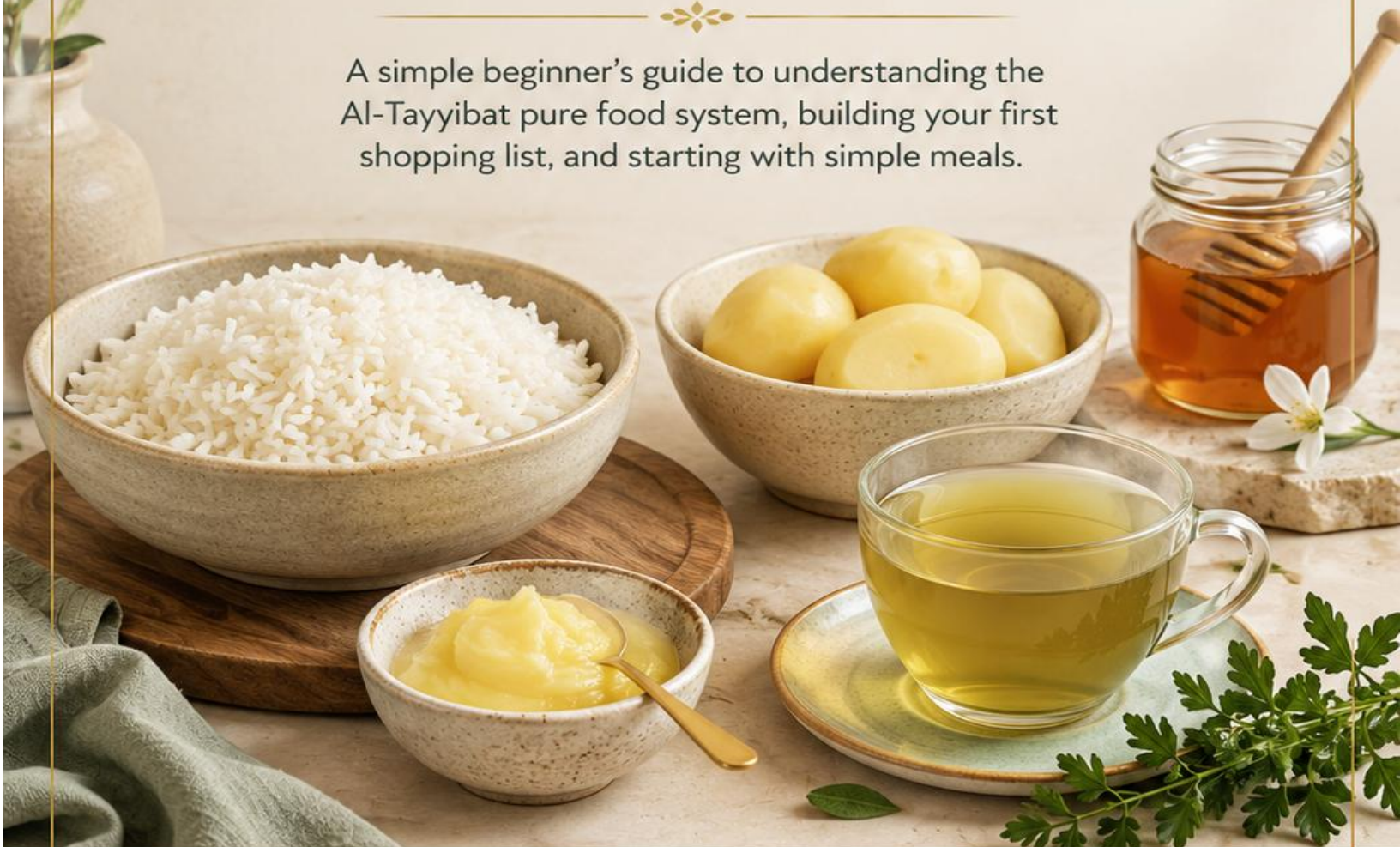




The Al-Tayyibat Starter Kit

Free Food List + Shopping Guide + 3-Day Beginner Plan

A simple beginner's guide to understanding the Al-Tayyibat pure food system, building your first shopping list, and starting with simple meals.



