



FREE VEGETABLE

Dill
Artichoke
Ginger
Horseradish
Kale
Lettuce
Cabbage
Carrots
Mushrooms
Cauliflower
Celery
Onion
Cucumber
Paprika
Parsley
Parsnip
Pepper
Romaine Lettuce
Spaghetti Squash
Spinach
Squash
String Beans
Tomato
Turnip
Mushrooms
Eggplant

FRUITS -

Depending on plan - 1 cup - ½ cup a day

Grape ½ cup
Banana ½
Grapefruit
Guava ½ cup
Blackberry
Blueberry 1 cup
Melon ½ cup
Mango ½ cup
Cantaloupes ½ cup
Cherries ½ cup
Watermelon ½ cup
Strawberry 1 cup
Pomegranate 1 cup
Peach - 1 whole
Passion Fruit - 1 whole
Kiwi - 2 whole
Apple - 1 whole

Dried fruits/raisins: = 1 oz. counts as one serving of fruit **Limited vegetables:** Butternut squash, acorn squash, beets, pumpkin, corn, peas, chickpeas = 2 tablespoons a day

Almonds / Cashews 10 /15 /20 depending on plan

Smoothies

2/3 cup almond milk (unsweetened) 3/4 cup ice 1 1/2 cups kale or other leafy green vegetables (chopped) 1 stalk celery (chopped) 1/2 red or green apple (cored and chopped)

Instructions: blend all ingredients in blender. Count as: snack



Smoothies # 2

Counts as snack and 2 fruits

1/2 banana

1/4 cup strawberries

1/4 cup mango

1 cup unsweetened almond milk

3/4 cup ice

