

Approved Foods List

NOT APPROVED

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.

Protein/ Seafood

- Shrimp
- Scallops
- Mahi - Mahi
- Tilapia
- Swordfish
- Walleye
- Lean cuts of beef (Trim ALL visible fat)
- Sirloin Bison/Bufalo (Skinless)

- Sirloin Strip Steak (Ground)
- White Chicken
- Cornish Game Hen
- Skinless White Turkey
- Eggs

*****Preferably Organic & Grass Fed*****

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

NOT APPROVED:

-  Corn
-  Potatoes
-  Sweet Potatoes
-  Bean, Legumes
-  Beets

-  Carrots
-  Butternut Squash
-  Acorn Squash
-  Peas
-  Pumpkin

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

Fruits

- Acai Berry
- Blackberry
- Blueberry
- Cranberry
- Raspberry
- Strawberry
- Granny Smith Apples - use only for Plateau Breakers

NOT APPROVED:

-  Bananas
-  Grapes
-  Melons
-  Oranges
-  Pineapple

Snacks/Between meals

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

Cheat with 2-4 oz of protein, best sources are hard boiled eggs or lean meats.

Beverages





- Water
- Black tea
- Green Tea
- Black Coffee

NO WATER ADDITIVES (Mio, Stur, Crystal Light, etc.) Zevia Sodas (IN MODERATION and ONLY once you've finished your water (1 gallon)). Avoid any artificial sugar sweeteners: use Stevia, Truvia or Xylitol.

Sauces/Condiments


- **Walden Farms Dressing and Creamer** (NOT ALL ARE APPROVED) Link: bit.ly/nwdressing1

NOT APPROVED:

-  Balsamic Vinaigrette
-  Honey Balsamic
-  Honey Dijon
-  Italian w/Sundried Tomatoes




- **Simple Girl Dressing/Sauces** (NOT ALL ARE APPROVED) Link: bit.ly/nwdressing2

NOT APPROVED:

-  Balsamic Vinaigrette

- **SkinnyGirl Dressing** (NOT ALL ARE APPROVED) Link: bit.ly/nwdressing3

NOT APPROVED:

-  Roasted Garlic Vinaigrette
-  Balsamic Vinaigrette
-  Honey Dijon

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

Miscellaneous

NO CARBOHYDRATE SUBSTITUTES:

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

Avoid DAIRY completely at all cost. If the food is in doubt... keep it out!!!

Avoid the following beverages and foods:

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