

The BTM2 Food List

VEGETABLE CHOICES:

- Asparagus
- Beet-greens
- Broccoli
- Brussel Sprouts
- Cabbage **(free)**
- Cauliflower
- Celery
- Chard
- Chicory
- Cucumbers **(free)**
- Fennel
- Green Salad, spring mix **(free)**
- Kale organic **(+2 oz extra/day)**
- Kimchi **(cabbage based- free)**
- Onions
- Red Radish
- Romaine Lettuce **(free)**
- Salsa **(free)**
- Sauerkraut **(free)**
- Spinach **(+2.5 oz extra/day)**
- Sprouts
- Squash **(yellow or spaghetti)**
- Tomatoes
- Zucchini



FRUITS:

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



PROTEIN CHOICES:

- Bison
- Buffalo steaks
- Chicken breast, ground chicken
- Chilean Sea Bass
- Cod
- Crab (not imitation)
- 1 whole egg plus 3 egg whites **(2 times per 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 Breast (not deli) & Ground Turkey
- Whiting
- Veal
- Venison



Other Free (unlimited) Foods:

- Beef, Chicken or Bone Broth

CRUNCHY CARBS:

- Grissini bread sticks
- Wasa • Finn Crisps
- Brown rice snaps (GF) • Matzo



VEGETARIAN PROTEIN CHOICES:

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



OTHER THINGS TO KNOW:

- We encourage you to use fresh herbs and spices! The spice blends must be without sugar.
- Lemons and limes are allowed to be used in your water and for cooking.
- You can enjoy 2 Organic Nori Seaweed sheets per day.
- Coffee, seltzer and tea are allowed but do not count toward your water intake for the day.
- You can have 1 tablespoon of organic Half-n-Half or unsweetened almond milk per day.

