

Protein

Serving size: 3-4 oz. cooked
 1 serving = ~150 calories
 Choose organic and free-range; grill, bake, roast, or poach

- Cod
- Flounder
- Halibut
- Mahi mahi
- Salmon
- Sole
- Tilapia
- Trout

Legumes

Serving size: ½ cup cooked or as indicated
 1 serving = ~110 calories Canned, frozen, or dry

- Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried
- Hummus (¼ cup)
- Split peas, sweet green peas, lentils

Beverages

- Water (filtered), mineral water (still or carbonated), seltzer
- Herbal teas (chamomile, hibiscus, mint, etc.)

Fruits

1 serving = ~80 calories
 Fresh, frozen, canned with no added sugar or juice

- Apple (1 medium), apricots (3 medium), banana
- Kiwis (2 medium)
- Melon (cantaloupe, honeydew (¼ small), watermelon (2 cups))
- Peaches (2 small), pear (1 small), papaya
- All other unsweetened fresh, frozen, water-packed or canned fruits
- Unsweetened 100% fruit juices (*except orange juice*)

Vegetables (above ground)

Serving size: ½ cup cooked or 1 cup raw, including juiced
 1 serving = ~10-25 calories

- Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber
- Dandelion, eggplant, endive, escarole, garlic, green beans
- Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens)
- Kohlrabi, leeks, lettuce
- Mushrooms, okra, onion, radicchio, radishes
- Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)
- Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti)
- Tomatoes or mixed vegetable juice (low-sodium)
- Water chestnuts (5 whole), watercress
- All other fresh or frozen vegetables or unsweetened vegetable juices

Vegetables (root)

Serving size: ½ cup cooked or as indicated, including juiced
 1 serving = ~45 calories

- Beets, winter squash (acorn, butternut)
- Carrots (½ cup cooked or 2 medium raw or 12 baby carrots)
- Sweet potatoes or yams (½ medium)
- Yukon gold, new, or red potato (½ medium)

Grains

Serving size: ½ cup cooked
 1 serving = ~75-100 calories

- White grain rice

Oils

Serving size: 1 tsp
 1 serving = ~40 calories

Cold pressed

- Almond
- Canola (best if organic)
- Coconut
- Flaxseed (refrigerate!)
- Olive (extra virgin)
- Safflower
- Sesame
- Sunflower
- Pumpkin
- Walnut

Condiments and sweeteners

- All vinegars (except malt)
- Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.)
- Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)

Phase 4: Davs 17 - 19

Protein

Serving size: 3-4 oz. cooked
 1 serving = ~150 calories
 Choose organic and free-range; grill, bake, roast, or poach

- Cod
- Flounder
- Halibut
- Mahi mahi
- Salmon
- Sole
- Tilapia
- Trout

Legumes

Serving size: ½ cup cooked or as indicated
 1 serving = ~110 calories Canned, frozen, or dry

- Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried
- Hummus (¼ cup)
- Split peas, sweet green peas, lentils

Dairy alternatives

Serving size: 6 oz. or as indicated
 1 serving = ~80 calories Unsweetened

- Almond milk (8 oz.) Hazelnut milk
- Hemp milk, plain (6 oz.) Rice milk
- Coconut milk, in carton (8 oz.)

Beverages

- Water (filtered), mineral water (still or carbonated), seltzer
- Herbal teas (chamomile, hibiscus, mint, etc.)

Vegetables (above ground)

Serving size: ½ cup cooked or 1 cup raw, including juiced
 1 serving = ~10-25 calories

- Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber
- Dandelion, eggplant, endive, escarole, garlic, green beans
- Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens)
- Kohlrabi, leeks, lettuce
- Mushrooms, okra, onion, radicchio, radishes
- Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)
- Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti)
- Tomatoes or mixed vegetable juice (low-sodium)
- Water chestnuts (5 whole), watercress

Vegetables (root)

Serving size: ½ cup cooked or as indicated, including juiced
 1 serving = ~45 calories

