

GRAIN FREE CHART

Whole Grains

- amaranth
- brown rice
- buckwheat
- bulgur (cracked wheat)
- millet
- oatmeal
- popcorn
- rolled oats
- sorghum
- triticale
- whole grain barley
- whole grain cornmeal
- whole rye
- whole wheat bread
- whole wheat crackers
- whole wheat pasta
- whole wheat sandwich buns and rolls
- whole wheat tortillas
- wild rice

Ready-to-eat breakfast cereals

- whole wheat cereal flakes
- Muesli/ granola

Refined Grains

- cornbread
- corn tortillas
- couscous
- crackers
- flour tortillas
- grits
- noodles
- pitas
- pretzels
- white bread
- white sandwich buns and rolls
- white rice

Pastas

- spaghetti
- macaroni
- whole wheat/spelt/brown rice...

Ready-to-eat breakfast cereals

- corn flakes
- bran cereals
- sugary cereal

** **WHITE/RED/PURPLE potatoes** in any form are considered a grain for this challenge!

*** **QUINOA** is permitted during the challenge as it is a seed not a grain. Although considered a pseudo grain quinoa is easy to digest and has a higher protein content than traditional grains.