
FOOD LIST

VEGETABLES

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|--------------------|--------------------|-------------------------|
| • Bok choy | • Carrots | • Celery |
| • Broccoli | • Tomatillo | • Garlic |
| • Lettuce | • Yellow (summer) | • Spaghetti squash |
| • Green beans | squash | • Leeks |
| • Brussels sprouts | • Cauliflower | • Radishes |
| • Dandelion | • Artichoke hearts | • Peas |
| greens | • Snow peas | • Corn |
| • Broccoli rabe | • Watercress | • Parsnips |
| • Cabbage | • Turnip | • Turnip/rutabaga/swede |
| • Mushrooms | • Beet greens | • Winter squash |
| • Eggplant | • Cucumber | (butternut, |
| • Jicama | • Beets | delicata, acorn, |
| • Radicchio | • Spinach | pumpkin) |
| • Tomatoes | • Asparagus | • Potato |
| • Peppers | • Kale | • Sweet Potato |
| • Onions | • Swiss chard | • Yam |
| • Zucchini | • Collard greens | |

GRAINS

- Oatmeal (1 oz. dry)
- Oat bran (1 oz. dry)
- Cream of rice (1 oz. dry)
- Rice (4 oz. cooked)
- Grits (1 oz. dry)
- Quinoa (4 oz. cooked)
- Shredded Wheat (1 oz.)
- Millet (4 oz. cooked)
- Fiber One (1 oz.)

PROTEIN

- 8 oz. plain yogurt
- 8 oz. milk
- 2 eggs
- 2 oz. cheese
- 4 oz. cottage cheese
- 4 oz. ricotta cheese
- 4 oz. chicken, or turkey
- 4 oz. pork
- 4 oz. beef
- 4 oz. lamb
- 4 oz. fish or shellfish
- Plant based options**
- 8 oz. unsweetened soy milk
- 4 oz. tofu
- 8 oz. unsweetened almond milk
- 4 oz. tempeh
- 8 oz. nondairy milk (e.g., hemp, flax)
- 6 oz. beans (2 oz. roasted)
- 4 oz. hummus
- 6 oz. lentils
- 2 oz. soy granules
- 2 oz. nuts
- 4 oz. shelled edamame
- 4 oz. veggie burger
- 2 oz. soy nuts (or dry-roasted edamame)

UP TO YOU

- Dark chocolate (85% or higher)
- Artificial sweeteners
- Fruit

AVOID

- Anything with flour (all types, including gluten free flours, nut flours, bean flours, corn starch, wheat germ, and guar gum)
- Anything with sugar (including natural sugars, nectar, fruit flavorings, and syrups)
- Anything with trans fats (margarine, partially hydrogenated oils, deep fried foods including chips and fries, nondairy creamers, and popcorn)
- All processed, concentrated, and refined foods (including all juices, smoothies, and alcohol)