By Rose Day

The Al-Tayyibat Starter Kit Free Food List + Shopping Guide + 3- Day Beginner Plan

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Welcome to the Al-Tayyibat Starter Kit

If you are new to the Al-Tayyibat Diet or the pure food system, this starter kit is designed to give you a simple place to begin.

You do not need complicated recipes, calorie tracking, expensive supplements, or a long list of rules.

The goal of this guide is simple:

Help you understand the basic food categories, build a clean beginner shopping list, and start with a simple 3-day meal framework.

Inside, you'll find:

- A quick explanation of the Al-Tayyibat approach
- A beginner food list
- A simple Khabaith avoid-first list
- A first grocery run checklist
- A 3-day starter meal framework
- Common beginner mistakes
- Safety notes before starting

Important Note

This guide is for educational purposes only. It is not medical advice, diagnosis, or treatment.

Always speak with a qualified healthcare professional before changing your diet, especially if you have diabetes, take medication, are pregnant or breastfeeding, have kidney disease, liver disease, cardiovascular disease, autoimmune disease, an eating disorder history, food allergies, or any chronic medical condition.

What Is the Al-Tayyibat System?

The **Al-Tayyibat System** is a pure food framework built around one simple idea:

Food should be pure, simple, recognizable, and easy for the body to process.

Instead of beginning with calorie counting, macro tracking, or complicated diet rules, the Al-Tayyibat approach begins with food quality and simplicity.

The system asks:

Is this food Tayyib — pure, wholesome, and simple?

Or is it **Khabeeth — processed, irritating, corrupted, or burdensome?**

This does not mean every person must eat the exact same way forever. It means beginners start by removing the most obvious high-friction modern foods and building meals from simple, recognizable staples.

The Beginner Goal

The goal of this starter kit is not perfection.

The goal is to help you:

- Understand the basic food categories
- Build your first simple shopping list
- Avoid the most obvious processed foods
- Start with easy meals
- Notice how your body responds
- Continue learning safely

A Simple Way to Think About It

The Al-Tayyibat system is not about eating less.

It is about reducing confusion and choosing foods that are simpler, cleaner, and easier to build meals around.

A beginner does not need expensive supplements, complicated recipes, or extreme rules.

Start with the basics.