- Beets, winter squash (acorn, butternut)
- Carrots (½ cup cooked or 2 medium raw or 12 baby carrots)
- Sweet potatoes or yams (½ medium)
- Yukon gold, new, or red potato (½ medium)

Fruits

1 serving = ~80 calories
 Fresh, frozen, canned, or juiced; no added sugar

- Apple (1 medium), apricots (3 medium), banana
- Kiwis (2 medium)
- Melon (cantaloupe, honeydew (¼ small), watermelon (2 cups))
- Peaches (2 small)
- Pear (1 small)
- Papaya
- All other unsweetened fresh, frozen, water-packed or canned fruits
- Unsweetened 100% fruit juices (except orange juice)

Grains

Serving size: ½ cup cooked
 1 serving = ~75-100 calories

- Potato flour Quinoa
- White grain rice Teff
- Brown, basmati, or wild rice Tapioca
- Buckwheat Arrowroot
- Millet Amaranth

Oils

Serving size: 1 tsp
 1 serving = ~40 calories

Cold pressed

- Almond
- Canola (best if organic)
- Coconut
- Flaxseed (refrigerate!)
- Olive (extra virgin)
- Safflower
- Sesame
- Sunflower
- Pumpkin
- Walnut

Condiments and sweeteners

- All vinegars (except malt)
- Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.)
- Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)

Phase 5: Day 20

Protein	Vegetables (above ground)	Grains
<p>Serving size: 3-4 oz. cooked 1 serving = ~150 calories</p> <p>Choose organic and free-range; grill, bake, roast, or poach</p> <input type="checkbox"/> Cod, flounder, halibut, mahi mahi, salmon, sole, tilapia, trout	<p>Serving size: ½ cup cooked or 1 cup raw, including juiced 1 serving = ~10-25 calories</p> <input type="checkbox"/> Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber <input type="checkbox"/> Dandelion, eggplant, endive, escarole, garlic, green beans <input type="checkbox"/> Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens) <input type="checkbox"/> Kohlrabi, leeks, lettuce <input type="checkbox"/> Mushrooms, okra, onion, radicchio, radishes <input type="checkbox"/> Salsa (sugar-free), scallions, sea vegetables (kelp, etc.) <input type="checkbox"/> Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti) <input type="checkbox"/> Tomatoes or mixed vegetable juice (low-sodium) <input type="checkbox"/> Water chestnuts (5 whole), watercress <input type="checkbox"/> All other fresh or frozen vegetables or unsweetened vegetable juices	<p>Serving size: ½ cup cooked 1 serving = ~75-100 calories</p> <input type="checkbox"/> Potato flour <input type="checkbox"/> White grain rice <input type="checkbox"/> Brown, basmati, or wild rice <input type="checkbox"/> Buckwheat <input type="checkbox"/> Millet <input type="checkbox"/> Quinoa <input type="checkbox"/> Teff <input type="checkbox"/> Tapioca <input type="checkbox"/> Arrowroot <input type="checkbox"/> Amaranth
Legumes	Vegetables (root)	Oils
