

The Fast Metabolism Diet

EAT MORE FOOD & LOSE MORE WEIGHT

PHASE 3 FOOD LIST

(select organic whenever possible)

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

Arrowroot

Artichokes

Arugula

Asparagus

Avocados

Bean sprouts

Beans: green,
yellow (wax),
French (string)

Beets: greens,
roots

Bok choy

Brussels sprouts

Cabbage, all types

Carrots

Cauliflower florets

Celery

Chicory (curly
endive)

Collard greens

Cucumbers

Eggplant

Endive

Fennel

Green chiles

Green onions

Hearts of palm

Jicama

Kale

Kohlrabi

Leeks

Lettuce (any except iceberg)
Mixed greens
Mushrooms
Okra
Olives, any type
Onions
Peppers: bell, pepperoncini
Radishes
Rhubarb
Seaweed
Spinach
Spirulina
Sprouts
Sweet potatoes/yams
Tomatoes, fresh and canned: round, plum, cherry
Watercress
Zucchini and winter or yellow summer squash

FRUITS (FRESH OR FROZEN)

Blackberries
Blueberries
Cherries
Coconut, coconut milk, cream, water
Cranberries
Grapefruit
Lemons
Limes
Peaches

Plums
Prickly pears
Raspberries
Rhubarb

ANIMAL PROTEIN

Beef: filet, steaks, lean ground
Buffalo meat
Calamari
Chicken: boneless, skinless dark or white meat, ground
Clams
Crab, lump meat
Deli meats, nitrate-free: corned beef, turkey, chicken, roast beef
Eggs, whole
Game: pheasant
Halibut fillet
Herring
Lamb
Liver
Lobster meat
Oysters
Pork: chops, loin roast
Rabbit
Salmon, fresh, frozen, or nitrate-free smoked
Sardines, packed in olive oil
Sausage, nitrate-free: chicken, turkey
Scallops

Sea bass fillet
Shrimp
Skate
Trout
Tuna, packed in water or oil
Turkey
Turkey bacon, nitrate-free

VEGETABLE PROTEIN

Almond milk, unsweetened, almond cheese, almond flour
Cashew milk
Chickpeas/garbanzo beans
Dried (or canned) beans: adzuki, black, butter, Great Northern, cannellini, kidney, pinto, white, lima, navy
Hemp milk, unsweetened
Lentils

GRAINS

Barley, black or white
Oats: steel-cut, old-fashioned
Quinoa
Sprouted-grain: bread, bagels, tortillas
Wild rice

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

Brewer's yeast
Broths: beef,
chicken,
vegetable*
Carob chips
Dried herbs: all
types
Fresh herbs: all
types
Garlic, fresh
Ginger, fresh
Horseradish,
prepared
Ketchup, no sugar
added, no corn
syrup
Mustard,
prepared, dry
Natural
seasonings: Bragg
Liquid Aminos,
coconut amino
acids, tamari
Noncaffeinated
herbal teas or
Pero
Pickles, no sugar
added
Salsa
Seasonings:
black and
white peppers,
cinnamon, chili
powder, crushed
red pepper flakes,

cumin, curry
powder, onion
salt, raw cacao
powder, turmeric,
sea salt, Simply
Organic seasoning

Sweeteners:
Stevia, Xylitol
(birch or
hardwood only)
Tomato paste
Tomato sauce, no
sugar added
Vanilla or
peppermint
extract
Vinegar: any type
(except rice)

HEALTHY FATS

Avocados
Hummus
Mayonnaise,
safflower
Nuts, raw:
almonds, cashews,
hazelnuts,
pecans, pine
nuts, pistachios,
walnuts
Nut/seed butters
and pastes, raw
Oils: coconut,
grapeseed, olive,
sesame, toasted
sesame (Asian)
Seeds, raw: flax,
hemp, pumpkin,
sesame, sunflower
Tahini

*Note: All broths, if possible, should be free of additives and preservatives.