

# NOT ALLOWED LIST

## MUST CUT COMPLETELY

### BREAD, BAKED GOODS, DESSERTS

white bread  
white flour  
biscuits/cookies  
donuts & muffins  
cupcakes  
cakes & pies  
bakery items (i.e. pastries)  
chocolate  
ice cream  
white sugar

### PROCESSED FOODS

high sugar cereals (fruit loops, vector, special k, etc.)  
chips  
crackers  
buttered popcorn  
processed honey  
jams  
processed meats/cold cuts (i.e. bacon, salami, proscuitto)  
cheese and cheese slices

### CONDIMENTS AND SAUCES

ketchup  
mayonnaise & light mayo  
chipotle sauce  
aoili  
dressings (i.e. ranch, caesar, thousand island dressing)  
relish  
BBQ sauce  
white pasta sauces  
margarine  
butter  
cream  
oils (other than olive/coconut/avocado)  
gravy

### HIGH SUGAR DRINKS

gatorade  
juices  
soda and diet soda  
vitamin water  
pre-packaged smoothie drinks  
excess alcohol  
pre-packaged coffee  
beverages  
energy drinks

### FAST FOOD/TRANS FATS

fries  
onion rings  
pizza  
hot dogs  
burgers (unless lean or homemade)  
chicken skin  
rib eye and other fatty beef cuts  
anything breaded