<p>Serving size: ½ cup cooked or as indicated 1 serving = ~110 calories</p> <p>Canned, frozen, or dry</p> <input type="checkbox"/> Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried <input type="checkbox"/> Hummus (¼ cup) <input type="checkbox"/> Split peas, sweet green peas, lentils	<p>Serving size: ½ cup cooked or as indicated, including juiced 1 serving = ~45 calories</p> <input type="checkbox"/> Beets, winter squash (acorn, butternut) <input type="checkbox"/> Carrots (½ cup cooked or 2 medium raw or 12 baby carrots) <input type="checkbox"/> Sweet potatoes or yams (½ medium) <input type="checkbox"/> Yukon gold, new, or red potato (½ medium)	<p>Serving size: 1 tsp 1 serving = ~40 calories</p> <p>Cold pressed</p> <input type="checkbox"/> Almond <input type="checkbox"/> Canola (best if organic) <input type="checkbox"/> Coconut <input type="checkbox"/> Flaxseed (refrigerate!) <input type="checkbox"/> Olive (extra virgin) <input type="checkbox"/> Safflower <input type="checkbox"/> Sesame <input type="checkbox"/> Sunflower <input type="checkbox"/> Pumpkin <input type="checkbox"/> Walnut
Dairy alternatives	Condiments and sweeteners	Fruits
<p>Serving size: 6 oz. or as indicated 1 serving = ~80 calories</p> <p>Unsweetened</p> <input type="checkbox"/> Almond milk (8 oz.) <input type="checkbox"/> Hemp milk, plain (6 oz.) <input type="checkbox"/> Coconut milk, in carton (8 oz.) <input type="checkbox"/> Hazelnut milk <input type="checkbox"/> Rice milk	<input type="checkbox"/> All vinegars (except malt) <input type="checkbox"/> Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.) <input type="checkbox"/> Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)	<p>1 serving = ~80 calories</p> <p>Fresh, frozen, canned, or juiced; no added sugar</p> <input type="checkbox"/> Apple (1 medium), apricots (3 medium), banana <input type="checkbox"/> Kiwis (2 medium) <input type="checkbox"/> Melon (cantaloupe, honeydew (¼ small), watermelon (2 cups)) <input type="checkbox"/> Peaches (2 small) <input type="checkbox"/> Pear (1 small) <input type="checkbox"/> Papaya <input type="checkbox"/> All other unsweetened fresh, frozen, water-packed or canned fruits <input type="checkbox"/> Unsweetened 100% fruit juices (except orange juice)
Nuts and seeds		
<p>Serving size as indicated 1 serving = ~100 calories</p> <input type="checkbox"/> Almonds or hazelnuts (12-14 or ½ oz.) <input type="checkbox"/> Pine nuts (2 Tbsp.) <input type="checkbox"/> Pistachios, sunflower, pumpkin, cashew (2 Tbsp.) <input type="checkbox"/> Sesame seeds or tahini (2 Tbsp.) <input type="checkbox"/> Walnut or pecan halves (8) <input type="checkbox"/> Unsweetened butter made from above options (1 Tbsp.)		
Beverages		
<input type="checkbox"/> Water (filtered), mineral water (still or carbonated), seltzer <input type="checkbox"/> Herbal teas (chamomile, hibiscus, mint, etc.)		

