

PHASE 3 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 3 food list.

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

Arrowroot	Carrots	Jicama	Rhubarb
Artichokes	Cauliflower florets	Kale	Seaweed
Arugula	Celery	Kohlrabi	Spinach
Asparagus	Chicory (<i>curly endive</i>)	Leeks	Spirulina
Bean sprouts	Collard greens	Lettuce (<i>any except iceberg</i>)	Sprouts
Beans: <i>green, yellow (wax), French(string)</i>	Cucumbers	Mixed greens	Sweet potatoes/yams
Beets: <i>greens, roots</i>	Eggplant	Mushrooms	Tomatoes, fresh and canned: <i>round, plum, cherry</i>
Bok Choy	Endive	Okra	Watercress
Broccoli	Fennel	Olives, any type	Zucchini and winter or yellow summer squash
Brussels sprouts	Green Chilies	Onions	
Cabbage, <i>all types</i>	Green onions	Peppers: <i>bell, pepperoncini</i>	
	Hearts of palm	Radishes	

FRUITS (fresh or frozen)

Blackberries	Cranberries	Limes	Prickly pears
Blueberries	Grapefruit	Peaches	Raspberries
Cherries	Lemons	Plums	

ANIMAL PROTEIN

Beef: <i>filet, steaks, lean ground, roast</i>	Deli meats, nitrate-free: <i>roast beef, chicken, turkey</i>	Pork: <i>chops, loin roast</i>	Scallops
Buffalo meat	Eggs, whole	Rabbit	Sea bass fillet
Calamari	Game: <i>pheasant</i>	Salmon, fresh, frozen, or nitrate-free	Shrimp
Chicken: <i>boneless, skinless dark or white meat, ground</i>	Halibut fillet	smoked	Skate
Clams	Herring	Sardines, packed in olive oil	Trout
Corned beef	Lamb	Sausage, nitrate-free: <i>chicken, turkey</i>	Tuna, fresh or packed in water or oil
Cornish game hens	Liver		Turkey
Crab, lump meat	Lobster meat		Turkey bacon, nitrate-free
	Oysters		

VEGETABLE PROTEIN

Chickpeas/garbanzo beans	Dried or canned beans: <i>adzuki, black, butter, cannellini,</i>	<i>Great Northern, kidney, lima, navy, pinto, white</i>	Lentils
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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>cayenne, chili powder,</i>	Tabasco
Dried herbs: <i>all types</i>	<i>Bragg Liquid Aminos,</i>	<i>chili paste, chipotle,</i>	Vanilla or peppermint extract
Fresh herbs: <i>all types</i>	<i>coconut amino acids,</i>	<i>cinnamon, crushed</i>	Vinegar: <i>any type(except rice)</i>
Garlic: <i>fresh, powdered</i>	<i>tamari</i>	<i>red pepper flakes,</i>	
Ginger: <i>fresh</i>	Non-caffeinated herbal teas or Pero	<i>cumin, curry powder,</i>	
Horseradish: <i>prepared</i>	Nutritional yeast	<i>lemon pepper, liquid smoke, nutmeg, onion powder, onion salt,</i>	
	Pickles, no sugar added	<i>paprika, raw cacao powder, sea salt</i>	

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

VEGETABLE PROTEIN

Chickpeas/garbanzo beans	Dried or canned beans: <i>adzuki, black, butter, cannellini,</i>	<i>Great Northern, kidney, lima, navy, pinto, white</i>	Lentils
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HEALTHY FATS

Avocados	Hummus	Nuts, raw: <i>almonds, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts</i>	Oils: <i>coconut, grape seed, olive, sesame, toasted sesame (Asian)</i>
Coconut, coconut butter, coconut milk, coconut cream, coconut water	Mayonnaise, safflower	Nut/seed butters and pastes, raw	Seeds, raw: <i>flax, hemp, pumpkin, sesame, sunflower</i>
		Nut flours	Tahini

GRAINS

Barley, black or white
Black rice

Oats: *steel-cut, old-
fashioned*
Quinoa

Sprouted-grain:
*bread, bagels, English
muffins, tortillas*

Tapioca
Wild rice