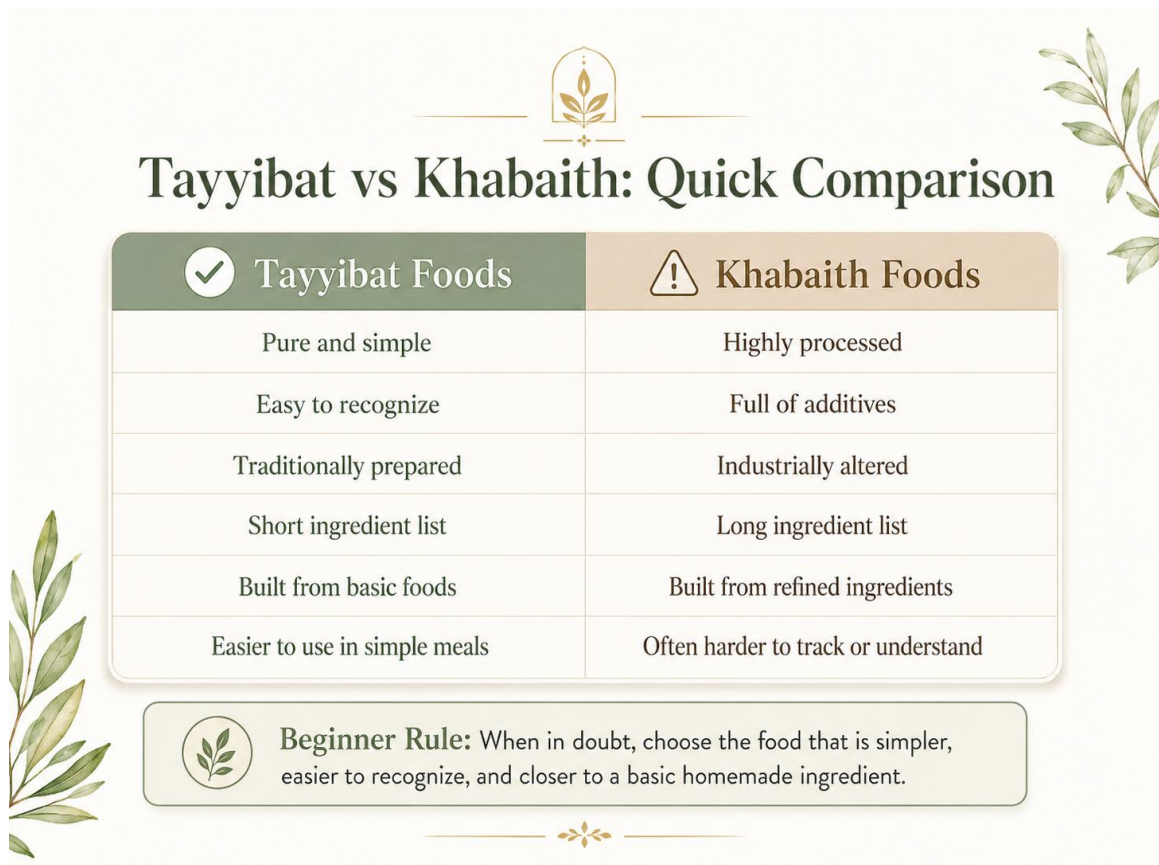
Tayyibat vs Khabaith Quick Guide

Tayyibat vs Khabaith: The Core Idea

The most important beginner concept in the Al-Tayyibat system is the difference between **Tayyibat** foods and **Khabaith** foods.


Use this simple table as a starting point.

Examples of Tayyibat Foods



Tayyibat vs Khabaith: Quick Comparison

✓ Tayyibat Foods	⚠ Khabaith Foods
Pure and simple	Highly processed
Easy to recognize	Full of additives
Traditionally prepared	Industrially altered
Short ingredient list	Long ingredient list
Built from basic foods	Built from refined ingredients
Easier to use in simple meals	Often harder to track or understand

 **Beginner Rule:** When in doubt, choose the food that is simpler, easier to recognize, and closer to a basic homemade ingredient.

Common beginner Tayyibat foods may include:

- White rice
- Peeled potatoes
- Pure ghee or butter
- Homemade bread from simple ingredients
- Fresh red meat or lamb

- Fresh fish
- Liver, if appropriate for you
- Honey
- Seedless jam
- Plain green tea
- Simple homemade meals

Examples of Khabaith Foods

Common beginner Khabaith foods to avoid first may include:

- Industrial seed oils
- Commercial pastries
- Ultra-processed snacks
- Artificial additives
- Packaged foods with long ingredient lists
- Processed sauces
- Artificially flavored drinks
- Industrial baked goods
- Foods fried in vegetable oils

Beginner Rule

When you are unsure, ask:

Can I recognize the ingredients?

Could this food be prepared simply at home?

Does this food contain seed oils, additives, or industrial processing?

If the answer is unclear, keep it out of your beginner phase and choose a simpler option.

Beginner Food List

Beginner Al-Tayyibat Food List

Use this list as a simple starting point for your first grocery run.

The goal is not to buy everything.

The goal is to build meals from simple, recognizable foods.

