

GREEN LIGHT

MODERATION

AVOID

Beverages:

- Water, club soda, coffee, tea
- Diet soda, sugar-free drinks

Sweet Treats:

- Sugar-free gum, sugar-free gelatin
- Low-calorie sweeteners

Condiments & Seasonings:

- Capers, pepper, salt, mustard, vinegar, spices
- Flax seeds, sesame seeds (NOT ketchup)

Milks & Broths:

- Unsweetened almond, coconut, cashew, or soy milk
- Clear broth (vegetable, chicken, or beef) with or without non-starchy veggies

Non-Starchy Vegetables:

- Lettuce, spinach, bok choy, rhubarb, kale, collard greens, turnips
- Celery, cabbage, broccoli, cauliflower, green beans, jicama, asparagus
- Brussels sprouts, artichokes, pea pods, snow peas, mushrooms, eggplant
- Zucchini, spaghetti squash, summer/yellow squash, seaweed, cucumber/pickle, sprouts

Proteins:

- Meat: lean meats, fish, shellfish, caviar, chicken/turkey (ok to cook with skin on)
- Eggs: whole eggs, egg whites, egg substitutes
- Tofu and some meatless versions of meat products (read ingredients!)

Non-sweet fruits: avocados, olives

Protein Supplements:

- Protein drinks, powders, and bars with a carb ratio under 0.25 (5/20)
- Atkins shakes and bars suitable for phase 1/induction

Dairy & Fats:

- Up to 4 oz. hard or cream cheese (not ricotta or cottage cheese)
- Mayonnaise, heavy cream, olive oil, butter

NUTRITIONAL BENEFITS BUT HIGH IN CARBS:

Avoid during detox period, consume in moderation thereafter.

Grains:

- Whole grains, quinoa, buckwheat, barley, steel cut or slow cook oats

Legumes:

- Beans, chickpeas, lentils, hummus, peanuts

Nuts & Seeds:

- Nuts, seeds, and nut/seed butters (except flax seed)

Starchy Vegetables:

- Water chestnuts, parsnips, carrots, squash, pumpkin, peas, chayote, beets, baby corn cobs, onions, peppers

Dairy:

- Milk, yogurt (sugar-free Greek yogurt is best), cottage cheese, ricotta

Fruits:

- Low fructose fruits like tomatoes, berries, melon

Protein Supplements:

- Protein drinks, powders, and bars with a carb ratio under 0.35 (7/20)

FOODS LOW IN CARBS BUT HIGH IN FAT

Consume in portion-controlled amounts for optimal weight loss and health.

High Fat Foods:

- Deep fried foods (even if not breaded)
- Bacon, sausage, hot dogs, pate, meat spreads, high-fat meats
- Cream, hard cheeses, butter, oils

Alcohol:

- Max 1 drink/day for women and 2 for men

Avoid these completely during the first month and consume only in very small portions on special occasions thereafter.

Sugar:

- Avoid foods with sugar or high fructose corn syrup as one of the first 3 ingredients.
- Under 3 grams of sugars per serving may be permitted.
- Watch for hidden sugars like dextrose, sucrose, fructose, evaporated cane juice.
- Avoid fruit juice (even 100% juice) and honey.

Allowed sweeteners: sucralose, aspartame, stevia.

Flour:

- Avoid foods with white flour.
- Includes breading on meat/veggies, croutons.
- "Gluten-Free" does not mean low carb.

Corn:

- Avoid corn, corn meal, and corn starch.
- Watch for corn starch in processed foods like canned soups, sauces, gravies, and "fat-free" products.

Potatoes:

- Avoid all potatoes, including yams and sweet potatoes.

Grains:

- Avoid processed grains, including non-wheat flours.
- Includes granola bars and most boxed cereals.

High Sugar Fruits:

- Avoid, especially dried fruits, bananas, watermelon, oranges, grapes.