

PHASE 3 -ALLOWABLE FOODS CHART

<i>Proteins</i>		<i>Milk Products</i>	<i>Vegetables</i>		<i>Fruits**</i>
Eggs	Round Tip	Cream Cheese	Sprouts	Bamboo Shoots	Pears
Salmon	Bottom Round	Sour Cream	Greens	Leeks	Apples
Tuna	Shank	Whipped Cream	Kale	Brussel Sprouts	Strawberries
Chicken	Sirloin	Heavy Cream	Herbs	Garlic	Blackberries
Lamb	Top Loin	Whole Milk	Bok Choy	Green Beans	Blueberries
Turkey	T-bone	Butter	Celery	Tomatoes	Rasberries
Flounder/Sole	Sirloin Steak	Half & Half	Radishes	Eggplant	Cherries
Halibut	Tenderloin	Cheese	Sea Vegetables	Artichoke Hearts	Lemons
Hamburger	Porterhouse	Cottage Cheese	Broccoli	Fennel	Melons
Prawn	Brisket	Yogurt (check labels	Cauliflower	Onions	Peaches
Scallops	Rib Eye	for sugar content)	Cabbage	Okra	Nectarines
Shrimp	Flank	Ricotta Cheese	Spinach	Celery Root	Apricots
Lobster	Ribs		Jicama	Turnip	Limes
Crab	Pork		Avocado	Water Chestnuts	Grapefruit
Bacon -Sugar Free			Cucumber	Mushrooms	Plums
Bison			Peppers (All Kinds)	Pumpkin	Boysenberries
Beef			Summer Squash	Snow Peas	Cranberries
Top round			Scallions/ Green Onions		Rhubarb
Eye of Round			Asparagus		
<i>Other</i>			<i>Nuts*</i>		
Olive Oil			Macadamia Nuts		
Coconut Oil			Pecans		
Flaxseed Oil			Walnuts		
Sesame Oil			Brazil Nuts		
Butter			Pine Nuts		
Vinegar (Check Labels for sugar content)			Almonds		
Spices (Dried or Fresh)			Peanuts (These are actually Legumes so we		
Whey Protein Powder (check for sugar)			would suggest you avoid these while in		
Avocado			Phase 3)		
Tea					
Coffee			*Be careful with nuts. Some have a higher starch content than others.		
			Some have trouble stabilizing while eating nuts		
**Some can't eat much fruit while on P3 so you need to see how your body reacts and adjust accordingly.					
<i>Foods NOT Allowed</i>					
Ketchup (Store Bought)		Rice	Balsamic Vinegar (sugar)		Ice Cream
Spaghetti Sauce (Store Bought)		Beans	Winter Squash (acorn and butternut)		Frozen Yogurt
Salad Dressing (Store Bought)		Breaded Food	Yam		Pudding
Mayonnaise (Store Bought)		Battered Food	Sweet Potato		Sherbert
Popcorn		Bean Soup	Pita Bread		Biscuits
Peas		Melba Toast	Tortillas		Cakes, Cookies, Candy
Corn		Matzo	Cereals (cold or hot)		Chow Mein Noodles
Potatoes		Plantains	Couscous (or other grains)		Bread
Carrots		Parsnips	Pasta		Honey
Crackers		Chips	Beets		Agave Nectar
Margarine		Croutons	Dried Fruit		Maple Syrup