Clean Carbohydrate Foundations

Start with simple meal bases:

- White rice
- Peeled potatoes
- Whole wheat flour for simple homemade bread

Traditional Fats

Choose simple traditional fats instead of industrial seed oils:

- Pure ghee
- Butter

Strategic Proteins

Use fresh, simple proteins:

- Fresh beef
- Fresh lamb
- Wild-caught fish
- Liver, if appropriate for you
- Pigeon, if available and culturally familiar

Simple Sweet Foods

Use simple sweet foods carefully and moderately:

- Pure honey
- Seedless jam
- Simple fruit preserves without unnecessary additives

Simple Drinks

Keep drinks basic:

- Water
- Plain green tea
- Simple warm drinks without artificial flavorings

Beginner Meal Formula

Use this simple formula:

Base + Fat + Protein + Simple Drink

Examples:

- White rice + ghee + fresh beef + water
- Peeled potatoes + butter + fish + green tea
- Homemade bread + butter + honey + warm tea
- Rice + lamb + water

Beginner Reminder

Do not try to make the system complicated.

Start with a few simple foods.

Repeat easy meals.

Observe how your body responds.

Avoid First List

Khabaith Avoid-First List

When starting the Al-Tayyibat system, beginners should usually begin by removing the most obvious high-friction modern foods first.

You do not need to debate every ingredient on day one.

Start with the biggest problems.

1. Industrial Seed Oils

Avoid oils commonly used in processed foods, restaurants, fried foods, and commercial snacks.

Examples:

- Corn oil
- Sunflower oil
- Soybean oil
- Canola oil
- Mixed vegetable oils
- Generic “vegetable oil”

2. Industrial Pastries

Avoid commercial pastries and baked goods that usually contain seed oils, preservatives, chemical improvers, and long ingredient lists.

Examples:

- Packaged cakes
- Commercial croissants
- Donuts
- Industrial biscuits
- Sweet bakery products made with vegetable oils

3. Ultra-Processed Snacks

Avoid foods designed to be hyper-palatable and shelf-stable.

Examples:

- Chips
- Packaged crackers
- Flavored instant noodles
- Processed snack bars
- Artificially flavored snacks
- “Diet” snacks with long ingredient lists

4. Artificial Additives

Be careful with products that contain:

- Artificial flavors
- Artificial colors
- Emulsifiers
- Chemical improvers
- Preservatives
- Stabilizers
- Industrial sweeteners

5. Long Ingredient Lists

A simple beginner rule:

If the ingredient list is long, confusing, or full of words you do not recognize, choose something simpler.

6. Commercial Legumes — Use Caution

Some Al-Tayyibat materials discourage beans, lentils, and chickpeas during the beginner phase because they may create digestive burden for some people.

This does not mean every person must avoid them forever.

If you tolerate legumes well, have a medical condition, or follow a restricted diet, speak with a qualified professional before removing major food groups.

Beginner Rule

Start by removing:

Seed oils + industrial pastries + ultra-processed snacks + long ingredient lists

That alone makes the first phase much clearer.

First Grocery Run Checklist

First Grocery Run Checklist

Use this checklist to build your first simple Al-Tayyibat pantry.

You do not need to buy everything. Start with the basics and keep your first week simple.

Core Staples

Choose 2–3 foundations:

- White rice
- Peeled potatoes
- Whole wheat flour
- Homemade bread ingredients

Traditional Fats

Choose 1–2:

- Pure ghee
- Butter

Proteins

Choose what is fresh, available, and suitable for you:

- Fresh beef
- Fresh lamb
- Fresh fish
- Liver, if appropriate
- Pigeon, if available and familiar

Simple Sweet Foods

Choose 1:

- Pure honey
- Seedless jam

- Simple fruit preserves

Drinks

Choose simple drinks:

- Water
- Plain green tea
- Simple warm drinks without artificial flavors

Remove From Your Cart

Before checkout, check your cart and remove:

- Products with seed oils
- Industrial pastries
- Ultra-processed snacks
- Artificially flavored drinks
- Foods with very long ingredient lists
- “Healthy” packaged foods with additives

Label Reading Rule

Before buying packaged food, ask:

Does this contain seed oils?

Does it contain artificial flavors, colors, or preservatives?

Can I recognize the ingredients?

Could I make something similar at home with simple ingredients?

If the answer is no, choose something simpler.

3-Day Starter Meal Framework

3-Day Al-Tayyibat Starter Meal Framework

This is not a strict medical meal plan. It is a simple educational framework to help beginners understand how Al-Tayyibat-style meals can be built.

