



# Specific Carbohydrate Diet Food Plan

## PROTEINS

*Proteins*

Servings/day \_\_\_\_\_

**Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred. Canned fish is allowed if cans are BPA-free, and if the fish is canned in water only. Only cheeses aged 30 days or more that have a bacterial culture involved in production (are not manufactured) are allowed.**

### Animal Protein:

- Cheese: Cheddar, colby, gruyere, havarti, manchego, provolone, Swiss— $\frac{1}{2}$  oz
- Cheese: Asiago, blue, brie, camembert, edam, gorgonzola, gouda, limburger, Monterey jack, muenster, romano—1 oz**
- Parmesan cheese—2 T**
- Egg—1, or 2 egg whites
- Bacon** (crispy, sugar-free)—1 oz
- Fish/shellfish: Anchovies, clams, cod, flounder, halibut, salmon, sardines, trout, tuna, etc.—1 oz
- Meat: beef, buffalo, elk, lamb, offal, pork, venison, other wild game—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

- Meat: beef, buffalo, elk, lamb, offal, pork, venison, other wild game—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

### Protein Powder:

- Check label for # grams/scoop (1 protein serving = 7g protein)
- Bovine collagen, egg, hemp, whey protein isolate

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (size of palm of hand)

### Eliminate

All canned, processed, smoked, and sugar-cured meats, including deli meat, lunchmeat, hot dogs, turkey loaf, and spiced ham. Cheese: processed cheese, chevre, cottage cheese, mozzarella, Neufchatel, and ricotta. Plant proteins: tofu and other soy-based proteins, and spirulina. Protein powder: hemp, soy, and any blends with algae, aloe vera, pectin, psyllium husks, chlorella, or any other noncompliant ingredients.

**NO MUCILAGINOUS FOODS and NO GRAINS (bread, cereal, crackers, oats, pasta, etc.) are permitted.**

## LEGUMES

*Proteins/Carbs*

Servings/day \_\_\_\_\_

**Organic, non-GMO preferred. Must be dried, soaked overnight hours, and rinsed. Change water halfway through the soaking process.**

- Black beans**
- Kidney beans**
- Lentils**
- Lima beans**
- Navy beans**
- Peas**

All legume servings are for cooked amounts.

1 serving =  $\frac{1}{2}$  c = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

### Eliminate

All bean and lentil flours, black eyed peas, butter beans, cannellini beans, chickpeas (garbanzo beans), Fava beans, mung beans, pinto beans, and soybeans.

## DAIRY ALTERNATIVES

*Proteins/Carbs*

Servings/day \_\_\_\_\_

**Unsweetened required, organic and homemade preferred**

- Milk: Almond, coconut—8 oz
- Yogurt (plain): 24-Hour SCD—4–6 oz

1 dairy serving = 90–150 calories, 7–8 g protein, 12 g carbs

1 dairy alternative serving = 25–90 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)

### Eliminate

Buttermilk, cream cheese, cream (heavy), dried or evaporated milk, hemp milk, ice cream, kefir, milk (lactose-free and regular), rice milk, sour cream, soy-based cheeses and sour creams, soy milk, and yogurt (commercial). Any commercial dairy alternatives containing thickeners like agar-agar, carrageenan, guar gum, and xanthan gum.

## NUTS & SEEDS

*Proteins/Fats*

Servings/day \_\_\_\_\_

**Raw, unroasted, unsalted, unsweetened required. Organic preferred. Use only as flour until gastrointestinal symptoms resolve.**

- Almonds—6
- Brazil nuts—2
- Cashews—6
- Chestnuts (soaked, cooked until soft)—5
- Coconut (fresh)— $\frac{1}{3}$ c
- Coconut (dried, shredded)—3 T
- Hazelnuts—5
- Macadamias—2–3
- Nut and seed butters: Almond, peanut— $\frac{1}{2}$  T

- Peanuts (in shell)—10
- Pecan halves—4
- Pine nuts—1 T
- Pistachios (skin removed)—1 T
- Walnut halves—4

1 serving = 45 calories, 5 g fat

### Eliminate

Chestnut flour, flax seeds, hemp seeds, sesame seeds, tahini, all seed butters, and all seed flours.

## FATS & OILS

*Fats*

Servings/day \_\_\_\_\_

**Minimally refined, cold pressed, organic, non-GMO preferred**

- Avocado—2 T or  $\frac{1}{8}$  whole
- Butter/ghee (clarified butter, grass-fed)—1 t
- Coconut milk, regular (canned)— $1\frac{1}{2}$  T
- Coconut milk, light (canned)—3 T
- Mayonnaise (unsweetened)—1 t
- Oils, cooking: Avocado, canola, coconut, ghee, olive (extra virgin), peanut, rice bran, sesame—1 t
- Oils, salad: Almond, avocado, flaxseed oil, hempseed, macadamia, olive (extra virgin), safflower (high-oleic), sesame, sunflower (high-oleic), walnut—1 t
- Olives: Black, green, Kalamata—8
- Pesto** (olive oil)—1 t

1 serving = 45 calories, 5 g fat

### Eliminate

Chocolate, margarine, and soybean oil.

