

General Food Choices

For program success, select foods from this list or as advised by your healthcare provider.

Category	Avoid	Recommended (organic preferred)	Step 1		Step 2	Step 3	
			Days 1-2	Days 3-4	Days 5-7	Day 8	Day 9
Fruits	Oranges, orange juice Fruits/juices/spreads/preserves with added sugars	Core Fruits: Apples, pears (fresh, canned, juiced with no added sugars), avocados	✓	✓	✓	✓	✓
		All other unsweetened, fresh, frozen, water-packed, or canned fruits 100% fruit juices	✓	✓		✓	✓
Vegetables	Corn Breaded or creamed vegetables	Core Vegetables: Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts); raw greens (red and green lettuce, romaine, spinach, endive)	✓	✓	✓	✓	✓
		All other frozen or fresh vegetables Unsweetened vegetable juices	✓	✓		✓	✓
Legumes	Soybean products: tempeh, tofu, soy milk, textured vegetable protein, protein powders, edamame, wasabi peas, soy sauce	All other canned, frozen, or dry beans/peas, hummus	✓	✓	✓	✓	✓
Fish	Shellfish; farm-raised seafood	Fresh, wild-caught fish, including cod, halibut, salmon, flounder, sole, tilapia, mahi mahi, trout	✓	✓	✓	✓	✓
Beverages	Regular and diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, other caffeinated and decaf beverages	Water: filtered, mineral, seltzer, herbal teas	✓	✓	✓	✓	✓
Spices/ Condiments	Chocolate, BBQ sauce, ketchup, dijon mustard, relish Processed and hydrogenated oils Mayonnaise/dressings with dairy/gluten/sugars Prepackaged seasonings with gluten/dairy/sugars	All vinegars (except malt) All fresh or dry herb/spices Oils: olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond, coconut	✓	✓	✓	✓	✓
Rice/Grains	Cornmeal/flour, corn starch Foods with wheat and wheat flours; processed cereals; gluten-containing products: spelt, kamut, rye, barley	White grain rice	✓			✓	✓
		Gluten-free oats, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa, brown rice, rice pasta	✓				✓
Nuts/Seeds	Peanuts, peanut butter	All other nuts and seeds including milks and unsweetened butters Butters: Sesame (tahini) allowed all days	✓				✓
Sweeteners	Foods with refined sugars, cane sugar/juice, corn syrup, glucose, sucrose, dextrose, honey, maple syrup, extracts (e.g., vanilla)	Brown rice syrup, fruit sweetener (juice concentrates), stevia	✓				✓
Dairy Products & Milk Substitutes	Milk, cheese, cottage cheese, cream, yogurt, butter, margarine, ice cream, non-dairy creamers, soy milk	Unsweetened milk alternatives: rice, hazelnut, hemp, almond, coconut	✓				✓
Meat/ Poultry	Eggs, egg replacers, beef, pork Poultry fed hormones/antibiotics Breaded patties, fish sticks Processed/canned meats, sausages	Free-range lamb, chicken, turkey Wild game	✓				✓