

# Do not eat

## Foods to stay away from:

### Choices

White flour products, white rice, white pasta

Refined sugar & artificial sweeteners

Pork & pork by-products, red meat (mad cow)

\*\*shell fish (crabs, shrimp, lobster, clams, etc.)

Canola oil, lard, Crisco

No fried foods (none is better)

Dairy (milk & cheese)

Cornstarch

### Better

brown breads, brown rice,  
wheat or veggie pastas

raw honey, grade C maple  
syrup, blackstrap molasses,  
Sucanat, Rapadura, Stevia,  
(No Agava)

\*fish, chicken, turkey (baked,  
broiled, stewed or grilled)

Abstain completely causes allergies

Olive oil - cold pressed organic,  
extra virgin or extra light

sautéed

rice, oat or almond milk, goat  
milk

arrowroot

\*these are also highly contaminated, Halal or Kosher (fish & chicken acceptable) meats

\*\*these are poisonous to our bodies and cause toxicity and allergies; they are the swine of the sea.

Pork is forbidden in both the Bible and Qur'an. It is the filthiest animal.

This is a partial listing for the beginning of your transformation.

"Do the very best you can with what you have, where you are, for as long as you have."  
11 yr old Nkosi from South Africa (1993-2004)