

P Type Foods

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Vegetables

Artichoke
Asparagus
Carrots (raw)
Cauliflower
Celery
Green beans
Mushrooms+
Olives
Peas
Spinach (2-3x/week)
Winter squash
Chard
Kale
Salad greens
Beets
Broccoli
Brussels sprouts
Cabbage
Eggplant
Garlic
Onion
Parsnips
Peppers (hot/colored)
Potatoes
Pumpkin
Rutabaga, turnip
Sprouts+
Squash (summer)
Tomatoes
Zucchini

Fruit (if tolerated) *

Apples (tart)+
Avocado
Pears (firm)+
Apricots
Berries
Plums
Citrus fruits
Sweet fruits

Bold=Ideal
Black=Neutral

Meat, Fish & Eggs

Beef
Bison
Eggs (organic, omega3)
Lamb
Organ meats (organic)
Poultry (dark meat)
Wild game
Anchovies
Fish eggs/roe
Herring
Salmon (wild)
Sardines
Poultry (white meat)
Mackerel
Octopus
Squid
Tuna (dark)
Pork
Shellfish
Fish (watch mercury)

Sweeteners

Stevia powdered extract
Xylitol

Beverages

Purified water
Chamomile tea
Vegetable juices (fresh and occasional)
Green tea (organic)
Lemon or lime water
Pau D'Arco (antifungal)
Peppermint tea
Roobios (antioxidant)

Spices, Seasonings

Organically grown herbs
Sea salt (unrefined)
Apple cider vinegar (organic, unpasteurized)
Natural tamari

Italics=Caution (eat rarely and not initially)

Nuts & Seeds

Almonds
Brazil nuts
Chestnuts
Filberts
Hickory nuts
Macadamia nuts
Nut butters
Pecans
Pine nuts
Pumpkin Seeds
Sunflower Seeds
Walnuts
Cashews+
Peanuts (organic)+
Pistachios+

Fats & Oils (unrefined)

Extra virgin olive oil
Flax
Hemp
Sesame

For cooking:

Coconut oil (butter)
Butter
Olive
Sesame

Legumes

Aduki beans
Black beans
Black-eyed peas
Chick peas
Kidney beans
Lentils (except red)
Mung beans
Navy beans
Snow peas
Lima beans+
Red lentils+
Soy +

Grains +*

Amaranth
Barley
Buckwheat
Corn
Kamut
Millet
Quinoa
Rice (basmati)
Rice (brown)
Rye
Spelt
Wild Rice
Oats
Rice (white)
Triticale
Wheat and all by-products

Dairy (raw, organic and whole fat) +

*Cheese**
Cottage Cheese
*Cream**
*Feta**
*Goat cheese**
Kefir
Yogurt

Supplements

Vitamin A (Palmitate)
Vitamin C (Calcium Ascorbate)
Choline
Inositol
Vitamin B-3 (Niacinamide)
Vitamin B-5 (Pantothenic Acid)
Vitamin B-12 (Cyanocobalamin)

Calcium
Sodium
Phosphorous
Zinc
Iodine
Boron

+ avoid with dysbiosis

* restrict for weight loss