



## Always

### > RULES

There are **no rules** for this category!

Everything in the Always category is considered unprocessed or minimally processed. Eat as much of these as your heart desires.

### > FOOD

#### **Farm Fresh**

If you can grow it, you can eat it: fruits, vegetables, herbs, spices, grains, nuts, peanuts, seeds, mushrooms and algae

#### **Unprocessed Meats & Seafood**

As long as it is direct from an animal, it's fair game

#### **Eggs**

From any kind of bird

#### **Grits, Flakes & Flours**

From wheat, corn, and oats

#### **Pasta**

Fresh or dried as long as they are made from the flours above, plus couscous and polenta

### > DRINKS

#### **Water**

Tap, spring, mineral, sparkling (including those with natural favors)

#### **Coffee & Tea**

Fresh brewed without additives

#### **Milk**

Fresh or pasteurized

#### **Fruit & Vegetable Juices**

Juices made from 100% fruit and vegetables with no sweeteners, flavoring, or preservatives added

#### **Made By You**

Any other concoctions you can dream, as long as they are made using only Always ingredients

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@Home

## > RULES

While these aren't the healthiest ingredients, they can be integrated into a balanced diet. These ingredients are safe to use in **small amounts** to add a bit of flavor to your @Home cooking. Feel free to sauté those veggies in some olive oil, but don't try to deep fry and sugar coat everything you make.

## > FATS, VINEGARS & STARCHES

### **Cooking Oils**

Made from seeds, nuts, and fruits (including soybeans, corn, olive, and sunflower)

### **Other Fats**

Butter (including salted), lard, and coconut fat

### **Vinegar**

White, balsamic, rice, apple cider and others

### **Starches**

Extracted from corn and other plants

## > SUGAR & SALT

### **Sugar**

White, brown, and other types of sugar and molasses from cane or beets

### **Honey**

Extracted directly from honeycombs

### **Maple Syrup**

Only the real stuff from trees

### **Salt**

Refined or coarse, mined or from seawater

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## Limited

### > RULES

Foods in this category are created by combining Always and @Home ingredients. These are safe to eat, but you should still aim for eating **five** Always items for every **one** Limited item.

Alcoholic drinks are permitted, but no more than **seven** per week and **three** per day.

### > FOOD

#### Identifiable Ingredients

If it has 5 or fewer ingredients and all the ingredients are from the Always or @Home category, it's a Limited food.

Examples:

- Freshly made cheeses
- Bacon, beef jerky and smoked, salted, dried or cured meats
- Canned fish
- Freshly-made breads made from only wheat, salt water, and yeast
- Canned beans and veggies
- Tomato paste, extracts, and concentrates
- Salted or sugared nuts

### > DRINKS

#### Fermented Alcoholic Drinks

Beer, Wine, and Cider

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## Nope

### > RULES

Everything in this category should be **avoided at all costs**. That said, if you happen to slip and eat something from this list, remember to never miss twice. The majority of the foods in a typical grocery store fall into this category.

#### **BASIC RULE**

If it has a long list of ingredients or you can't pronounce an ingredient, it's a Nope.

### > Food

#### **Desserts**

Ice cream, chocolate, cookies, pastries, cakes, candy and other confectionery

#### **Food with Additives or Unrecognizable Ingredients**

Including added sugar or artificial sweeteners, whey, emulsifiers, colors, artificial or natural flavors, hydrogenated oil, and other agents such as:

- All salty, sugary, sweet and savory snacks
- Cereal and breakfast bars
- Packaged bread, hamburger and hot dog buns, and bagels
- Sausages, hot dogs, pre-prepared meats (burgers, chicken, etc.), chicken nuggets, fish sticks, and other products made from animal remnants
- Sweetened or flavored yogurts
- Pre-prepared vegetables
- Instant pastas, frozen dinners, and dehydrated, canned, or condensed soups
- Seasonings and gravy mixes
- Margarine and spreads

### > Drinks

#### **Drinks with Sweeteners, Flavorings, or Preservatives**

Lots of things in this category including:

- Soda
- Energy & sports drinks
- Juice
- Tea
- Kombucha
- Dairy drinks
- Non-dairy drinks
- Meal replacement shakes

#### **Other Alcohols**

Distilled alcohols like whiskey, rum, gin, and tequila as well as alcoholic seltzers

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