

Fat Loss Accelerator - Just Say “No” List Of Anti-Nutrient Containing Foods

(Note: Strictly adhere to this list if you have gut issues and/or you’re suffering from an autoimmune disorder. If not, refer to the plant toxicity spectrum list.)

Refined, Starchy Foods

Pasta
Brown rice
Potato chips
Milk
Bread
Tortillas
Pastry
Crackers
Cookies
Cereal
Plant based substitutes
Sugar and Agave
Artificial sweeteners (Splenda, NutraSweet, Equal, Sweet’n Low, Maltodextrin)
“Zero Calorie” Drinks

**Basically, 99.99% of all ultra processed foods*

Vegetables

Peas
Sugar snap peas
Legumes
Green beans
Chickpeas
Lentils
Soy
Tofu
Edamame
Soy protein
Pea protein
All beans, including sprouts

Nuts and seeds

Pumpkin
Sunflower
Chia
Peanuts
Cashews

Fruits (some called vegetables)

Cucumbers
Zucchini
Pumpkins
Squashes (of any kind)
Melons (of any kind)
Eggplant
Tomatoes
Bell peppers
Chili peppers
Goji berries

**Some vegetables become less toxic when eaten without the skin and seeds.*

Conventional Dairy Products (these contain Casein A-1)

Yogurt (including Greek)
Ice cream
Frozen yogurt
Cheese
Ricotta
Cottage Cheese

Grains and Grasses

Wheat (any whole wheat or whole grain)
Oats (including oatmeal)
Quinoa
Rye
Bulgur
White rice
Brown rice
Wild rice
Barley
Buckwheat
Kashi
Spelt
Corn and corn products
Cornstarch
Corn syrup
Popcorn
Wheatgrass
Barley grass

Industrial Seed Oils aka Vegetables Oils

Soybean
Grape seed
Corn
Peanut
Cottonseed
Safflower
Canola
Sunflower
Rice bran

**These are EXTREMELY toxic to the human body.*