

# Anderson Specific Chiropractic

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## Modified Paleo Diet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Foods To Eat:

- ♦ **Most Vegetables:** asparagus, spinach, lettuce, broccoli, beets, cauliflower, carrots, celery, artichokes, garlic, onions, turnips, zucchini, squash, rhubarb, cucumbers, watercress, etc. (tomatoes, potatoes, and mushrooms are not allowed)
- ♦ **Fermented Foods:** sauerkraut, kimchi, pickled ginger, mixed pickle, coconut yogurt, kombucha tea, etc.
- ♦ **Meats:** fish\*, chicken, beef, lamb, or organ meats, etc.
- ♦ **Low Glycemic Foods:** apricots, plums, apples, peaches, pears, cherries, berries, etc.
- ♦ **Coconut:** coconut oil, coconut butter, coconut milk, etc.
- ♦ **Herbal Teas, Olives, Olive Oil**
- \*Select fish that are less prone to heavy metal contamination, etc.

### Foods To Avoid:

- ♦ **Sugars:** corn syrup, high fructose corn syrup, molasses, honey, chocolate, candy, etc.
- ♦ **High Glycemic Foods:** watermelon, mango, pineapple, raisins, dates, canned fruits, etc.
- ♦ **Grains:** gluten, wheat, oats, rice, barley, buckwheat, soy, corn, wheat germ, spelt, amaranth, kamut, millet, quinoa, etc.
- ♦ **Gluten-Containing Compounds:** processed salad dressing, ketchup, soy sauce, barbecue sauce, condiments, modified food starch, etc.
- ♦ **Dairy:** milk, whey, eggs, cheese, creams, mayonnaise, etc
- ♦ **Soy:** soy milk, soy sauce, soy protein, etc
- ♦ **Alcohol:** beer, wine, sake, cognac, liqueurs, etc.
- ♦ **Lectins:** nuts, beans, soy potatoes, tomatoes, eggplant, peppers, peanut oil, soybean oil, etc.
- ♦ **Coffee, Processed Food, Canned Foods**

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Patient's Signature

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Doctor's Signature