

**VEGETABLES**

- Artichokes
- Arugula
- Asian Greens (Bok Choy, Pea Shoots, etc.)
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Cucumbers
- Eggplant
- Endive
- Fennel
- Kale
- Green Beans
- Greens (Collard, Dandelion, Swiss Chard, etc)
- Leeks

- Lettuces
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Radishes
- Snow Peas
- Spinach
- Squash (all types)
- Watercress
- Zucchini
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**FRUIT**

- Apples
- Apricots
- Avocados
- Berries
- Banana
- Cherries
- Figs (fresh or raw)
- Grapefruit

- Kiwi
- Orange
- Lemons
- Limes
- Mango
- Melons
- Olives
- Papayas
- Peaches
- Pears
- Pineapple
- Plums
- Raisins
- Rhubarb
- Watermelon
- \_\_\_\_\_

**HERBS & SPICES**

- Basil
- Chives
- Cilantro
- Cumin
- Dill
- Fennel

Items in *Italics* should be avoided during phase 2

- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sea salt
- Turmeric
- \_\_\_\_\_

**GRAINS**

- Bread, gluten-free or sprouted  
(ex: Ezekiel)
- Rice, brown
- Buckwheat
- Millet
- Pasta, whole wheat or gluten-free
- Oats
- Quinoa
- \_\_\_\_\_

**RAW NUTS & SEEDS**

- Almonds
- Almond butter
- Walnuts
- Flaxseed, ground
- Pumpkin seeds
- \_\_\_\_\_

**BEANS**

- Garbanzo
- Black Beans
- Lentils
- Mung
- Great northern
- \_\_\_\_\_

**OILS & VINEGAR**

- Extra Virgin Olive Oil
- Flaxseed Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- \_\_\_\_\_

**DAIRY**

- Yogurt, Low Fat*
- Milk (rice, almond, or *skim*)
- Cheese, part-skim*
- \_\_\_\_\_

**LEAN MEATS, EGGS & FISH**

- Chicken, free-range*
- Eggs, cage-free*
- Fish, wild*
- Turkey, free-range*
- Tuna, canned in water*
- \_\_\_\_\_

**MISC**

- Herbal Tea
- Honey
- Hummus
- Salsa
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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