



Dr. Gundry's Shopping List

Yes and No Foods for Energy



The "Yes" List



Cruciferous Vegetables

- arugula
- bok choy
- broccoli
- Brussels sprouts
- cabbage (green and red)
- cauliflower
- collards
- kale
- kimchi
- kohlrabi
- napa cabbage
- radicchio
- sauerkraut (raw)
- Swiss chard
- watercress

Leafy Greens

- algae
- basil
- butter lettuce
- cilantro
- dandelion greens
- endive
- escarole
- fennel
- mesclun (baby greens)
- mint
- mizuna
- mustard greens
- parsley
- perilla
- purslane
- red and green leaf lettuces
- romaine lettuce
- sea vegetables
- seaweed
- spinach

Other Vegetables

- artichokes
- asparagus
- bamboo shoots
- beets (raw)
- carrot greens
- carrots (raw)
- celery
- chicory
- chives
- daikon radish
- fiddlehead ferns
- garlic
- garlic scapes
- ginger
- hearts of palm
- horseradish
- Jerusalem artichokes (sunchokes)
- leeks
- lemongrass
- mushrooms
- nopales (cactus; available online)
- okra
- onions
- parsnips
- puntarella
- radishes
- rutabaga
- scallions
- shallots
- water chestnuts

Fruits That Act like Fats

- Avocado (up to a whole one per day)
- Olives, all types



Oils

- algae oil (Thrive culinary brand)
- avocado oil
- black seed oil
- canola oil (non-GMO, organic only!)
- coconut oil
- cod liver oil (the lemon and orange flavors have no fish taste)
- macadamia oil
- MCT oil
- olive oil (extra virgin)
- perilla oil
- pistachio oil
- red palm oil
- rice bran oil
- sesame oil (plain and toasted)
- walnut oil

Nuts and Seeds (1/2 cup per day)

- almonds (only blanched or Marcona)
- Barùkas nuts
- Brazil nuts (in limited amounts, about 3 a day for selenium)
- chestnuts
- coconut (not coconut water)
- coconut milk (unsweetened dairy substitute)
- coconut milk/cream (unsweetened, full-fat, canned)
- flaxseeds
- hazelnuts
- hemp protein powder
- hemp seeds
- macadamia nuts
- Milkadamia creamer (unsweetened)
- nut butters (if almond butter, preferably made with peeled almonds, as almond skins contain lectins)
- pecans
- pili nuts
- pine nuts
- pistachios
- psyllium seeds
- Sacha Inchi seeds
- sesame seeds
- tahini (sesame paste)
- walnuts

Energy Bars (limit to one per day, please)

- Adapt Bars: Coconut and Chocolate
- B-Up (made by Yup): Chocolate Mint, Chocolate Chip Cookie Dough, Sugar Cookie
- GundryMD Bars
- Keto Bars: Almond Butter Brownie, Salted Caramel, Lemon Poppyseed, Chocolate Chip Cookie Dough
- MariGold Bars: ChocoNut, Pure Joy, Espresso, Ginger Coconut
- Primal Kitchen Bars: Almond Spice and Coconut Lime
- Quest Bars: Lemon Cream Pie, Banana Nut, Strawberry Cheesecake, Cinnamon Roll, Double Chocolate Chunk, Maple Waffle, Mocha Chocolate Chip, Peppermint Bark, Chocolate Sprinkled Doughnut, Cinnamon Roll
- Rowdy Bars: Keto Chocolatey Cookie Dough
- Stoka: Vanilla Almond and Coco Almond

Flours

- almond (blanched)
- arrowroot
- cassava
- chestnut
- coconut
- coffee fruit
- grape seed
- green banana
- hazelnut
- millet
- sesame (and seeds)
- sorghum flour
- sweet potato
- tiger nut



Processed Resistant Starches (can be eaten every day in limited quantities, but those with prediabetes or diabetes should consume only once a week on average)

