

PHASE 2 FOOD LIST

To modify any of the recipes for this phase of the diet, or to make up your own, you may use any of the foods on the following Phase 2 food list.

VEGETABLES AND SALAD GREENS (fresh, canned, or frozen)

Arrowroot	Collard greens	Kale	Peppers: <i>bell,</i>
Arugula	Cucumbers, any type	Leeks	<i>pepperoncini</i>
Asparagus	Endive	Lettuce (<i>any except</i>	Radishes
Beans: <i>green, yellow</i>	Fennel	<i>iceberg</i>)	Rhubarb
(<i>wax</i>), <i>French(string)</i>	Green chilies	Mixed greens	Shallots
Broccoli florets	Jalapeños	Mushrooms	Spinach
Brussels sprouts	Green onions	Mustard greens	Spirulina
Cabbage, <i>all types</i>	Jicama	Onions: <i>red, white,</i>	Swill chard
Celery		<i>Vidalia, and yellow</i>	Watercress

FRUITS (fresh or frozen)

Lemons Limes

ANIMAL PROTEIN

Beef, all lean cuts: <i>filet, tenderloin, strip,</i> <i>sirloin, shell steak,</i> <i>London broil, round</i> <i>steak, rump roast,</i> <i>skirt steak, stew</i> <i>meat, lean ground</i>	Cod/scrod fillet Corned beef Deli meats, nitrate- free: <i>roast beef,</i> <i>chicken, turkey</i> Dory fish fillet Eggs, whites only Game: <i>venison,</i> <i>ostrich, elk</i>	Haddock fillet Jerky, nitrate-free: <i>beef, buffalo, turkey,</i> <i>elk, ostrich</i> Lamb, <i>lean cuts,</i> <i>ground</i> Oysters, <i>packed in</i> <i>water</i> Pork: <i>loin roast,</i> <i>tenderloin</i>	Salmon: <i>nitrate-free</i> <i>smoked</i> <i>Sardines, packed in</i> <i>water</i> Sole fillet Tuna, <i>fresh or packed</i> <i>in water</i> Turkey: <i>breast steaks,</i> <i>lean ground</i> Turkey bacon: <i>nitrate-</i> <i>free</i>
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VEGETABLE PROTEIN

None for this phase

BROTHS, HERBS, SPICES, CONDIMENTS, AND SUPPLEMENTS

Brewer's yeast	Mustard, prepared, dry	Seasonings: <i>black and white peppers</i>	Sweeteners: <i>stevia, xylitol (birch only)</i>
Broths: <i>beef, chicken, vegetable*</i>	Natural seasonings: <i>Bragg Liquid Aminos, coconut amino acids, tamari</i>	<i>cayenne, chili powder, chili paste, chipotle, cinnamon, crushed red pepper flakes, cumin, curry powder, lemon pepper, liquid smoke, nutmeg, onion powder, onion salt, paprika, raw cacao powder, sea salt</i>	Tabasco
Dried herbs: <i>all types</i>			Vanilla or peppermint extract
Fresh herbs: <i>all types</i>			Vinegar: <i>any type(except rice)</i>
Garlic: <i>fresh, powdered</i>	Non-caffeinated herbal teas or Pero		
Ginger: <i>fresh</i>	Nutritional yeast		
Horseradish: <i>prepared</i>	Pickles, no sugar added		

***NOTE: All broths, if possible, should be free of additives and preservatives.**

GRAINS AND STARCHES

None for this phase

HEALTHY FATS

None for this phase