

What foods are allowed/restricted?

Foods to avoid on the fast	Foods to have on the fast
Animal products – pork, beef, chicken, turkey, seafood, milk, eggs, cheese, dairy yogurt, cream sauces, etc.;	Minimally-processed plant protein: beans, chickpeas, split peas, lentils, soy (edamame, tofu, tempeh), mushrooms; protein powders that do not have other ingredients that we are avoiding
Added sweeteners – sugar, honey, Stevia, corn syrup, maple syrup and artificial sweeteners	All fruits and vegetables (canned and frozen ok, just check labels for no added sugar/sweetener); may use dates, raisins
Processed foods – white rice, white pasta, bread, nutritional yeast, preservatives, additives, food colorings, etc.; highly processed plant protein (most meat replacements like Beyond and Impossible. Check ingredients!)	Whole grains – brown/red/black rice, quinoa, oatmeal, couscous, barley, whole wheat pasta, etc. Unleavened bread (no yeast) is acceptable (look at other ingredients). Apple cider and balsamic vinegar. Salt is acceptable, but check seasoned salt ingredients (some have sugar)
Fried foods (includes chips)	Nuts and seeds; popcorn, baked chips (but look at other added ingredients!)
Caffeinated beverages including unsweetened coffee and green/black tea; alcohol, drugs, etc.	Water, unsweetened plant milks, seltzer, smoothies, herbal tea (unsweetened). 100% fruit juice is acceptable, but minimize