- Barely Bread's bread and bagels
(only those without raisins)
- Cappello's fettucine and other pasta
- California Country Gal Sandwich Bread
- Egg Thins by Crepini
- Julian Bakery Paleo Wraps (made with coconut flour), Paleo Thin Bread Almond Bread, Sandwich Bread, Coconut Bread
- Mikey's Original and Toasted Onion English Muffins
- Positively Plantain tortillas
- Real Coconut Coconut and Cassava Flour Tortillas and Chips
- Siete brand chips (be careful here—a couple of my canaries react to the small amount of chia seeds in the chips) and tortillas (only those made with cassava and coconut flour or almond flour)
- Simple Mills Almond Flour Crackers sorghum pasta
- SRSLY sourdough non-lectin bread and rice-free sourdough rolls
- Terra Cassava, Taro, and Plantain Chips
- Thrive Market Organic Coconut Flakes
- Trader Joe's Jicama Wraps
- Trader Joe's Plantain Chips
- baobab fruit
- cassava (tapioca)
- celery root (celeriac)
- glucomannan (konjac root)
- green bananas
- green mango
- green papaya
- green plantains
- jicama
- millet
- parsnips
- persimmon
- rutabaga
- sorghum
- sweet potatoes or yams
- taro root
- tiger nuts
- turnips
- yucca

"Foodles" (acceptable "noodles")

- Cassava pastas
- Edison Grainery sorghum pasta
- GundryMD's Pasta
- Jovial cassava pastas
- Kanten Pasta
- kelp noodles
- konjac noodles
- millet pasta (Bgreen Food brand, all types except angel hair pasta)
- Miracle Noodles
- Miracle Rice
- Natural Heaven Hearts of Palm Spaghetti and Lasagna
- Palmini Hearts of Palm Noodles
- shirataki noodles
- Slim Pasta
- Sweet Potato Pasta elbow macaroni
- Trader Joe's Cauliflower Gnocchi

Seafood (any wild-caught, 4 ounces per day)

- Alaskan salmon
- anchovies
- calamari/squid
- clams
- cod
- crab
- freshwater bass
- halibut
- Hawaiian fish, including mahi-mahi, ono, and opah
- lobster
- mussels
- oysters
- sardines
- scallops
- shrimp (wild only)
- tuna (canned)
- whitefish



Pastured Poultry (4 ounces per day)

- chicken
- duck
- game birds (pheasant, grouse, dove, quail)
- goose
- ostrich
- pastured or omega-3 eggs (up to 4 daily)
- turkey

Meat (100 percent grass-fed and grass-finished, 4 ounces per day)

- beef
- bison
- boar
- elk
- grass-fed jerky (low-sugar versions)
- lamb
- pork (humanely raised, including prosciutto, Iberico ham, 5J ham), Canadian bacon, ham
- venison
- wild game

Plant-Based Proteins and “Meats”

† Soaking and pressure cooking instructions for lentils and legumes are easily found online.

- hemp tofu
- Hilary’s Root Veggie Burger
- Kelp Jerky
- Pressure-cooked lentils and other legumes (canned, such as Eden or Jovial brand) or dried, soaked†, then pressure cooked (use an Instant Pot)
- Quorn products: only Meatless Pieces, Meatless Grounds, Meatless Steak-Style Strips, Meatless Fillets, Meatless Roast (avoid all others, as they contain lectins/gluten)

Fruits (limit to one small serving on weekends and only when that fruit is in season)

(Best options are pomegranate and passion fruit seeds, followed by raspberries, blackberries, strawberries, then blueberries)

- apples
- apricots
- blackberries
- blueberries
- cherries
- citrus (no juices)
- crispy pears (Anjou, Bosc, Comice)
- kiwis
- nectarines
- passion fruit
- peaches
- plums
- pomegranates
- raspberries
- strawberries

Dairy Products and Replacements

(limit to 1 ounce cheese or 4 ounces yogurt per day)

- buffalo butter (available at Trader Joe’s)
- buffalo mozzarella (Italian)
- A2 casein milk
- cheeses from Switzerland
- coconut yogurt (plain)
- French/Italian butter
- French/Italian cheese
- ghee (grass-fed)
- goat’s and sheep’s milk kefir (plain)
- goat’s milk cheese
- goat’s milk creamer
- goat’s milk yogurt (plain)
- Kite Hill Cream Cheese Alternative
- Kite Hill (plant-based) yogurts
- Kite Hill ricotta (almond-based)
- Lavva (plant-based) yogurt
- organic cream cheese
- organic heavy cream
- organic sour cream
- Parmigiano-Reggiano
- sheep’s milk cheese
- sheep’s milk yogurt (plain)
- whey protein powder (grass-fed cow, goat, sheep)



