

# FOOD LIST

## PROTEIN: 3.5 OZ EACH

- Bison (ground)
- Buffalo Steaks
- Chicken Breast, ground chicken
- Chilean Sea Bass
- Cod
- Crab (not Imitation)
- 1 whole egg plus 3 egg whites (2 times/week at most)
- Flounder
- Grass-fed ground beef, steak
- Halibut
- Lobster
- Mahi Mahi
- Ostrich/Emu
- Scallops
- Shrimp
- Snapper
- Sole
- Tuna, wild-caught, raw, or LITE water-packed white albacore
- Turkey (not deli), & ground turkey
- Whiting
- Veal
- Venison

## VEGETARIAN/VEGAN

- Organic skim cottage cheese
- Eggs
- Ezekial bread
- Brown rice powder
- Quinoa
- Black beans
- Green lentils
- Garbanzo beans
- Organic tempeh
- Organic tofu
- Orgain protein powder

## VEGETABLES: 3.5 OZ EACH

- Alfalfa Sprouts
- Asparagus
- Beet-greens
- Broccoli
- Brussel Sprouts
- Cabbage (free)
- Cauliflower
- Celery
- Chard
- Chicory
- Cucumbers (free)
- Fennel
- Green Salad, spring mix
- Kale organic (+1 extra optional cup/day)
- Kimchi (cabbage based) (free)
- Onions
- Red Radish
- Romaine (+2 extra optional cups/day)
- Sauerkraut (free)
- Spinach
- Squash (yellow or spaghetti)
- Tomatoes
- Zucchini

## EXTRAS

### FRUITS

- Apple
  - Blueberries (½ cup)
  - Grapefruit (half)
  - Orange
  - Strawberries (7 oz.)
- F R E E (unlimited) Foods:
- Salsa with no added sugar
  - Beef, Chicken or Bone Broth
  - Cabbage
  - Cucumbers
  - Kimchi (cabbage based)
  - Sauerkraut

### CRUNCHY CARBS

- Grissini Bread Sticks
- Matzo
- Wasa