

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

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 (+ 2 oz. extra optional/day)
- Kimchi (cabbage based) (free)
- Onions
- Red Radish
- Romaine (free)
- Sauerkraut (free)
- Spinach (+ 2.5 oz. extra optional/day)
- Squash (yellow or spaghetti)
- Tomatoes
- Zucchini

VEGETARIAN

- Organic skim cottage cheese
- Eggs
- Ezekiel bread
- Brown rice powder
- Quinoa
- Black beans
- Green lentils
- Garbanzo beans
- Lifelight Tempeh
- Organic tofu
- Ora or Natreve protein powder

EXTRAS

FRUITS

- Apple
- Blueberries (½ cup)
- Grapefruit (half)
- Orange
- Strawberries (7 oz.)

FREE (unlimited) FOODS:

- Salsa
- Beef, Chicken broth/stock
- Cucumbers
- Romaine
- Cabbage
- Sauerkraut
- Kimchi (cabbage base)

CRUNCHY CARBS

- Grissini Bread Sticks
- Matzo
- Wasa
- Finn Crisps
- Rice Snaps