Adjust portions, foods, and timing based on your needs, tolerance, culture, and professional medical guidance.

Day 1 — Keep It Simple

Breakfast

Homemade bread with butter and a small amount of honey

Plain green tea or water

Lunch

White rice with ghee and fresh beef or lamb

Water

Dinner

Peeled boiled potatoes with butter

Simple warm drink or water

Day 2 — Repeat the Basics

Breakfast

White rice with a small amount of ghee

Plain green tea

Lunch

Fresh fish with white rice

Water

Dinner

Homemade bread with butter

Small amount of seedless jam, if tolerated

Day 3 — Build Confidence

Breakfast

Homemade bread with butter and honey

Water or plain green tea

Lunch

White rice with ghee and fresh protein

Water

Dinner

Peeled potatoes with butter

Simple warm drink

Beginner Notes

Keep meals simple.

Avoid snacking all day.

Do not force foods that do not suit you.

Do not use this as a starvation diet.

Pay attention to digestion, energy, mood, and comfort after meals.

What to Observe

During the 3 days, write down:

- Energy after meals
- Bloating or digestive discomfort
- Hunger and fullness
- Sleep quality
- Mood
- Any foods that seem difficult for you

The goal is not to diagnose yourself.

The goal is to become more aware of how your body responds to simple meals.

Common Beginner Mistakes

The Al-Tayyibat system is simple, but beginners often make it harder than it needs to be.

Avoid these common mistakes during your first week.

Mistake 1: Trying to Change Everything Overnight

Do not try to rebuild your entire diet in one day.

Start with the basics:

- Remove the most obvious processed foods
- Build meals from simple staples
- Keep your first grocery list short
- Repeat easy meals

Simple is better than perfect.

Mistake 2: Keeping Hidden Seed Oils

Many people remove obvious junk food but keep hidden seed oils without realizing it.

Check:

- Sauces
- Crackers
- Packaged bread
- Restaurant food
- Fried foods
- Commercial pastries
- “Healthy” snacks

Read labels carefully.

Mistake 3: Making Meals Too Complicated

A beginner meal does not need 15 ingredients.

Use the simple formula:

Base + Fat + Protein + Simple Drink

Example:

White rice + ghee + fresh protein + water

Mistake 4: Treating This Like a Starvation Diet

The Al-Tayyibat approach is not about eating as little as possible.

Do not use this guide to under-eat, skip meals aggressively, or punish your body.

The goal is simple nourishment, not deprivation.

Mistake 5: Ignoring Your Own Body

No food list is perfect for everyone.

Pay attention to:

- Bloating
- Energy
- Hunger
- Mood
- Sleep
- Digestion
- Food tolerance

If something does not feel right, slow down and seek professional guidance when needed.

Next Step

Your Next Step

You now have the basic beginner framework:

- What the Al-Tayyibat system is
- The difference between Tayyibat and Khabaith foods
- A beginner food list
- An avoid-first list
- A first grocery run checklist
- A simple 3-day starter meal framework
- Common mistakes to avoid

Your next step is simple:

Choose a few clean staples, remove the obvious processed foods, and keep your first meals simple.

You do not need to be perfect.

You need clarity.

Want the Complete System?

This starter kit is only the beginning.

The full book, **The Al-Tayyibat System**, goes deeper into the complete framework and includes:

- The 7-Day Reset
- The 21-Day Protocol
- Full food lists
- Grocery shopping guidance
- Daily meal frameworks
- Common mistakes
- Travel and restaurant strategies

- Troubleshooting for beginners
- Long-term sustainability notes

Get the Full Book

The Al-Tayyibat System

A practical English guide to the pure food system for beginners.

Get the full ebook on Gumroad:

[<https://hebemarket.gumroad.com/l/al-tayyibat-system>]

Final Safety Reminder

This guide is educational only and does not provide medical advice.

Before making major dietary changes, speak with a qualified healthcare professional, especially if you have a medical condition, take medication, are pregnant or breastfeeding, or have a history of eating disorders or food restrictions.