Herbs, Seasonings, and Condiments

- avocado mayonnaise
- coconut aminos
- fish sauce (no sugar added)
- herbs and spices (all except chile flakes)
- miso
- mustard
- nutritional yeast
- sea salt (ideally iodized)
- tahini
- vanilla extract (pure)
- vinegars (any without added sugar)
- wasabi

Sweeteners

- allulose (look for non-GMO)
- erythritol (Swerve is my favorite, as it also contains oligosaccharides) inulin (Just Like Sugar is a great brand)
- local honey and/or manuka honey (very limited!)
- monkfruit; also known as luo han guo (Lakanto brand is good)
- stevia (SweetLeaf is my favorite)
- xylitol
- yacón (Sunfood Sweet Yacon Syrup is available on Amazon)

Chocolate and Frozen Desserts

- coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar)
- dark chocolate, unsweetened, 72% or greater (1 ounce per day)
- Enlightened Ice Cream
- Keto Ice Cream: Chocolate, Mint Chip, Sea Salt Caramel
- Killer Creamery Ice Cream: Chilla in Vanilla, Caramels Back, No Judge Mint
- Mammoth Creameries: Vanilla Bean
- nonalkalized cocoa powder
- Rebel Creamery Ice Cream: Butter Pecan, Raspberry, Salted Caramel, Strawberry, and Vanilla
- Simple Truth Ice Cream: Butter Pecan and Chocolate Chip

Beverages

- Champagne (6 ounces per day)
- coffee
- dark spirits (1 ounce per day)
- hydrogen water
- KeVita brand low-sugar kombucha (such as coconut and coconut Mojito)
- Pellegrino or Panna water
- red wine (6 ounces per day)
- tea (all types)





The "No" List

Energy-draining foods to avoid

Refined, Starchy Foods

- bread
- cereal
- cookies
- crackers
- pasta
- pastries
- potato chips
- potatoes
- rice
- tortillas
- wheat flour

Grains, Sprouted Grains, Pseudo-Grains, and Grasses

[†] The Indian variety of white basmati rice is high resistant starch; the American variety not.

- barley (cannot pressure cook)
- barley grass
- brown rice
- buckwheat
- bulgur
- corn
- corn products
- corn syrup
- einkorn
- kamut
- kasha
- oats (cannot pressure cook)
- popcorn
- quinoa
- rye (cannot pressure cook)
- spelt
- wheat
- wheat (cannot pressure cook; pressure cooking does not remove lectins from any form of wheat)
- wheatgrass
- white rice (except pressure-cooked white basmati rice from India[†])
- wild rice

Sugar and Sweeteners

- agave
- coconut sugar
- diet drinks
- granulated sugar (even organic cane sugar)
- maltodextrin
- NutraSweet (aspartame)
- Splenda (sucralose)
- Sweet One from Sunett (acesulfame-K)
- Sweet'n Low (saccharin)

Vegetables

**Allowable only if they are properly prepared in a pressure cooker.*

- beans* (all, including sprouts)
- chickpeas* (including as hummus)
- edamame
- green beans
- legumes*
- lentils* (all)
- pea protein
- peas
- soy
- soy protein
- sugar snap peas
- textured vegetable protein (TVP)
- tofu



Nuts and Seeds

- almonds with peels
- cashews
- chia seeds
- peanuts
- pumpkin seeds
- sunflower seeds

Fruits (some called vegetables)

- bell peppers*
- chiles*
- cucumbers*
- eggplant*
- goji berries
- melons (any kind)
- pumpkin
- squash (any kind)
- tomatillos*
- tomatoes*
- zucchini

*must be peeled, deseeded and pressure cooked



Milk Products That Contain A1 Casein

- butter (even grass-fed), unless from
- A2 cows, sheep, or goats
- cheese
- cottage cheese
- frozen yogurt
- ice cream
- kefir
- milk
- ricotta
- yogurt (including Greek yogurt)

Oils

- canola (most is GMO)
- corn
- cottonseed
- grape-seed
- partially hydrogenated oils
- peanut
- safflower
- soy
- sunflower
- vegetable

Herbs and Seasonings

- ketchup
- mayonnaise (except avocado mayonnaise)
- red chile flakes
- soy sauce
- steak sauce
- Worcestershire sauce