



Recommended Foods

☐ Recommended for the duration of your weight-loss program.

■ May be added after the first 14 days on the program

Fish and Seafood

Calamari	Oysters	Sole
Crab	Salmon	Talapia
Halibut	Shrimp	Trout
Lobster	Snapper	Tuna

Cheese

Blue Cheese	Jarlsberg
Cheddar	Mozzarella
Feta	Swiss
Goat Cheese	

Poultry*

Chicken
Cornish hen
Duck
Goose
Turkey

Meat*

Beef
Ham
Pork
Veal
Venison

Egg*

Hard-boiled Eggs
Fried Eggs
Omelets
Poached Eggs
Scrambled Eggs

Grains, Beans and Legumes

Barley
Quinoa
Steel Cut Oats
Wheat Germ
Black Beans
Kidney Beans
Lima Beans
Peas
Pinto Beans

* "Free range, grass fed" meats, fish, and eggs are preferred.

Salad / Vegetables

Artichoke	Chicory	Garbanzo Beans	Spinach
Asparagus	Celery	Green Beans	Squash
Bamboo Shoots	Cucumbers	Kale	Tomatoes
Beets	Dandelion Greens	Mushrooms	Turnips
Broccoli	Endive	Onion	Zucchini
Brussel sprouts	Eggplants	Peppers	
Cabbage	Garlic	Radishes	

Nuts and Seeds

Almonds
Brazil Nuts
Macadamia
Pecans
Pumpkin Seeds
Sunflower Seeds
Walnuts

Fresh Fruits and Berries

Apple	Lemon	Plum
Blackberries	Mandarins	Pomegranate
Blueberries	Oranges	Raspberries
Cranberries	Papaya	Sour cherries
Grapefruit	Peach	Strawberries
	Pear	

Oil

Avocado
Coconut Oil
Grapeseed Oil
Olive
Sunflower
Sesame
Walnut

Herbs

Basil
Cilantro
Dill
Mint Leaves
Oregano
Parsley
Rosemary
Thyme

Drinks

Herbal Teas
Mineral Water
Spring Water
Water

Extras for Your Salad

Avocado
Bacon
Eggs
Grated Cheese
Mushrooms
Black Eyed Peas
Cayenne Pepper
Greek Yogurt
Lemon
Red pepper Flakes

Salad Dressings*

Balsamic Vinegar
Lemon Juice with Spices
Olive Oil with Vinegar

* Best choices are cold pressed oils. Avoid margarine. Make sure there's no sugar added!

Try to stay away from processed foods as much as possible.

Sugar Substitutes

Stevia, Raw Honey or Coconut sugar are the best choices. Avoid saccharine, Aspartame, Sorbitol and Mannitol.