

# Approved Food List for Step One

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables*	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	½ Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Corn	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato / Yam	½ Potato
Swiss Chard	2-4 oz
Tomato - fresh, whole	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

\*Organic Produce & Protein Preferred

Fruits*	Portion
Apple	1 medium
Banana	4 oz
Blackberries	4 oz
Blueberries	4 oz
Cantaloupe	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Honeydew Melon	4 oz
Kiwi	4 oz
Lemon	4 oz
Mangos - fresh / dried	3 pieces
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz
Watermelon	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	2-4 oz
Black Beans	2-4 oz
Chicken - breast - free range	2-4 oz
Cod	2-4 oz
Eggs - free range	2 eggs
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Red Snapper	2-4 oz
Salmon - wild caught only	2-4 oz
Shrimp	2-4 oz
Soy Beans - Edamame	2-4 oz
Tofu	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz

Starch / Grains	Portion
Corn Tortillas	1 tortilla
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages <sup>†</sup>	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day
Soda Water	3 Cups/day

† Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Agave Nectar	½ Tbsp
Honey	½ Tbsp
Stevia	To Taste

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing  
 Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These recommendations are on a per meal basis, not a per day basis.  
 Select no more than one item per category per meal, except for vegetables.