



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

Metabolic Code Diet: **Specialty Foods List**



Metabolic Code®
unlock your healthiest you

Before beginning Phase 1 of the Metabolic Code Diet, there are a few specialty food items that you can look for that help you follow the diet more closely. They help foods taste better, improving your satisfaction with diet and your results! So, look for these in addition to the other items on your shopping list. These foods include some food allergen substitute foods and some healthy snacks. If not available in a grocery store in your area, you can find them at health food stores, such as Whole Foods, or online on Amazon.com or other retailers.



Here are some items that may take a little effort to track down:

Soy Sauce Replacement

- **Coconut aminos:**
 - o Bragg's brand or
 - o Coconut Secret brand



Cow's Milk/Dairy Substitutes

- **Milk** – Almond, Cashew, Flax or Hemp seed milks, Coconut, Oat, or Macadamia Nut milk
- **Cheeses** – Daiya, Lisanetti almond cheeses, other nut based cheese products
- **Whipped Topping** – coconut milk or other non-dairy whipped toppings like So Delicious, Tru Whip, etc.



Very Low Carb Gluten Free Crackers

(Can have one serving of one or the other per day)

- **Jilz Crackers** – 10 per day allowed
- **Sigdal Bakeri** brand Norwegian Crispbread – Gluten Free Oats flavor – These are a bigger, thicker cracker; 2 per day allowed





Snacks

- **Rhythm Brand Kale Chips** – any flavor
- **Kind Bars** – 1 bar can be eaten in place of the morning fruit and nut snack
- **Heidi Ho Creamy Chia Cheese** – can be used as a vegetable dip



Breakfast Protein Bar Options

- **Garden of Life Sport Protein Bars**
- **No Cow bars**



Low Carb GF Pasta (can be used as a starch serving)

- **Al Dente Wild Pea + Garlic pasta** – 1cup = 1 bean or starch serving



Gluten Free, Dairy Free Pizza

- **Daiya Pizza** – 1 slice = 1 starch serving



Low Carb Sweet “Treat”

- **Lily’s brand stevia sweetened low carb chocolate**





Metabolic Code® Diet Disclaimer:

Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

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