

Modified Yeast Diet

Protein:

meat, fish, shellfish, eggs: 2-3 servings per day
nuts and seeds: 2-3 servings per day, raw is preferred
no peanuts or peanut butter (They tend to harbor molds.)

Dairy:

yogurt or kefir: 1-2 servings per day
butter or ghee : 1-3 Tb per day
hard cheeses: 1-3 servings per week
ice-cream: 0-1 servings per week
milk: 0-3 servings per week
no soft cheeses
try to temporarily eliminate ice-cream

Vegetables:

unlimited amounts of leafy green vegetables, sea vegetables & low glycemic vegetables
(55 or less, preferably 40 or less)
potatoes - only red, purple, golden or sweet potatoes: 0-2 servings per week, **no russets**

Grains: total of 0-5 servings per week

pasta : 0-1 serving per week
breads and crackers: 0-3 servings per week
cereals: 0-3 servings per week

Fruit:

low glycemic fruit: 0-5 servings per week
no dried fruit

Sugars: 0 -1tsp per day for a total of 5 tsp per week

raw, unfiltered honey or
maple syrup (preferable grade B) -
no refined sugars or sugar substitutes:
white sugar
corn syrup
agave

Fats:

2-3 Tb per day each of cold pressed oils monounsaturated and polyunsaturated oils
2-3 Tb per day healthy saturated fats