



✓ 2026 Yes List

Foods on the **Yes List** digest more slowly, helping keep your blood sugar steady. This reduces insulin spikes—the hormone that signals fat storage—and keeps you full longer while shifting your metabolism into fat-burning mode.

Eat something from the **Yes List** every three hours to stay satisfied and maintain steady energy. Even if you're not hungry, take a couple bites of protein to stay ahead of cravings and keep blood sugar balanced.

VEGETABLES

- Kale
- Alfalfa Sprouts
- Artichokes
- Arugula
- Asparagus
- Avocado (1-2 Tbsp. per day)
- Bamboo Shoots
- Basil
- Bean Sprouts
- Beets (sparingly)
- Bell Peppers
- Bok Choy
- Broccoli
- Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumber
- Chili Peppers
- Chives
- Cilantro
- Collard Greens
- Dill
- Daikon
- Eggplant
- Endive
- Garlic
- Ginger
- Grape Leaves
- Green Beans
- Green Chiles
- Green Peppers
- Greens (all types)
- Heart of Palm
- Horseradish (raw)
- Jicama
- Kohlrabi
- Leeks
- Lettuce (all types)
- Long Beans
- Maca (sparingly)
- Mixed Greens
- Mushrooms
- Mustard Greens
- Nopales
- Okra
- Onions
- Olives (sparingly)
- Parsley
- Parsley Root
- Parsnips
- Peppers (all types)
- Radicchio
- Radishes
- Rhubarb
- Rosemary
- Rutabaga
- Scallions
- Shallots
- Squash (all types)
- Spinach
- Sprouts
- Swiss Chard
- Thyme
- Tomatoes (sparingly)
- Turnips
- Wasabi
- Water Chestnuts
- Watercress
- Zucchini
- OILS (1-2 TBSP. PER DAY)**
- Almond Oil
- Avocado Oil

- Beef Tallow
- Coconut Oil
- Extra-Virgin Olive Oil
- Fish Oil
- Flaxseed Oil
- Hempseed Oil
- Macadamia Nut Oil
- Palm Oil
- Peanut Oil
- Olive Oil (pure or light)
- Red Palm Oil
- Sesame Oil
- Walnut Oil

HERBS AND SPICES

- All Herbs and Spices

CONDIMENTS/ SWEETENERS

- Aioli (mayonnaise seasoned with garlic)
- Apple Cider Vinegar
- Chimichurri Sauce
- Cocktail Sauce
- Coconut Aminos
- Coconut Nectar
- Coconut Syrup
- Dips (veggie or dairy)
- Fish Sauce (sparingly)
- Gelatin
- Horseradish (sparingly)
- Hummus (1-2 Tbsp. for flavor)
- Mayonnaise (light)
- Monk Fruit

- Mustard
- Nutritional Yeast
- Pesto Sauce
- Pickles—Dill (or your choice)
- Salad Dressings (1-2 Tbsp. your choice)
- Salt
- Seasonings (all types)
- Sherry (cooking)
- Soy Sauce (low sodium)
- Sriracha Sauce (sparingly)
- Stevia
- Sucralose
- Tahini
- Truvia®
- Vinegar (all types except malt vinegar)
- Wasabi
- Xylitol

FRUIT

- Avocado (1-2 Tbsp. per day)
- Coconut (shredded, unsweetened)
- Lemons (lemon water)
- Limes
- Olives (sparingly)
- Tomatoes (sparingly)

DAIRY

- Butter (all types in moderation)
- Cheese (all types in moderation: no more than 1 oz. of cheese per day while

- reaching weight loss goals)
- Coconut Butter
- Cottage Cheese
- Cream Cheese
- Feta Cheese
- Ghee
- Goat Cheese
- Greek Yogurt (plain, flavored, or fruit added; choose with more grams protein than sugar)
- Half-and-Half (1-2 Tbsp.)
- Heavy Cream (sparingly)
- Low-Fat Yogurt
- Milk (all types, one 8 fl. oz. glass per day)
- Quark
- Sour Cream
- Yogurt (low sugar/high protein)

NONDAIRY

- Nondairy Yogurt
- Nondairy Cheese
- Nondairy Milk (all types)

NUTS AND SEEDS (IN MODERATION, OR 1/4 CUP—GROUND, RAW, ROASTED, OR SALTED)

- Acorns
- Almonds
- Beechnuts
- Brazil Nuts
- Breadnuts
- Candlenuts
- Cashews

- Chestnuts
- Chia Seeds
- Cumin Seeds
- Dried Coconut
- Flaxseeds
- Gevuina
- Guiana Chestnuts
- Hazelnuts (filberts)
- Hempseeds
- Hickory Nuts
- Kola Nuts
- Lotus Seeds
- Macadamia Nuts
- Mustard Seeds
- Pecans
- Pine Nuts
- Pistachios
- Poppy Seeds
- Pumpkin Seeds
- Sesame Seeds
- Soy Nuts
- Squash Seeds
- Sunflower Seeds
- Walnuts

POULTRY

- Chicken
- Chicken (canned)
- Chicken Sausage
- Duck Breast
- Eggs
- Egg Substitute
- Turkey Breast (low sodium)
- Turkey Bacon (low sodium)
- Turkey Sausage
- RED MEAT**
- Beef (all types, lean choice better)
- Buffalo (ground)

- Lamb
- Riverbend Ranch® Black Label Beef (all types)
- Roast Beef
- Venison (grass-fed or pastured and organic meats of all types are best)

SEAFOOD

- Bass
- Bluegill
- Catfish
- Ceviche
- Clams
- Cod
- Crab
- Crappie
- Flounder
- Grouper
- Haddock
- Halibut
- Lobster
- Mahi-Mahi/Dorado
- Mussels
- Orange Roughy
- Oysters
- Salmon
- Scallops
- Shrimp
- Snapper
- Sole
- Swordfish
- Tilapia
- Trout
- Tuna (canned in water or fresh)
- Walleye
- SOUPS**
- Broth Soups (meat, veggies, all types)

LUNCH MEAT (SLICED DELI MEAT, LOW SODIUM IS BEST CHOICE)

Chicken

Corned Beef

Ham

Pepperoni

Roast Beef

Salami

Turkey

VEGETABLE PROTEIN

Beans (for vegetarians only)

Edamame (for vegetarians only)

Tempeh

Tofu

Vegan Burgers

Vegan Cheese

Vegan Mac & Cheese (vegetable noodles)

Vegan Pizza (vegetable crust)

Veggie Burgers

PORK

Bacon

Ham

Pork (lean)

Pork Sausage (sparingly)

Roast

Sausage

Spare Ribs

Tenderloin

BEVERAGES

Carbonated Water

Coffee

Kombucha (choose low-sugar options)

Seltzer Water

Sparkling Water—Natural (all types)

Sparkling Mineral Water—Natural (all types)

SplasH₂O® Drink

Soda with Approved Sweeteners

Sustain® Active Electrolyte Hydration Drink

Tea (unsweetened)

Vitality Elevate Post-Active

Vitality Elevate™ Pre-Workout

Water (at least 8 glasses per day)

SNACKS

Access® Exercise Bars

Attain® with Craveblocker® Bars

Beef Jerky (sparingly)

Beef Sticks

Exceed™ Mints

FiberWise® Drinks (1-2 per day mixed with water)

GC Control™ Shakes (1-2 per day mixed with water)

Hard-Boiled Eggs

Lean Meat

Low-Fat Mozzarella Cheese Stick (or cheese of your choice, sparingly)

Nuts and Seeds (see list under nuts and seeds)

Pickles—Dill (or your choice)

Pork Rinds (all flavors)

Proflex Chewy Protein Bars

Proflex

Protein Shakes

Proflex Pro Whey Protein Shakes

Proflex Pro

Organic Pea

Protein Shakes

Proflex Pro

Protein Bars

Turkey Jerky (sparingly)

Riverbend Ranch® Beef Jerky (sparingly)

Riverbend Ranch Beef Sticks

Veggies and

1-2 Tbsp. Hummus

Veggies and 1-2 Tbsp. Salad Dressing (see list under Condiments/Sweeteners)

B-Fuel

Energy Kick

Vitality for Life®

Berberine Glucose Support

Yogurt (see list under Dairy)

✗ No List

Foods on the No List are higher on the glycemic index—they convert to sugar in the body quickly. These foods are not bad, but eating them frequently triggers your body to store more fat.

Avoid these foods during the Reset phase to maintain a steady blood sugar level and shift your metabolism into fat-burning mode. During the Reintroduce period, choose foods that are lower on the glycemic index, as indicated in the list below.

LOW GLYCEMIC INDEX (<55)

Cause a slower, steadier rise in blood sugar.

Agave Nectar	(GI 15-30)	Lentils	(GI 21-35)
Alcohol	(varies, low)	Nut Butter	(GI 15-25)
Aspartame	(GI = 0)	Oatmeal (steel-cut)	(GI 45-55)
Barley	(GI 25-45)	Peanuts/Peanut Butter	(GI 14-40)
Beans	(GI 30-45)	Quinoa	(GI 50-53)
Chickpeas	(GI 28-35)	Rye	(GI 40-50)
Chocolate (Regular/Dark)	(GI 20-30)	Tomato Sauce	(GI 20-40)
Edamame	(GI 15)	Yams	(GI 50-55)

MEDIUM GLYCEMIC INDEX (56-69)

Cause a moderate rise in blood sugar.

Carrots (cooked)	(GI 60)	Pasta (white, al dente)	(GI 55-65)
Corn (sweet corn)	(GI 60)	Popcorn	(GI 55)
Grains—Regular and Added	(GI 55-65)	Rye Bread	(GI 65)
Granola	(GI 55-65)	Sweet Potatoes	(GI 60-65)
Oats (instant)	(GI 65)		

HIGH GLYCEMIC INDEX (>70)

Spike blood sugar quickly.

Bread/Tortillas/Wraps	(GI 70-90)	Jelly/Jam	(GI 70+)
Cakes	(GI 70-80)	Juice	(GI 70-80)
Candy	(GI 80-100)	Ketchup	(GI 70)
Cereal	(GI 70-95)	Maple Syrup	(GI 65-70)
Chips	(GI 70-90)	Meat Marinades	(GI 70+)
Cookies	(GI 75-90)	Oats (flavored instant)	(GI 75-80)
Coconut Sugar	(GI 70)	Pasta (overcooked)	(GI 70-75)
Corn (processed)	(GI 70+)	Peas	(GI 70)
Crackers	(GI 70-85)	Potatoes	(GI 80-100)
Cream Soups	(GI 80-100)	Rice (white/jasmine)	(GI 70-95)
Diet/Fat-Free Foods	(often high GI)	Sauces	(GI 70-85)
Flour (white/wheat)	(GI 70-85)	Soft Drinks	(GI 90-100)
Fruit (ripe)	(GI 60-80)	Sugar	(GI 65-100)
Honey	(GI 75-85)	Sweet Tea	(GI 85-100)
Ice Cream	(GI 60-80)	Wheat (refined)	(GI 70-85)

NOTES

- Although some sweeteners have a low GI, R3 excludes them because of their impact on your overall health.
- Cooking methods and food pairings can lower GI—for instance, combining carbs with fats or proteins reduces their glycemic load.