



L.O.V. Basic Food Guide

Remove sugar, salt, high fructose corn syrup, and partially hydrogenated oil from your diet! This is a basic list of what foods you can eat during the challenge. There are lots of wonderful veggies/foods that may not be on this list. This list is just a start - to see what you already have at your fingertips.

Vegetables	Vegetables (Cont)	Nuts
Artichokes	Parsnips	Raw Unsalted Almonds
Arugula	Peppers	Almond Butter (Only Almonds)
Asparagus	Radicchio	Macadamia Nuts
Broccoli / Broccolini	Radishes	Hazelnuts
Brussel Sprouts	Rutabaga	Flax
Bok Choy	Snow Peas	Chia
Cabbage	Snap Peas	Hemp Seeds
Carrots	Spaghetti Squash	Pecans
Cauliflower	Spinach	Sesame Seeds
Cabbage	Tomato	Tahini
Celery	Turmeric Root	Raw Unsalted Sunflower Seeds
Chard	Yellow Squash	Raw Unsalted Pistachios
Collards	Zucchini	Raw Unsalted Walnuts
Cucumber	All Fruit	Raw Unsalted Pumpkin Seeds
Eggplant	Beans and Grains	Lean/Clean Meats
Garlic	Black Beans	<i>All meats should be organic, hormone & nitrate free. You are not required to eat meat, this is only if you want to.</i>
Ginger	Lentils	Wild Caught Salmon
Green Beans	Kidney Beans	Organic Chicken & Turkey
Kale	Garbanzo	Organic cage free pasteurized eggs
Leeks	Quinoa	Oils
Salad (Mixed Greens)	Oatmeal	Olive Oil
Mushrooms	Millet	Coconut Oil
Onions	100% Cacao	Grape-seed Oil
		Avocado oil

Seasonings	Sweeteners	Drinks
Himalayan Salt	100% Pure Maple Syrup	Water
Turmeric	Raw Honey	Seltzer Water
Cumin	(Other sugar alternatives will be discussed throughout the challenge).	Almond Unsweetened Milk (carrageenan free)
Smoked Paprika		Herbal Tea
Cayenne		Coconut Milk Unsweetened
Coconut Braggs Amino		
Fresh Dill		
Fresh Basil		

NOTES: