

Food List

Protein

3 oz. for women 5 oz. for men
Remove all visible fat
then weigh before cooking

Chicken
Turkey
Egg
Flounder
Sole
Sea Bass
Grouper
Perch
Pike
Pollock
Snapper
Whiting
Flank Steak
Filet
Ground Meat
Sirloin
Bison
Lamb
Venison
Veal
Elk
Alligator
Scallops
Shrimp
Lobster
Crab

Veggies

Broccoli
Cauliflower
Asparagus
Beet Greens
Chard
Cabbage
Fennel
Cucumber
Celery
Tomatoes
Onions
Radish
Squash

Lettuce
(all forms of leafy greens)
Spinach
Kale
Brussel Sprouts
Arugula
Boy Choy
Butter Lettuce
Romaine

*Withhold from carrots,
bell peppers, jalapenos,
colored peppers,
mushrooms, squash, beets,
potatoes and other
starchy vegetables*

Fruits

Apples
Oranges
Strawberries
Kiwi
Lemon
Lime

Fluid

Water
Coffee
Tea
Zevia
Club Soda

Sweeteners

Better Stevia
Sweet Leaf Stevia
Now Brand Stevia

Spices

Cinnamon
Turmeric
Sea Salt
Pepper
Vinegar
Garlic
Basil
Parsley
Thyme
Marjoram
Oregano
Sage
Paprika
Coriander

Reminders

No other proteins, vegetables, fruit, or starches other than those listed; no deli meats.

No potatoes, sweet potatoes, rice, pasta, carrots, corn, lima beans, soy beans, legumes, green peas, eggplant, palm hearts, artichoke, bell peppers, or avocados.

No Margarine, butter, oil, or dressing with oil or sugar.

No skincare or body products containing absorbable oils (essential oils can be ok).

No alcohol or any liquids with sugar.

No Salmon, Tuna, or sardines

