

Approved Food Choices

(approximate calories – check labels for exact)

PROTEIN (up to 5oz.; weighed before cooking)

Note: no processed or fried meat, no farmed fish (toxic and disrupts hormones)

2 eggs	140
Beef: 25 Almonds	150
a) Steak	200 calories
b) Extra lean ground beef	307 calories
c) Roast	214 calories
Buffalo or veal	143 calories
Chicken breast (skinless, boneless)	157 calories
Egg Whites (5)	85 calories
Wild Chilean sea bass	171 calories
Wild Flounder or white halibut	157 calories
Cod	148 calories
Crab	79 calories
Lobster	136 calories
Salmon (wild caught)	200 calories
Shrimp	129 calories
Wild Sole	172 calories
Tuna (packed in water)	150 calories
Tilapia (wild caught)	143 calories
Turkey (skinless)	183 calories
Cottage Cheese (2% milk fat) 3/4 cup	165 calories
Plain Greek style yogurt 6 oz	130 calories
** Protein shake	120 calories

VEGETABLES = 4 servings/day*

Artichokes (1 med)	60 calories
Asparagus (1 cup)	31 calories
Broccoli (1 cup)	44 calories

Brussel sprouts (1 cup cooked)	56 calories
Cabbage (1 cup)	16 calories
Carrots (1 cup)	52 calories
Cauliflower (1 cup)	34 calories
Celery (1 cup)	17 calories
Cucumber (1 med)	24 calories
Eggplant (1 cup)	35 calories
Fennel (1 cup)	27 calories
Green beans, fresh (1 cup)	38 calories
Mushrooms (1 cup)	21 calories
Onion (1 cup; yellow or red)	61 calories
Peas (1/2 cup fresh)	60 calories
Pepper (1 med; red or green)	30 calories
Red radish (2 cups)	46 calories
Spinach or chard (2 cup)	14 calories
Tomato (1 med)	26 calories
Zucchini (1 med)	35 calories

FRUIT = 2 servings/day

Apple, 1 any size (NOT 2 small apples)	80 calories
Blackberries (1 cup)	75 calories
Blueberries (1 cup)	80 calories
Cherries (1 cup)	88 calories
Grapes (1/2 cup)	55 calories
Grapefruit (1 any size)	80 calories
Kiwi (1 large)	66 calories
Nectarine (1 large)	60 calories
Orange (1 any size)	60 calories
Peach, fresh (1 any size)	28 calories
Pear (1/2 medium)	48 calories
Plums (2 med)	60 calories
Raspberries (1 cup)	60 calories
Strawberries (7-10 small)	35 calories

HEALTHY FATS = 1-2 servings/day *
you must have one healthy fat daily

Almonds, 25 raw (also counts as a protein)	150 calories
Avocado (1/2 medium)	138 calories
Chia seeds 1 Tbsp	68 calories
Coconut oil, 1Tbsp.	130 calories
Eggs, 2 large (also counts as protein)	140 calories
Flax seed oil, 1 Tbsp.	120 calories
Flax seeds 1 Tbsp.	75 calories
Hemp Seeds 1 Tbsp.	57 calories
Olive oil, 1 Tbsp	120 calories

BEANS = no more than 1 serving/day; counts as a protein

Black Beans (1/2 cup)	100 calories
Edamame (1/2 cup shelled)	100 calories
Kidney beans (1/2 cup)	110 calories
Pinto Beans (1/2 cup)	90 calories

Optional Grains = no more than 1 serving/day of 30 calories

Melba toast, WASA, whole grain Wheat Thins, Grissini breadsticks, or any healthy cracker will work – avoid flavored crackers like cracked pepper and olive oil Triscuits, and Cheese its.
 “Mary’s Gone Crackers” is one of the best choices we recommend.

Optional Liquids = 1 serving a day

1 cup of unsweetened Almond Milk	30 calories
1 cup of unsweetened Coconut Milk	45 calories
1/2 cup of unsweetened Hemp Milk	30 calories
2 cups of low sodium Vegetable Broth	30 calories

Seasonings:

Salt, pepper, vinegar, mustard powder, garlic, capers, horseradish, sweet basil, parsley, thyme, marjoram, onion powder, oregano, rosemary, etc. may be used for seasoning your food, but no butter or dressing. Use fresh herbs and spices when available. Check your favorite seasonings for hidden sugars and starches.

Caution Foods

Because people respond differently to different foods, this list does have some flexibility. You can try substitutions (no bananas, potatoes, or corn) but if your weight loss stalls or you aren't losing as quickly as you'd like – cut back to just the approved foods.

Free Foods

Lettuce, Kale, Swiss Chard, Bean Sprouts, Spinach, Turnip Greens, Mustard Greens are considered free foods. It can be eaten in any quantity and doesn't count towards the daily calories.