

# PHASE 1 FOOD LIST

To modify any of the recipes for this phase of the diet, or to make up your own, you may use any of the foods on the following Phase 1 food list.

## VEGETABLES AND SALAD GREENS (fresh, canned, or frozen)

Arrowroot	Celery, including tops	Mixed greens	Spinach
Arugula	Cucumbers	Mushrooms	Spirulina
Bamboo shoots	Eggplant	Onion, red and yellow	Sprouts
Beans: <i>green, yellow (wax), French</i>	Green chilies	Parsnips	Sweet potatoes/yams
Beets	Green onions	Peas: <i>snap, snow</i>	Tomatoes
Broccoli florets	Jicama	Peppers: <i>bell, pepperoncini</i>	Turnips
Cabbage, <i>all types</i>	Kale	Pumpkin	Zucchini and winter or yellow squash
Carrots	Leeks	Radishes	
	Lettuce ( <i>any except iceberg</i> )	Rutabaga	

## FRUITS (fresh or frozen)

Apples	Cantaloupe	Kumquats	Peaches
Apricots	Cherries	Lemons	Pears
Asian pears	Figs	Limes	Pineapples
Berries: <i>Blackberries, Blueberries, Mulberries, raspberries</i>	Grapefruit	Loganberries	Pomegranates
	Guava	Mangos	Strawberries
	Honeydew melon	Oranges	Tangerines
	Kiwis	Papaya	Watermelon

## ANIMAL PROTEIN

Beef: <i>filet, lean ground</i>	Deli meats, nitrate-free: <i>turkey, chicken, roast beef</i>	Halibut: <i>fillet, steak</i>	Sole fillet
Buffalo meat, ground	Eggs, whites only	Pollock fillet	Tuna: <i>fresh or solid white, packed in water</i>
Chicken: <i>boneless, skinless white meat</i>	Game: <i>partridge, pheasant</i>	Pork: <i>tenderloin</i>	Turkey: <i>breast meat, lean ground</i>
Corned beef	Guinea fowl	Sardines, packed in water	Turkey bacon: <i>nitrate-free</i>
	Haddock fillet	Sausages, nitrate-free: <i>turkey, chicken</i>	

## VEGETABLE PROTEIN

Black-eyed peas Chana dal/lentils	Chickpeas/garbanzo beans	Dried or canned beans: <i>adzuki, black, butter, great northern, kidney</i>	<i>lima, navy, pinto, white Fava beans: fresh or canned</i>
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## BROTHS, HERBS, SPICES, CONDIMENTS, AND SUPPLEMENTS

Brewer's yeast Broths: <i>beef, chicken, vegetable*</i> Dried herbs: <i>all types</i> Fresh herbs: <i>all types</i> Garlic: <i>fresh</i> Ginger: <i>fresh</i> Horseradish: <i>prepared</i>	Ketchup, no sugar added, no corn syrup Mustard, prepared, dry Natural seasonings: <i>Bragg Liquid Aminos, coconut amino acids, tamari</i> Non-caffeinated herbal teas or Pero	Nutritional yeast Pickles, no sugar added Salsa Seasonings: <i>black and white peppers, cinnamon, chili powder, crushed red pepper flakes, cumin, curry powder, nutmeg, onion salt, raw cacao powder,</i>	<i>Turmeric, sea salt, Simply Organic seasoning Sweeteners: stevia, xylitol (birch only) Tomato paste Tomato soup Vanilla or peppermint extract Vinegar: any type</i>
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**\*NOTE: All broths, if possible, should be free of additives and preservatives.**

## GRAINS AND STARCHES

Amaranth Arrowroot Barley Brown rice: <i>rice cereal, crackers, flour, pasta, tortillas</i>	Brown rice cheese or milk Buckwheat Gluten-free pancake mix Kamut Millet	Oats: <i>steel-cut, old- fashioned</i> Quinoa Rice milk, plain Spelt: <i>pasta, pretzels, tortillas</i>	Sprouted-grain: <i>bagels, bread, tortillas</i> Tapioca Teff Triticale Wild rice
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## HEALTHY FATS

None for this phase