

# Ariix Slenderiix

## Approved Food List

It is best to consume grass-fed organic proteins whenever possible

CHICKEN (WHITE MEAT)  
EGGS  
LOBSTER  
SALMON  
WHITE FISH  
SEA BASS  
CATFISH  
VENISON  
TILAPIA  
FLOUNDER  
ROAST BEEF  
GROUND ROUND  
TURKEY (WHITE MEAT)  
CRAB  
TUNA

Any and all vegetarian proteins will work on the program as long as you remain committed to the calori intake amount. some examples include:

- Quinoa and Tofu
- Nuts (This will not work very well as these are high in calories so while it is OK to eat them they will not be as low-calorie as Tofu or Quinoa)
- Meat substitutes like tempeh or tofu hot dogs will work fine.
- Protein shakes: These are very good substitute because of the amount of protein per caloric intake. Organic skim milk, rice milk or water should be used.
- Beans are OK but you will have the same issue as eating nuts. One cup of kidney or black beans is approximately 227 calories.

## Vegetables

Greens  
Celery  
Radishes  
Asparagus  
Brussels Sprouts  
Zucchini  
Cucumbers  
Bean Sprouts  
Onions  
Broccoli  
Dill Pickles  
Spinach  
Bell Peppers  
Tomatoes  
Cauliflower  
Cabbage  
Lettuce  
Green Beans  
Mushrooms  
Carrots  
Peas  
Spinach  
Garlic  
Radish  
Arugula  
Artichokes

## Fruits

Apples  
Peaches  
Oranges  
Pears  
Cantaloupe  
Plums  
Strawberries  
Blueberries  
Nectarines  
Grapefruit  
Apricots  
Blackberries

## Seasonings and Condiments

Most spices can be used. Avoid using butter, fat or oil. Salt may be used. Vinegar, lemon or lime may be used liberally. Tabasco sauce, soy sauce, picante sauce, and horseradish sauce are allowed in moderation. When using these spices, make sure there is NO SUGAR CONTENT (Sugar substitutes containing 0 calories may also be used. We prefer Stevia).