

## Whole Life Challenge

### Items that **ARE ALLOWED**:

(see the "[Cheat Sheet of What you can Eat](#)" for the main list). Additions:

- Nutritional yeast
- Wheatgrass
- Chia seeds
- Unsweetened Cocoa
- Almond Flour - Just Almonds brand
- Coconut Flour - Tropical Traditions brand
- Fruit puree (with pulp / not strained)
- Vegetable Juice
- Wine vinegars
- Sodium Chloride
- Calcium Chloride
- Citric Acid
- Dried fruit if the only ingredient is the fruit
- Coconut Milk - Aroy-D or Evergreen brand
- Bacon - [US Wellness](#)
- Star-Kist tuna in olive oil, in packets
- Protein powder: [eggwhite](#) or [pea](#)
- That's It brand fruit bars
- Unflavored coffee or tea K-Cups ([Green Tea](#), [English Breakfast](#)) - *if in doubt, research ingredients or avoid*
- [Unsweetened Almond Milk](#) (make at home)
- [Coconut Milk coffee creamer](#) (make at home)
- [Homemade mayo](#) (make at home) - confirmed OK if only oil & eggs - *remember, no corn or soy oils!*

### Larabars:

Apple Pie	Banana Bread	Cappuccino	Carrot Cake
Cashew Cookie	Cherry Pie	Chocolate Coconut Chew	Coconut Cream Pie
Ginger Snap	Peanut Butter	Peanut Butter & Jelly	Cookie Pecan Pie
Pineapple Upside Down Cake			

### Vegetarians **ONLY**:

Quinoa	Wild Rice	Buckwheat	Amaranth
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### Items that are **NOT ALLOWED**:

(see the [Rules](#) for the main list). Additions:

- Dextrose
- Maltodextrin
- Guar gum
- Xylitol
- Millet
- Tapioca pearls
- Kombucha
- Coconut nectar, coconut sugar, agave nectar, raw honey
- Canned tuna from Bumblebee, Chicken of the Sea, and Star-Kist (contain soy)
- Protein shakes - all the ones I've seen recommended had sugar, rice, soy or whey
- Flavored coffee, tea, cocoa K-Cups or otherwise

### Lara Bars:

Chocolate Chip Brownie

Chocolate Chip Cherry Torte

Blueberry Muffin

Chocolate Chip Peanut Butter

Chocolate Chip Cookie Dough

Tropical Fruit Tart

Orange Float

### Recipe sites (or recipes) various people recommended in the forums (in no particular order):

<http://paleomg.com/>

<http://nomnompaleo.com/>

<http://www.chowstalker.com/>

<http://www.theclothesmakethegirl.com/>

<http://everydaypaleo.com/>

<http://www.thefoodee.com/>

[www.pudgytopaleo.com](http://www.pudgytopaleo.com)

<http://paleodietlifestyle.com/paleo-recipe-book/>

<http://www.stevia.net/conversion.html>

<http://www.rubiesandradishes.com/>

<http://www.marksdailyapple.com/>

<http://cfsceat.blogspot.com/>

<http://www.itspaleo.com/>

<http://www.elanaspantry.com/>

<http://www.sweetcheekshq.com/>

<http://everydaypaleo.com/>

<http://www.wholelifeeating.com/>

<http://www.health-bent.com/soups/paleo-pumpkin-chili>

<http://breakingmuscle.com/nutrition/super-fun-recipes-chia-seeds-new-superfood>

<http://beta.primal-palate.com/category/meat/>