

## Food Allergy List

Thanks for your help preparing a meal that I can enjoy and survive! The list of what I cannot have is so long, that it's easiest to work with **what I CAN have**. Please note the absence of tomato, orange, lemon, etc. from this list and please do *NOT* garnish or include in any way, food items unless they're listed here. Thank you!

### YES to PROTEINS:

Chicken, turkey, cornish hen, lamb, duck, quail  
cod, halibut, orange roughy, perch, pike, red snapper, sea bass, trout, whitefish, sole, monk fish, salmon, crab, lobster  
lentils, white beans, lamb, buffalo, beef ok, too. Goat & sheep cheese in moderation.

NO RAW FISH, PLEASE

### YES to STARCHES:

rice (any kind; prefer brown) peas, pumpkin, winter squash: acorn, hubbard, kobacha, (winter squashes), turnips, sweet potato, yams

### YES to VEGETABLES:

Artichoke, asparagus, beets/greens, broccoli, broccolini, collard greens, kale, daikon, endive, escarole, shallots, lettuce, okra, onion, radish, rutabaga, green beans, chard, mustard greens, jicama, cucumber, leeks, rappini, radicchio, arugula, brussels sprouts, fennel, kohlrabi, dandelion greens, seaweed (kombu, etc)

### YES to FRUITS:

blueberries, cherries, lime, papaya, peaches, plums, guava, pomegranate, bananas, cranberry, figs, grapes, persimmons, raspberries, pear, kiwi, raisins, currants, dates

### YES to NUTS and FATS:

Almonds/oil, almond butter, walnuts/oil, olive oil, pine nuts, pumpkin seeds, (cow) butter

### YES to HERBS and SPICES:

basil, bay leaves, caraway, cardamom, coriander/cilantro, chives, garlic, ginger, horseradish, mustard (gluten-free), oregano, parsley, rosemary, saffron, sea salt, scallions, tarragon, thyme, turmeric, garam masala, sage, honey, dark chocolate, cumin, tamarind, tapioca

### YES to TEA:

ginger tea, green tea, rose hips tea, tulsi tea