

NUTRITION: PHASE II: MAINTENANCE**PROTEIN**

Free Range Eggs – 1 Yolk to Every 3-4 Egg Whites
Wild Salmon
Tuna
Any Other Fish (Wild Preferably)
Organic Hormone/Antibiotic Free Turkey
Hormone/Antibiotic Free Chicken
Hormone/Antibiotic Free Red Meat

DAIRY

Low-Fat Cottage Cheese
Low-Fat Greek Yogurt
Kefir

VEGETABLES

Kale
Spinach
Mixed Greens
Cabbage
Broccoli
Brussels Sprouts
Tomatoes
Carrots
Green Beans
Cauliflower
Bell Peppers
Squash
Cucumber
Red Onions
Sweet Potato
Other Low Glycemic Vegetables

FRUITS

Blueberries
Strawberries
Apples
Lemon
Grapefruit
Orange
Lime
Other Low Glycemic Fruits

OTHER

Nuts and Seeds
Milled Flax Seed
Vinegar
Olive Oil
Flax Seed Oil
Carlson's Fish Oil
Walnut Oil
Almond Milk
Coconut Milk
Garlic
And all herbs and spices

IN MODERATION – IF TOLERATED

Legumes
Brown Rice
Wheat Pasta
High Fiber Bran Cereal
Fiber Muffin
Rye Bread/Sourdough

NOTES

Approximately 2500mg of sodium/day (do not add salt to anything)

½ oz. of green tea or water for every pound of body weight

Water consumption should always be Chlorine free (filtered) and contain an abundant amount of minerals

All foods should be organic and free of herbicides, pesticides, hormones, and antibiotics. All fish and Animals for consumption should be wild or free range at least