



FOOD LIST

SERVINGS PER MEAL

Each meal should consist of one serving of protein, one serving of fruit, and three or more servings of vegetables until full.

PROTEINS



Wild Striped Bass, Veal, Albacore, Venison, Whitefish, Beef, Chicken, Mahi Mahi, Pheasant, Swordfish, Haddock, Lobster, Scallop, Egg, Whole, Perch, Shrimp, Codfish, Buffalo, Crab Meat, Trout, Halibut, Black Sea Bass, Elk, Turkey, Flounder, Tilapia, Cottage Cheese (once a week)

A protein serving size is the size of a deck of cards.

FRUITS

Grapefruit, Blackberry, Blueberry, Cherry, Apple, Plum, Lemon, Lime, Oranges, Pear, Strawberry, Peach, Raspberry, Apricot, Tomato, watermelon (once a week)



A fruit serving size is the size of a tennis ball.

VEGETABLES



String Beans, Leek, Palm Hearts, Artichoke, Cucumber, Shiitake mushroom, Lettuce, Celery, Kale, Portabella mushrooms, Spinach, Endive, Asparagus, Collard greens, Fennel, Swiss chard Brussel sprouts, Shallot, Bell Peppers - Green, red, orange, yellow, Cabbage, Jalapeños, Zucchini, Onion, Tomato, Cauliflower/broccoli (once a week)

A vegetable serving size is the size of a tennis ball.

DRINKS

Coffee, tea, Zevia, and electrolyte drinks sweetened with stevia are all allowed on plan.



SAUCES, DRESSINGS, CONDIMENTS



All seasonings without sweeteners, herbs and spices are allowed on plan. Vinegars without sweeteners, mustard, and other condiments without added oils or sweeteners are allowed. Simple Girl is good for salad dressings.