

Recommended Food List

Proteins

Serving size = 2-4oz

Meat and Poultry

Chicken - lean, ground**
Chicken breast**
Lean ground beef
Top round steak**
Top sirloin steak**
Turkey breast**
Turkey -lean, ground**
Pork, lean chops or tenderloin

Fish and Seafood

All varieties of fish
Crab
Lobster
Scallops
Shrimp

Eggs

Egg Whites

**Purchase cuts of meat that are extremely lean and not prepared or injected with sodium or a sodium solution

Extras

Apple cider vinegar
Balsamic vinegar
Chicken broth sodium and fat-free
Dijon mustard sodium-free
Rice vinegar
Red cooking wine
Sugar substitute splenda, equal or stevia
Tomato paste sodium-free
Tomato sauce sodium-free
White cooking wine
Lemons 2-3 for flavoring water
Herbs and spices assorted, select for various recipe (no salt!)

Beverages

Bottled water
Coffee
Diet soda / Flavored water
(aspartame-free)
Tea in tea bags

“Energy” Carbs

Grains

Serving size = ½ cup
Barley
Brown, basmati and long grain rice (steamed)
Quinoa (pronounced “Keen-wah”)
Steel-cut oats
Whole rolled oats
Millet

Breads & Pastas

Be very picky! Read the label!
Whole grain, low sodium, low GI
Serving size = 1 slice
Orowheat “Health Nut”
Low sodium Ezekiel 4:9
Food for Life Sprouted Grain Bread (100% flourless)
Buckwheat pancakes
Spelt & W.W. Pastas (minimal sodium)

Roots

Jicama
Baked potato
Parsnips
Rutabaga
Sweet Potato
Yam

Beans

Rehydrated, not canned
Serving size = ½ cup
Black beans
Black-eyed beans
Garbanzo beans
Kidney beans
Lentil beans
Navy beans

Dessert

Add a desert an hour after dinner as a snack. Serving size = ½ cup, 1 cookie, 2 tsp nuts, or 1 glass of wine. 1 serving per day.
Cookies oatmeal or bran with whole wheat flour; organic varieties
Sorbet no sugar added
Wine all varieties
Nuts all varieties

Fruits and Vegetables

Greens / Vegetables

Serving size = 1-2 cups
Asparagus
Baby Greens
Beets
Bok Choy/Pak Choy
Broccoli
Brussels sprouts
Cabbage- all varieties
Carrots
Cauliflower
Celery
Eggplant
Garlic
Green Beans
Kale
Lettuce- all varieties
Mushrooms
Okra
Onions
Peas
Peppers- all varieties
Radishes
Sugar Snaps
Scallions
Spinach
Sprouts
Tomatoes
Turnips
Winter squash
Zucchini

Fruits

Serving size = ½ cup
Grapefruit serving = ½ grapefruit
Blackberries
Blueberries
Cherries
Raspberries
Strawberries
Apples
Bananas
Cantaloupe
Nectarines
Oranges
Plums
Pears
Peaches