

# Approved carbs

- Organic Sweet potato 1/2 cup
- Sprouted brown, red or black rice 1/2 cup
- Organic wild rice 1/2 cup
- Quinoa 1/3 cup
- Organic Yams 1/2 cup
- Organic Carrots, all colors 1/4 cup
- Turnips 1/2 cup
- Beets 1/2 cup
- Purple or red skinned potato that has been cooked, then cooled, then heated and cooled again, then heated one last time for consumption 1/2 cup
- White or jasmine rice that has been cooked, then cooled, then heated and cooled again, then heated one last time for consumption 1/2 cup
- 100% Durum pasta (not whole grain) that has been cooked, then cooled, then heated and cooled again, then heated one last time for consumption 1/2 cup
- Organic non GMO corn tortilla, 2 small (6 inch) or 1 large (10-12 inch) \*preferably stone ground.
- Silver Hills Squirrely sprouted bread or other sprouted bread 2 slices
- Silver Hills sprouted wrap 1 wrap
- Ezekiel bread 2 slices
- Sour dough bread 1 slice
- Kaniwa 1/2 cup
- Tiger nut 1/2 cup
- Arrowroot starch 1/4-1/2 cup
- Organic Buckwheat flour or grouts 1/2 cup
- Organic gluten free oats 1/3 cup
- Organic tomato 1 medium
- Organic cherry tomatoes 10 pieces
- Organic Acerola cherries or fresh cherries 1/2 cup
- Organic green apple - Granny Smith 1 medium
- Organic Pomegranate 1/2 cup
- Organic dark grapes 1/2 cup
- Organic Kiwis 2



- Organic nacho chips 1 handful or serving, usually 28 chips  
\*preferably stone ground
- Kettle Brand Non GMO avocado oil chips 1 serving
- Good health avocado oil chips 1 serving
- Boulder canyon avocado oil chips 1 serving
- Buddha Bowl organic popcorn 2 cups
- Savoy Non GMO popcorn 3 cups
- Solar Raw kale chips 1 serving/ounce
- Lara bar 1
- RX bar 1
- Epic bar 1
- Naked 35 g bar 1
- Naked nibbles 40 g bag 1
- Marys Gone crackers 13 crackers
- Winter squash 1/2 cup
- Butternut squash including pumpkin 1/2 cup
- Konjac or Shiritaki noodles 1 cup
- White rice noodles 1/2 cup
- Organic Chickpeas 1/2 cup
- Organic hummus 1/4 cup
- Medjool dates 2 pitted dates
- Figs 4
- Organic strawberries 1 cup
- Organic blueberries 1 cup
- Organic raspberries 1 cup
- Organic blackberries 1 cup
- Organic cranberries 1 cup
- Organic orange 1 medium
- Forbidden or black rice noodles 1/2 cup

\*\* Cooking and cooling some starchy carbs increases the resistant starch in that carb so less of said carb gets broken down and converted to sugar. It also helps eliminate some lectins --- go back and read module 2! xo