



IC
Wellness Center



IC DIET PROTOCOL

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IC Consulting, LLC.

Seasonings	Allspice, Almond Extract, Anise, Bay leaf, Caraway Seed, Celtic Salt, Cilantro, Cinnamon, Coconut aminos, Coriander, Cumin, Dill, Fennel, Garlic, Ginger, Himalayan Pink Salt, Sea Salt, Marjoram, Mint, Nutmeg, Onion powder, Orange extract, Oregano, Organic Miso, Organic Soy Sauce (gluten-free), Parsley, Rosemary, Sage, Taragon, Thyme, Turmeric, White pepper
Beverages	Alkaline water, Apricot, Blueberry juice, Coconut water, Distilled water, Fermented *Kombucha, Fresh juiced fruits and veggies, Fresh watermelon juice, Mango, Pear juice, Tea-chamomile, marshmallow, corn silk
Milk	Almond milk, Cashew milk, Coconut milk, Goat milk, Macadamia nut milk, Raw Rice milk *organic, Sheep milk
Breads	Ezekiel, Gluten-free, Sourdough
Grains	Amaranth, Buckwheat, Millet *gluten-free, Oats *certified gluten-free, Polenta *non-GMO, Quinoa, Rice *organic, *sprouted, Sorghum, Teff
Flour	Almond, Buckwheat, Cassava, Chickpea, Coconut, Gluten-free, Rice *organic, Sprouted Corn *organic, Sprouted Oat *organic, Teff
Nuts	Almonds, Cashews, Peanuts *Soak for 24 hours, discard water, and rinse nuts before eating.
Pasta	Egg Noodles, Gluten--free, Rice Noodles Substitute for zucchini or spaghetti squash
Cereal	Oatmeal *Certified gluten--free Organic Cereal, gluten--free Rice *Organic

Sweeteners	100% Maple Syrup, Blackstrap Molasses, Coconut Palm Sugar, Manuka honey, Medjool Dates, Raw honey, Stevia
Organic Fruit	Apples, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Honeydew, Huckleberries, Mango, Medjool Dates, Peaches, Pears, Plums, Raspberries, Strawberries, Watermelon
Vegetables	Arugula, Asparagus, Avocado, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumber, Dandelions, Garlic, Ginger, Green Beans, Kale, Parsley, Radishes, Spinach, Squash, Sweet onion, Swiss Chard, Turmeric, White sweet potato, Yellow or Orange Bell Peppers
Butter	Ghee, Kerry gold, Raw
Poultry & Meats	Exotic, Goat, Grass-fed beef, Lamb, Organic turkey, Organic, free-range poultry, Venison, Wild Game
Fish	Sardines, Ahi, Salmon, Mahi Mahi, Cod, Tuna
Oils	Avocado, Coconut, Flaxseed, Olive, Pumpkin
Vinegar	Apple Cider, Balsamic
Cheese	Feta, Goat, Raw, Sheep
Snacks	Air-popped popcorn with raw butter and Himalayan salt *organic sprouted kernels, Almond butter with apple slices, Avocado with olive oil and salt, Baked apples with cinnamon, Baked sweet potato (white) with raw butter and cinnamon, Banana Bread *Gluten Free, Celery sticks with almond butter, Chia seed pudding, Coconut yogurt, Dark Chocolate *Hu, Dried fruit, Fruit, Homemade Sweet Potato fries, Hummus with veggies, Kale chips, Moringa Balls, Olives, Smoothie, Veggies, Strawberries with coconut whipped cream