetables** (*see p. 10 for the most favorable choices*)
- ✓ **Salads** (*see the recipe section for dressing ideas*)
- ✓ **Dried Beans** (*Black, Red, Kidney, Pinto Beans & Lentils*)
- ✓ **Oatmeal** (*slow-cook/steel-cut brands*) FOR RECIPES ONLY
- ✓ **Lemons or Limes**
- ✓ **Avocados**
- ✓ **Virgin Coconut Oil and Cold-Pressed Olive Oil**
- ✓ **Black Olives**
- ✓ **Nuts and Natural Nut Butters** (*no sugar added*)
- ✓ **Coffee and Herbal Teas** (*no artificially decaffeinated beverages*)
- ✓ **Natural Sweeteners such as Stevia, Erythritol & Xylitol**
(*Sweet-n-Natural[®] and liquid stevia available at Physician's Preference - [800] 579-6545*)
- ✓ **Apple Cider Vinegar** (*the only vinegar product allowed on the diet*)

After two weeks, you may add the following foods:

- ✓ **Fruits** (*with the exception of certain items such as fruit juice, grapes & bananas - see p. 11*)
- ✓ **Butter** (*use only real butter, not margarine*)

Avoid the following:

- ✗ **No Milk or Milk Products** (*cheese, yogurt, Greek yogurt, sour cream, ice cream & milk-based dressings*)
- ✗ **No Bread or Baked Goods** (*cereals, crackers, biscuits, rolls & tortillas*)
- ✗ **No Grains** (*corn, wheat, rye, millet, rice & barley*)
- ✗ **No Pasta**
- ✗ **No Potatoes**
- ✗ **No Mushrooms**
- ✗ **No Sugar** (*honey, syrup or agave nectar*) **or Artificial Sweeteners** (*Nutrasweet, Sweet-n-Low, Equal & Splenda; go to www.janethull.com to read about dangers of artificial sweeteners.*)
- ✗ **No Soft Drinks** (*Zevia, however, is permitted because it is made with a natural sweetener, Stevia.*)
- ✗ **No Alcohol**
- ✗ **No Vinegar** (*Read the label! Pickles, green olives, salad dressings, soy sauce, mustard, mayonnaise, ketchup, salsa, etc.*), **with the exception of apple cider vinegar**
- ✗ **No Vegetable Shortening, Margarine or Partially Hydrogenated Oils**