

Approved Foods List

FREE VEGGIE - DOES NOT COUNT TOWARDS YOUR 4 OZ Free Veggies can be eaten IN ADDITION TO your 4oz veggies but **CANNOT REPLACE** the 4oz veggies.

Seafood

- Ahi
- Cod
- Filet of Sole
- Halibut
- Mahi Mahi
- Pollock
- Scallops
- Shrimp
- Swordfish
- Tilapia
- Walleye

Meat (Preferably Organic & Grass Fed)

- Ground Beef/Bison
- Buffalo
- Elk
- Filet Mignon
- Roast Beef
- Venison
- Boneless & Skinless Chicken Breast
- Boneless & Skinless Turkey Breast
- Cornish Game Hen (Skinless)
- Ground Chicken Breast
- Ground White Meat Turkey

Other Protein:

- Eggs
- Tofu (**for vegetarians only, limit to 1 - 3 times per week**)
- Sunwarrior Collagen Building Protein Peptides - Unflavored (vegetarians only, as well as those who exercise)

NOT APPROVED:

-  Salmon
-  Tuna
-  Pork


Vegetables:

- Artichoke
- Asparagus
- Bok Choy
- Broccoli/Broccoli Rabe
- Brussels Sprouts
- Cauliflower
- Eggplant
- Fennel
- Green Beans
- Leeks
- Rutabaga
- Turnips
- Zucchini Squash

FREE Vegetables

- All kinds of greens and lettuce
- All kinds of peppers
- Cabbage
- Celery
- Cucumber
- Daikon Radish
- Garlic
- Ginger
- Horseradish
- Mushrooms
- Onions (red, yellow, white)
- Tomato

NOT APPROVED:

-  Corn
-  Potatoes
-  Sweet Potatoes
-  Bean, Legumes
-  Beets
-  Carrots
-  Butternut Squash
-  Acorn Squash
-  Peas
-  Pumpkin

Fruits

- Acai Berry
- Bilberry
- Blackberry
- Blueberry
- Boysenberry
- Chokeberry
- Cranberry (unsweetened)
- *Granny Smith Apples - **ONLY for Plateau Breakers***
- Elderberry
- Goji Berry
- Gooseberry
- Huckleberry
- Lingonberry
- Mulberry
- Raspberry
- Strawberry

NOT APPROVED:

-  Bananas
-  Grapes
-  Melons
-  Oranges
-  Pineapple

Snack Between meals (feel free to eat as many of these as you wish)

- Celery
- Cucumber
- Pickles (no added sugar or oils)

If you are still hungry, please **cheat with 2-4 oz of protein.**

The best sources are hard boiled eggs or lean meats.

ONLY beverages to consume while on the program:

- Water
- Black tea
- Green Tea
- Herbal Tea
- Black Coffee
- Zevia Sodas and carbonated drinks like La Croix seltzer: (We recommend limiting any of these drinks to once a week and **ONLY** once you've finished your water, 1 gallon.)

NO WATER ADDITIVES (Mio, Stur, Crystal Light, etc.)

Avoid any artificial and natural sweeteners. You may use monk fruit on a very limited basis (once a week), but we do not recommend it since it can hinder your weight loss.

Sauces/Condiments

- Braggs Aminos (Soy Sauce Replacement)
- Braggs Coconut Aminos (Teriyaki Sauce Replacement)
- Franks Red Hot - ORIGINAL ONLY
- Nutritional Yeast
- Wasabi
- Himalayan Pink Salt
- Organic Black Pepper
- Any spices as long as they are free of oils and sugars

• Simple Girl Dressings and Sauces

The following are **APPROVED**

Citrus Ginger

Simple Girl Sweet Mustard

Sweet Vinaigrette

The following beverages and foods are **NOT APPROVED**:

- 🚫 All Dairy
- 🚫 Almond & Coconut Milk
- 🚫 Soy milk (Soy Products)
- 🚫 Avocado
- 🚫 All nuts and dried fruits
- 🚫 Carbohydrates
- 🚫 Sodas, juices and alcohol
- 🚫 All sugar

Miscellaneous

NO CARBOHYDRATE SUBSTITUTES:

- 🚫 Pasta Zero
- 🚫 Quinoa
- 🚫 Shirataki Noodles
- 🚫 Soy Noodles
- 🚫 Spinach Wraps

NO DAIRY, SUGAR OR FAT is allowed on this program.

If the food is in doubt... keep it out!!!