**Items in orange should be removed in Phase 1, and added back into the diet with caution only after gastrointestinal symptoms have resolved.**

**Items in red should be removed for six months and added back into the diet with caution, and only on occasion (1–3 servings per week).**

**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



## VEGETABLES Non-starchy

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, no sugar added. Fresh or frozen required. All vegetables must be well-cooked (steamed, baked, broiled, sautéed, etc.) until gastrointestinal symptoms resolve.**

- |  |  |
|--|--|
| <input type="checkbox"/> Artichoke hearts  | <input type="checkbox"/> Garlic  |
| <input type="checkbox"/> Arugula   | <input type="checkbox"/> Ginger—1 t  |
| <input type="checkbox"/> Asparagus   | <input type="checkbox"/> Green beans   |
| <input type="checkbox"/> Bamboo shoots   | <input type="checkbox"/> Greens: Beet, collard, kale, mustard, turnip, etc.              |
| <input type="checkbox"/> Beets (cubed)   | <input type="checkbox"/> Horseradish   |
| <input type="checkbox"/> <b>Black radish</b>   | <input type="checkbox"/> Leek  |
| <input type="checkbox"/> <b>Bok choy</b>   | <input type="checkbox"/> Lettuce, all  |
| <input type="checkbox"/> Broccoli  | <input type="checkbox"/> Microgreens   |
| <input type="checkbox"/> Brussels sprouts  | <input type="checkbox"/> Parsley   |
| <input type="checkbox"/> Cabbage (green, purple, Savoy)  | <input type="checkbox"/> Parsnips  |
| <input type="checkbox"/> Carrots   | <input type="checkbox"/> Peppers, all  |
| <input type="checkbox"/> Celeriac root   | <input type="checkbox"/> Radicchio   |
| <input type="checkbox"/> <b>Chard/Swiss chard</b>  | <input type="checkbox"/> Radishes  |
| <input type="checkbox"/> Chervil   | <input type="checkbox"/> Scallions   |
| <input type="checkbox"/> Chives  | <input type="checkbox"/> Snow peas   |
| <input type="checkbox"/> Cilantro  | <input type="checkbox"/> Spinach   |
| <input type="checkbox"/> Cucumbers   | <input type="checkbox"/> Squash: Delicata, chayote, pumpkin, spaghetti, yellow, zucchini |
| <input type="checkbox"/> Eggplant  | <input type="checkbox"/> Tomato  |
| <input type="checkbox"/> Endive  | <input type="checkbox"/> Tomato juice (salted)— $\frac{3}{4}$ c                          |
| <input type="checkbox"/> Escarole  | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c                                |
| <input type="checkbox"/> Fennel  | <input type="checkbox"/> Watercress  |
| <input type="checkbox"/> Fermented vegetables (unsweetened, additive-free): <b>Kimchi</b> , dill pickles, <b>sauerkraut</b> —1 T |  |

1 serving =  $\frac{1}{2}$  c, 1 c raw greens = 25 calories, 5 g carbs

### Eliminate

All canned vegetables, including tomato paste, puree, and sauce. Eliminate bean sprouts, celery, jicama, kohlrabi, nettles, okra, sea vegetables (seaweed), sunchokes (Jerusalem artichokes), vegetable juice (commercial), and water chestnuts.

## VEGETABLES Starchy

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, no sugar added. Fresh or frozen required. All vegetables must be well-cooked (steamed, baked, broiled, sautéed, etc.) until gastrointestinal symptoms resolve.**

- |   |   |
|---|---|
| <input type="checkbox"/> Acorn squash (cubed)—1 c | <input type="checkbox"/> Butternut squash (cubed)—1 c |
|---|---|

- Rutabaga**— $\frac{1}{2}$  c

1 serving =  $\frac{1}{2}$  c, 1 c raw greens = 25 calories, 5 g carbs

### Eliminate

All canned vegetables. Eliminate parsnip, potatoes (all), shirataki noodles, taro, turnip, yam, and yucca.

