

Enjoy

Carbohydrates:

Grains: Bran, Quinoa, Wheat Germ, Wild Rice

Fruits: Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapes, Grapefruit, Kiwis, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Plums, Pomegranate, Raspberries, Strawberries, Tomatoes

Vegetables: Artichoke, Arugula, Asparagus, Bamboo Shoots, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbages, Carrots (raw), Cauliflower, Celery, Chili Pepper, Collard Greens, Cucumber, Eggplant, Green Beans, Green Peas, Jicama, Kale, Leeks, Mushrooms, Mustard Greens, Onion, Peppers, Pickle, Plantains (green, cooked) Radishes, Rhubarb, Romaine Lettuce, Spinach, Turnip, Zucchini

Legumes: Beans (Black, Garbanzo, Great Northern, Kidney, Lima, Navy, Pinto, Soy, etc.), Lentils

Dairy: Milk or Unsweetened Soy Milk

Proteins:

Meats: 95% Lean Ground Beef, Chicken Breast, Crab, Duck, Eye of Round, Flank Steak, Halibut, Herring, Lobster, Mackerel, Pork Loin, Salmon, Sardines, Shrimp, Sirloin, Tender Loin, Tilapia, Tuna, Turkey Bacon, Turkey Breast, Whole Eggs, Veal

Dairy: Cottage Cheese, Plain Greek Yogurt

Soy Products: Tempeh, Tofu, TVP

Fats:

Fruits: Avocado, Olives

Nuts and Seeds: Almonds, Almond Flour, Cashews, Coconut Flour, Chia, Flax, Hazelnuts, Natural Nut Butters, Peanuts, Pecans, Pumpkin Seeds, Pine Nuts, Pistachios, Roasted Nuts (unsalted and unsweetened), Sesame Seeds, Sunflower Seeds, Walnuts

Dairy: Cheeses (American, Cheddar, Blue, Brie, Monterey Jack, Mozzarella, Parmesan, Provolone, Swiss)

Oils: Avocado, Coconut Oil. Fish, Flaxseed, Macadamia Nut, MCT Oil, Olive

Beverages: Unsweetened Almond Milk

All Herbs & Spices: Basil, Cinnamon, Herbal Teas, Garlic, Ginger, Oregano, Parsley, Shallot, Vanilla, Pepper, Lemon Pepper, etc.

Condiments: Balsamic Vinegar, Dry Packets of Ranch and Taco Seasoning, Hummus, Lemon Juice, Mustard, Peanut Butter Powders, Salsa (no sugar added), Stevia, Unsweetened Coconut Flakes, Vinegar

Moderate

Carbohydrates:

Grains: Barley, Brown Rice, Bulgur Wheat, Buckwheat Groats, Corn Tortillas, Couscous, Farro, Millet, Oatmeal (steel cut or rolled oats), Polenta, Red Rice, Rye Bread, Whole Wheat Pasta, Whole Wheat Tortillas (no hydrogenated oils), Sushi Rice, Vermicelli Rice, Whole Grain Bread

Fruits: Bananas (ripe), Mango, Melons (Honeydew, Cantaloupe, etc.), Papaya, Pineapple, Plantains (not green, cooked), Watermelon

Vegetables: Beets (cooked), Butternut Squash, Pumpkin, Spaghetti Squash, Sweet Corn, Sweet Potatoes, Water Chestnuts, Yams

Wine: Red Wine

Proteins:

Meats: 80% Lean Ground Beef, Chicken Thigh, Beef Jerky (low sugar), Ham, Pork Ribs, T-bone steak, Turkey Jerky (low sugar)

Fats:

Nuts and Seeds: Chestnuts

Dairy: Butter (grass fed), Cream Cheese, Ghee, Heavy Whipping Cream, Sour Cream

Condiments: Mayonnaise, Ranch Dressing (low sugar), Soy Sauce

***No more than 3-5 servings a week.**

Reset Meal

Carbohydrates:

Grains: All other rice, Bagel, Biscuit, Cereals, Gnocchi, Granola, Granola Bars, Instant Oatmeal, Potato Bread, White Potatoes, White Bread, White Pasta

Fruits: Dried Fruit

Vegetables: Rutabaga, Turnip (cooked), All other Potatoes, Cooked Carrots

Processed Foods: Beer, Cakes, Candy Bars, Chips, Commercially-baked pastries, Condiments Containing Added Sugar, Cookies, Crackers, Doughnuts, French Fries, Fruit Juices, High Fructose Corn Syrup Ice Cream, Muffins, Packaged Snack Foods, Popcorn, Potato Chips, Rice Cakes, Soda Pop, Tapioca, White or Enriched Flour, White and Brown Sugar

Dairy: All other yogurts

Condiments: Agave, BBQ Sauce, Coconut Sugar, Honey, Ketchup

Beverages: Alcoholic Beverages, Diet and Regular Soda, Juices

Proteins:

Meats: Bologna, Brats, Breaded Fish/chicken, Fried Meats, Pork Bacon, Sausage

Other: Protein Bars

Fats:

Processed Foods: Hydrogenated and Partially Hydrogenated Oils, Lard, Margarine, Microwavable/Prepackaged Meals

Dairy: Coffee Creamers

***Only to be eaten from 1 meal per week**