Phase 6: Days 21 - 28

Protein Serving size: 3-4 oz. cooked 1 serving = ~150 calories Choose organic and free-range; grill, bake, roast, or poach <input type="checkbox"/> Cod, flounder, halibut, mahi mahi, salmon, sole, tilapia, trout <input type="checkbox"/> Chicken, Cornish hen (breast only), turkey <input type="checkbox"/> Leg of lamb, lean roast <input type="checkbox"/> Wild game	Vegetables (above ground) Serving size: ½ cup cooked or 1 cup raw, including juiced 1 serving = ~10-25 calories <input type="checkbox"/> Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber <input type="checkbox"/> Dandelion, eggplant, endive, escarole, garlic, green beans <input type="checkbox"/> Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens) <input type="checkbox"/> Kohlrabi, leeks, lettuce <input type="checkbox"/> Mushrooms, okra, onion, radicchio, radishes <input type="checkbox"/> Salsa (sugar-free), scallions, sea vegetables (kelp, etc.) <input type="checkbox"/> Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti) <input type="checkbox"/> Tomatoes or mixed vegetable juice (low-sodium) <input type="checkbox"/> Water chestnuts (5 whole), watercress	Grains Serving size: ½ cup cooked 1 serving = ~75-100 calories <input type="checkbox"/> Potato flour <input type="checkbox"/> White grain rice <input type="checkbox"/> Brown, basmati, or wild rice <input type="checkbox"/> Buckwheat <input type="checkbox"/> Millet <input type="checkbox"/> Quinoa <input type="checkbox"/> Teff <input type="checkbox"/> Tapioca <input type="checkbox"/> Arrowroot <input type="checkbox"/> Amaranth
Legumes Serving size: ½ cup cooked or as indicated 1 serving = ~110 calories Canned, frozen, or dry <input type="checkbox"/> Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried <input type="checkbox"/> Bean soup (¾ cup) <input type="checkbox"/> Hummus (¼ cup) <input type="checkbox"/> Split peas, sweet green peas, lentils	Vegetables (root) Serving size: ½ cup cooked or as indicated, including juiced 1 serving = ~45 calories <input type="checkbox"/> Beets, winter squash (acorn, butternut) <input type="checkbox"/> Carrots (½ cup cooked or 2 medium raw or 12 baby carrots) <input type="checkbox"/> Sweet potatoes or yams (½ medium) <input type="checkbox"/> Yukon gold, new, or red potato (½ medium)	Oils Serving size: 1 tsp or as indicated 1 serving = ~40 calories Cold pressed Plant Oils <input type="checkbox"/> Coconut milk, canned, light (3 Tbsp.) <input type="checkbox"/> Coconut milk, canned, regular (1½ Tbsp.) <input type="checkbox"/> Flaxseed oil (refrigerate!) <input type="checkbox"/> Olives (8-10 medium) <input type="checkbox"/> Olive oil, extra virgin <input type="checkbox"/> Sesame oil <input type="checkbox"/> Sunflower oil <input type="checkbox"/> Almond, sesame, walnut, and pumpkin oil Cooking Oils <input type="checkbox"/> Olive oil <input type="checkbox"/> Canola oil (best if organic) <input type="checkbox"/> Coconut oil <input type="checkbox"/> Grapeseed oil (1 tsp.) <input type="checkbox"/> High-oleic safflower oil
Dairy alternatives Serving size: 6 oz. or as indicated 1 serving = ~80 calories Unsweetened <input type="checkbox"/> Almond milk (8 oz.) <input type="checkbox"/> Hemp milk, plain (6 oz.) <input type="checkbox"/> Coconut milk, in carton (8 oz.) <input type="checkbox"/> Hazelnut milk <input type="checkbox"/> Rice milk	Fruits 1 serving = ~80 calories Fresh, frozen, canned with no added sugar or juice <input type="checkbox"/> Apple (1 medium), apricots (3 medium) <input type="checkbox"/> Berries: Blackberries and blueberries (1 cup), raspberries and strawberries (1 ½ cups) <input type="checkbox"/> Cantaloupe, mango (½ medium) <input type="checkbox"/> Cherries (15), kiwis (2 medium), fresh figs (2), grapefruit (1), grapes (15), honeydew melon (¼ small), banana, papaya <input type="checkbox"/> Peaches, plums, or nectarines (2 small) <input type="checkbox"/> Pear (1 small), persimmon or pomegranate (½), tangerines (2 small), watermelon (2 cups) <input type="checkbox"/> Unsweetened 100% fruit juices (<i>except orange juice</i>)	Condiments and sweeteners <input type="checkbox"/> All vinegars (except malt) <input type="checkbox"/> Unsweetened tomato sauce or salsa <input type="checkbox"/> Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.) <input type="checkbox"/> Fresh or dried spices (any; e.g. curry, paprika, chili, etc.) <input type="checkbox"/> Brown rice syrup <input type="checkbox"/> Fruit sweetener (juice concentrates) <input type="checkbox"/> Stevia
Nuts and seeds Serving size as indicated 1 serving = ~100 calories <input type="checkbox"/> Almonds or hazelnuts (12-14 or ½ oz.) <input type="checkbox"/> Pine nuts (2 Tbsp.) <input type="checkbox"/> Pistachios, sunflower, pumpkin, cashew (2 Tbsp.) <input type="checkbox"/> Sesame seeds or tahini (2 Tbsp.) <input type="checkbox"/> Walnut or pecan halves (8) <input type="checkbox"/> Unsweetened butter made from above options (1 Tbsp.)		
Beverages <input type="checkbox"/> Water (filtered), mineral water (still or carbonated), seltzer <input type="checkbox"/> Rooibos tea (unsweetened), herbal teas (chamomile, hibiscus, mint, etc.)		