

YES Foodsⁱ

You **MAY** eat as much of the following foods as you like during the Two-Week Test.

Plant Foods

- **Raw and cooked vegetables:** Tomato, onion, garlic, greens such as spinach, kale, chard, and all lettuces, broccoli, cauliflower and Brussels sprouts (for those with thyroid dysfunction, cabbage-family veggies are best eaten thoroughly cooked), carrots, baby marrow(zucchini), etc.
- **Tree nuts and nut butters:** Macadamia, almonds, walnuts, for example. (Does NOT include peanuts or cashews).
- **Coconut:** cream, oil, milk and flour.

Animal Foods

- **Beef:** Look for organic, grass-fed varieties if possible
- **Chicken or Turkey:** Look for organic, grass-fed varieties if possible
- **Lamb:** Look for organic, grass-fed varieties.
- **Fish:** Wild-caught cold water fish (sardines, tuna, salmon, etc.) are best.
- **Eggs:** Look for organic, grass-fed varieties if possible
- **Shellfish**

Dairy

- **Unprocessed hard cheeses:** Cheddar, parmesan, etc.
- **Unprocessed soft cheeses:** Feta, brie, camembert, mozzarella, etc.
- **Cream:** Heavy cream, sour cream, full-fat crème

Fats

- **Oils:** Avocado, coconut, and olive oil.

Drinks

- **Vegetable Juice**
- **Coffee or tea:** If you usually drink it.
- **Vinegar:** balsamic, apple cider, etc.
- **Pure, distilled spirits:** Small amounts of gin, vodka, whiskey.
- **Dry red wines:** Cabernet Sauvignon, Merlot, Pinot Noir, Cab Franc, Shiraz/Syrah, Chianti.
- **Dry white wines:** Chardonnay, Pinot Grigio, Sauvignon Blanc.

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NO Foods

You may NOT eat any of the following foods during the Two-Week Test.

Plants

- **All sugar products:** Includes basically anything with *honey, sugar, agave, fructose, crystals (e.g. beet crystals), cane, extract, or syrup* in its ingredient list.
- **Sweets and desserts:** Cake, cookies, ice cream, muffins, candy, gum, breath-mints.
- **All non-caloric sweeteners (natural and non-natural):** Includes Stevia, Xylitol, Erythritol, Aspartame, Splenda, etc.
- **Many canned and prepared veggies:** Read the labels to make sure they don't contain hidden sugars!
- **Bread:** Sliced bread or rolls of any kind (whole-grain, multi-grain, flaxseed, rye, gluten-free, etc.).
- **Pasta:** All types.
- **Crackers:** Includes chips, rice cakes, and similar foods.
- **Packaged energy bars:** All packaged foods promoted as fuel for athletes.
- **Ketchup and other sauces:** They often contain hidden sugars.
- **Corn:** Bread, tortillas, etc.
- **Rice:** Wild rice, brown rice, white rice, basmati rice, etc.
- **All wheat and wheat products:** Whole wheat, farro, bulgur, khorasan, millet, etc.
- **Quinoa:** Includes quinoa seeds and all products (e.g. quinoa pasta).
- **Potatoes:** Any kind (russet, red, blue, etc.)
- **Fruits and berries:** Bananas, apples, pears, oranges, grapefruits grapes, blueberries, strawberries, cranberries grapefruit, watermelon, cantaloupe, honeydew.
- **Legumes:** Beans, lentils, fava beans, peas, chickpeas, peanuts, etc.

MEAT

- **Processed meats:** Sausage, pastrami, salami, pepperoni, etc.
- **Smoked products:** Biltong, smoked fish.
- **Many canned and prepared meats:** Read the labels to make sure they don't contain hidden sugars!

Dairy

- **Milk:** Especially low-fat and non-fat milk.
- **Yogurt and kefir:** All types, *including full-fat yogurt*.
- **Processed cheeses:** Stay away from pre-sliced, single-serving, pre-shredded, high-value corporate branding, etc.

Fats

- Avoid corn, safflower, or canola and other vegetable oils during the test and after.

Drinks

- **Fruit Juice:** Any types including orange, berry, watermelon, etc.
- **All soda:** diet and non-diet soda.
- **All diet drinks:** diet shakes, etc.

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- **“Enhanced” Beverages:** Vitamin water, mineral water with “health” additives.
- **Sports drinks**
- **Sweet wines:** liqueur, champagne, rum, etc.

Disclaimer: The information in this program is for educational purposes only. It is not intended for the diagnosis, treatment, prescription or cure of any disease or health condition.

ⁱ This food list is adapted from Dr Phil Maffetone’s Two Week Tolerance Test <https://philmaffetone.com/2-week-test/>