

PHASE 1 FOOD LIST

(select organic whenever possible)

VEGETABLES AND SALAD GREENS (FRESH, CANNED, OR FROZEN)

Arrowroot
Arugula
Bamboo shoots
Beans: green,
yellow (wax),
French
Beets
Broccoli florets
Cabbage, all types
Carrots
Celery, including
tops
Cucumbers
Eggplant
Green chiles
Green onions
Jicama
Kale
Leeks
Lettuce (any
except iceberg)
Mixed greens
Mushrooms
Onions, red and
yellow
Parsnips
Peas: snap, snow
Peppers: bell,
pepperoncini
Pumpkin
Rutabaga

Spinach
Spirulina
Sprouts
Sweet potatoes/
yams
Tomatoes
Turnips
Zucchini and
winter or yellow
summer squash

FRUITS (FRESH OR FROZEN)

Apples
Apricots
Asian pears
Berries:
blackberries,
blueberries,
mulberries,
raspberries
Cantaloupe
Cherries
Figs
Grapefruit
Guava
Honeydew melon
Kiwis
Kumquats
Lemons
Limes
Loganberries
Mangos
Oranges

Papaya
Peaches
Pears
Pineapples
Pomegranates
Strawberries
Tangerines
Watermelon

ANIMAL PROTEIN

Beef: filet, lean
ground
Buffalo meat,
ground
Chicken: skinless,
boneless white
meat
Deli meats,
nitrate-free:
turkey, chicken,
corned beef, roast
beef
Eggs, whites only
Game: partridge,
pheasant
Guinea fowl
Haddock fillet
Halibut: fillet,
steak
Pollock fillet
Pork: tenderloin
Sardines, packed
in water
Sausages, nitrate-
free: turkey,
chicken

Sole fillet
Tuna, solid white,
packed in water
Turkey: breast
meat, lean ground
Turkey bacon,
nitrate-free

VEGETABLE

PROTEIN

Black-eyed peas
Chana dal/lentils
Chickpeas/
garbanzo beans
Dried or canned
beans: adzuki,
black, butter,
great northern,
kidney, lima, navy,
pinto, white
Fava beans, fresh
or canned

BROTHS, HERBS, SPICES, AND

CONDIMENTS

Brewer's yeast
Broths: beef,
chicken,
vegetable*
Dried herbs: all
types
Fresh herbs: all
types
Garlic, fresh
Ginger, fresh

Horseradish,
prepared
Ketchup, no sugar
added, no corn
syrup
Noncaffeinated
herbal teas or
Pero

Mustard:
prepared, dry

Natural
seasonings: Bragg
Liquid Aminos,
coconut amino
acids, tamari

Pickles, no sugar
added

Salsa

Seasonings:
black and
white peppers,
chili powder,
cinnamon,
crushed red
pepper flakes,
cumin, curry
powder, nutmeg,
onion salt, raw
cacao powder,
sea salt, Simply
Organic seasoning

Sweeteners:
Stevia, Xylitol
(birch or
hardwood only)

Tomato paste

Vanilla or
peppermint
extract

Vinegar: any type

GRAINS AND STARCHES

Amaranth
Arrowroot
Barley
Brown rice: rice,
cereal, crackers,
flour, pasta,
tortillas
Brown rice cheese
or milk
Buckwheat
Kamut: bagels
Millet
Nut flours
Oats: steel-cut
Quinoa
Rice milk, plain
Spelt: pasta,
pretzels, tortillas
Sprouted-grain:
bagels, bread,
tortillas
Tapioca
Teff
Triticale
Wild rice

HEALTHY FATS

None for this
phase