



NUTRITION LEVELS COMPARISON CHART

When you see * next to "Yes," it indicates foods that are compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

PROTEIN	PERFORMANCE	LIFESTYLE	KICK START
Beef, pork, chicken, turkey, duck, fowl, fish, seafood, shellfish, eggs	Yes	Yes	Yes
Bacon (with nitrates or sugar or celery salt)	No	Yes	Yes
Deli meats	No	No	Yes
VEGETABLES & LEGUMES	PERFORMANCE	LIFESTYLE	KICK START
Most veggies	Yes	Yes	Yes
Winter squashes	Yes	Yes	Yes
Sweet potatoes, yams	Yes*	Yes*	Yes*
White potatoes, corn	No	Yes*	Yes*
Beans and legumes	No	Yes*	Yes*
Fermented soy (tempeh, miso)	No	Yes	Yes
Soy (edamame, tofu)	No	No	Yes
FRUIT	PERFORMANCE	LIFESTYLE	KICK START
All fruits	Yes*	Yes*	Yes*
Lemon and lime juice	Yes	Yes	Yes
NUTS & SEEDS	PERFORMANCE	LIFESTYLE	KICK START
Most nuts and seeds (including nut butters)	Yes*	Yes*	Yes*
Peanuts (including peanut butter)	No	Yes*	Yes*
FATS & OILS	PERFORMANCE	LIFESTYLE	KICK START
Olive oil, coconut oil, avocado oil, butter, pork fat (lard), beef fat (tallow), duck fat, nut oils, flaxseed oil, grapeseed oil	Yes	Yes	Yes
Avocados, coconuts, olives	Yes	Yes	Yes
Industrial vegetable & seed oils - Canola, corn, peanut, safflower, soy, sunflower	No	Yes*	Yes*
Hydrogenated oils	No	No	Yes*

GRAINS	PERFORMANCE	LIFESTYLE	KICK START
Rice (white, brown, wild), quinoa, oatmeal, buckwheat, amaranth	No	Yes*	Yes*
Corn tortillas	No	Yes*	Yes*
Flour of any grain (rice flour, quinoa flour, corn flour, wheat flour)	No	No	No
Bread, bagels, muffins, flour tortillas	No	No	No
Pasta or noodles of any kind (bean, rice, quinoa), cereals	No	No	No
ALCOHOL & BEVERAGES	PERFORMANCE	LIFESTYLE	KICK START
Coffee, tea, kombucha, coconut water	Yes	Yes	Yes
Vegetable juice	Yes*	Yes*	Yes*
Wine and spirits	No	1 per week	1 per day
Fruit juice, milk	No	No	Yes*
Soda - regular & diet	No	No	No
Beer	No	No	No
DAIRY	PERFORMANCE	LIFESTYLE	KICK START
Butter	Yes	Yes	Yes
Yogurt, kefir, whey protein, cottage cheese	No	Yes	Yes
Milk, cream, buttermilk, sour cream	No	No	Yes*
Cheese	No	No	No
SUGAR & SWEETENERS	PERFORMANCE	LIFESTYLE	KICK START
Stevia, monkfruit	Yes	Yes	Yes
Coconut sugar and nectar	No	Yes	Yes
White / brown sugar, honey, maple syrup, agave, other sweeteners	No	No	Yes*
Dessert, candy, and sweets	No	No	No
SNACKS & ARTIFICIAL INGREDIENTS	PERFORMANCE	LIFESTYLE	KICK START
Sweet potato or vegetables "fries" or chips, BAKED	Yes*	Yes*	Yes*
White potato "fries," BAKED	No	Yes*	Yes*
Sweet potato "fries," FRIED	No	Yes*	Yes*
Hummus	No	Yes	Yes
Guar gum, xanthan gum, arrowroot, tapioca, natural or artificial flavors or colors	No	Yes*	Yes*
Nitrates, nitrites, benzoates, MSG, hydrogenated oils	No	No	Yes*
Popcorn	No	No	Yes*
Fried chips of any kind, White potato "fries," FRIED (french fries)	No	No	No