

PHASE 2 FOOD LIST

(select organic whenever possible)

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

Arrowroot
Arugula
Asparagus
Beans: green,
yellow (wax),
French (string)
Broccoli florets
Cabbage, all types
Celery
Collard greens
Cucumbers, any
type
Endive
Fennel
Green chiles,
jalapeños
Green onions
Jicama
Kale
Leeks
Lettuce (any
except iceberg)
Mixed greens
Mushrooms
Mustard greens
Onions, red and
yellow
Peppers: bell,
pepperoncini
Rhubarb

Shallots
Spinach
Spirulina
Swiss chard
Watercress

FRUITS (FRESH OR FROZEN)

Lemons
Limes

ANIMAL PROTEIN

Beef, all lean cuts:
filet, tenderloin,
strip, sirloin, shell
steak, London
broil, round steak,
rump roast, stew
meat, lean ground
Buffalo meat
Chicken: boneless,
skinless white
meat
Cod/scrod fillet
Deli meats,
nitrate-free: roast
beef, chicken,
turkey, corned
beef
Dory fish fillet
Eggs, whites only
Flounder fillet
Game: venison,
ostrich, elk
Halibut fillet

Jerky, nitrate-free:
beef, buffalo,
turkey, elk, ostrich
Lamb, lean cuts
Oysters, packed in
water
Pork: loin roast,
tenderloin
Salmon: nitrate-
free smoked
Sardines, packed
in water
Sole fillet
Tuna, packed in
water
Turkey: breast
steaks, lean
ground
Turkey bacon,
nitrate-free

VEGETABLE PROTEIN AND STARCHES

None this phase

**BROTHS, HERBS,
SPICES, AND
CONDIMENTS**

Brewer's yeast

Broths: beef,
chicken,
vegetable*

Dried herbs: all
types

Fresh herbs: all
types

Garlic, fresh,
powdered

Ginger, fresh

Horseradish,
prepared

Mustard:
prepared, dry

Noncaffeinated
herbal teas or
Pero

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

Pickles, no sugar
added

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

Sweeteners:
Stevia, Xylitol

(birch or
hardwood only)

Tabasco

Vanilla or
peppermint
extract

Vinegar: any type
(except rice)

GRAINS

None this phase

HEALTHY FATS

None this phase