## FRUITS

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, no sugar added. If moderate to severe digestive issues persist, cook all (except ripe bananas) until gastrointestinal symptoms resolve.**

- |   |   |
|---|---|
| <input type="checkbox"/> Apples (peeled)—1 sm                               | <input type="checkbox"/> Melon, all—1 c                             |
| <input type="checkbox"/> Apricots—4   | <input type="checkbox"/> Nectarine—1 sm                             |
| <input type="checkbox"/> Banana (ripe with black spots)— $\frac{1}{2}$ med  | <input type="checkbox"/> Orange—1 sm                                |
| <input type="checkbox"/> Blackberries— $\frac{3}{4}$ c                      | <input type="checkbox"/> Papaya—1 c                                 |
| <input type="checkbox"/> Blueberries— $\frac{3}{4}$ c                       | <input type="checkbox"/> Passionfruit—1 med                         |
| <input type="checkbox"/> Cherries—12  | <input type="checkbox"/> Peach—1 sm                                 |
| <input type="checkbox"/> Cranberries— $\frac{3}{4}$ c                       | <input type="checkbox"/> Pear—1 sm                                  |
| <input type="checkbox"/> Dates or figs—3                                    | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c                 |
| <input type="checkbox"/> <b>Dried fruit:</b>                                | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ med               |
| <b>Cranberries, currants, Gogi berries, papaya, pineapple, raisins</b> —2 T | <input type="checkbox"/> Plums—2 sm                                 |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$ med                      | <input type="checkbox"/> <b>Pomegranate seeds</b> — $\frac{1}{4}$ c |
| <input type="checkbox"/> Grapes—15  | <input type="checkbox"/> Prunes—3 med                               |
| <input type="checkbox"/> Guava—1 med  | <input type="checkbox"/> Raspberries—1 c                            |
| <input type="checkbox"/> Kiwi—1 med   | <input type="checkbox"/> Rhubarb—1 c                                |
| <input type="checkbox"/> Mango— $\frac{1}{2}$ sm                            | <input type="checkbox"/> Starfruit—1 med                            |
|   | <input type="checkbox"/> Strawberries—1 $\frac{1}{4}$ c             |
|   | <input type="checkbox"/> Tangerines—2 sm                            |

1 serving = 60 calories, 15 g carbs

### Eliminate

Canned fruit and frozen fruit juice from concentrate.

## HERBS & SPICES

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Oregano  |
| <input type="checkbox"/> Basil    | <input type="checkbox"/> Paprika  |
| <input type="checkbox"/> Bay leaf | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Sage     |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Nutmeg   | <input type="checkbox"/> Thyme    |

### Eliminate

Bouillon cubes, cocoa powder, fenugreek, all spice mixes, all sweeteners, and all mucilaginous herbs. All baking and leavening agents: arrowroot powder, baker's yeast, baking powder, cornstarch, cream of tartar, etc. Any food item with MSG, maltodextrin, or "natural flavors" listed as an ingredient.

**Organic, non-GMO fruits, vegetables, herbs and spices preferred**

## BEVERAGES

### Unsweetened, no sugar added

- |   |   |
|---|---|
| <input type="checkbox"/> Filtered water             | <input type="checkbox"/> <b>Fruit juice (diluted): grapefruit, orange</b>       |
| <input type="checkbox"/> Sparkling/mineral water    | <input type="checkbox"/> Tea: green, peppermint, spearmint—limit 2 cups per day |
| <input type="checkbox"/> <b>Coconut water</b> —4 oz |   |
| <input type="checkbox"/> Coffee (weak)              |   |

### Eliminate

Aloe vera juice, beer, brandy, decaffeinated coffee, decaffeinated tea, and instant coffee. All teas containing astragalus, bark, burdock root, carob, chicory root, cordials, licorice root, liqueurs, liquid chlorophyll, marshmallow root, and slippery elm. All commercial dairy alternatives containing thickeners like agar-agar, carrageenan, guar gum, and xanthan gum.

## CONDIMENTS

### Unsweetened, no sugar added

- |  |   |
|--|---|
| <input type="checkbox"/> Fish sauce            | <input type="checkbox"/> Vinegar (homemade preferred): Apple cider, <b>balsamic</b> |
| <input type="checkbox"/> Honey—1 t             | <input type="checkbox"/> Wasabi (additive-free)                                     |
| <input type="checkbox"/> Ketchup (unsweetened) |   |
| <input type="checkbox"/> Lemon/lime juice      |   |
| <input type="checkbox"/> Mustard               |   |

### Eliminate

Ketchup (sweetened), miso, tamari, tamarind, vinegar (sweetened), soy sauce. All sweeteners except those listed, including agave syrup, bee pollen, maple syrup, molasses, and stevia.

**Items in orange should be removed in Phase 1, and added back into the diet with caution only after gastrointestinal symptoms have resolved.**

**Items in red should be removed for six months and added back into the diet with caution, and only on occasion (1-3 servings per week).**

**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

