

TrimYou™ - Color-Coded Food Guide



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GENERAL NOTE: Despite “Y,” “C,” or “N” designations for foods listed, *ALWAYS READ LABELS* for whatever foods you consume! During P2 & P3A especially, vigilantly avoid items with added sugars/starches.

All Phases

Y = Yes: Eat and enjoy!	C = Caution: Eat sparingly & monitor weight closely	N = No: DO NOT EAT				
All items color coded and marked like this are Phase 2 Friendly						
Food Item	Serving Size	Cals	P2	P3A	P3B	P4
Protein: General						
Alligator	100g/3.5oz	230	N	Y	Y	Y
Beef, < 8% (4% is best)	100g/3.5oz	162	Y	Y	Y	Y
Beef, Bottom, Eye of round	100g/3.5oz	162	Y	Y	Y	Y
Beef, Brisket (Lean)	100g/3.5oz	203	N	Y	Y	Y
Beef, Chuck Roast (Lean)	100g/3.5oz	209	N	Y	Y	Y
Beef, Corned	100g/3.5oz	250	N	Y	Y	Y
Beef, Filet Mignon (Lean)	100g/3.5oz	209	C	Y	Y	
Beef, Flank steak (Lean)	100g/3.5oz	184	Y	Y	Y	Y
Beef, Ground beef, 20% lean	100g/3.5oz	268	N	Y	Y	Y
Beef, Ground beef, 10% lean	100g/3.5oz	151	C	Y	Y	Y
Beef, Roast (Lean)	100g/3.5oz	197	C	Y	Y	Y
Beef, Short ribs, bone in	100g/3.5oz	76	N	Y	Y	Y
Beef, Sirloin	100g/3.5oz	275	N	Y	Y	Y
Beef, Sirloin (Top)	100g/3.5oz	194	C	Y	Y	Y
Beef, Stew meat	100g/3.5oz	235	N	Y	Y	Y
Beef, T-bone (Lean)	100g/3.5oz	196	C	Y	Y	Y
Beef, Top round steak	100g/3.5oz	207	C	Y	Y	Y
Bison, Ground	100g/3.5oz	236	C	Y	Y	Y
Bison, Roast	100g/3.5oz	144	C	Y	Y	Y
Chicken, Breaded (Fried)	100g/3.5oz	297	N	N	C	C
Chicken, Buffalo Wing	100g/3.5oz	304	N	Y	Y	Y
Chicken, Breast (skinless, boneless)	100g/3.5oz	149	Y	Y	Y	Y
Chicken, Drumstick	100g/3.5oz	198	N	Y	Y	Y
Chicken, Thigh	100g/3.5oz	211	N	Y	Y	Y
Eggs ONE Whole + 3 Whites	1 large +3w	92	C	Y	Y	Y
Protein: Fish Seafood Shellfish						
Fish, Anchovy	100g/3.5oz	153	N	Y	Y	Y
Fish, Bass	100g/3.5oz	133	Y	Y	Y	Y
Fish, Bluefish	100g/3.5oz	145	N	Y	Y	Y
Fish, Butterfish	100g/3.5oz	170	N	Y	Y	Y
Fish, Burbot	100g/3.5oz	105	Y	Y	Y	Y
Fish, Carp	100g/3.5oz	148	C	Y	Y	Y
Fish, Catfish (Farmed)	100g/3.5oz	158	C	Y	Y	Y
Fish, Catfish (Wild)	100g/3.5oz	111	C	Y	Y	Y
Fish, Cisco	100g/3.5oz	114	Y	Y	Y	Y
Fish, Cod	100g/3.5oz	96	Y	Y	Y	Y
Fish, Croaker	100g/3.5oz	121	N	Y	Y	Y
Fish, Cusk	100g/3.5oz	102	Y	Y	Y	Y
Fish, Dolphin	100g/3.5oz	99	C	Y	Y	Y
Fish, Drum	100g/3.5oz	139	N	Y	Y	Y

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4	
Proteins: Fish Seafood Shellfish (continued)							
Fish, Eel	100g/3.5oz	215	N	Y	Y	Y	
Fish, Flounder/ sole	100g/3.5oz	106	Y	Y	Y	Y	
Fish, Grouper	100g/3.5oz	107	Y	Y	Y	Y	
Fish, Haddock	100g/3.5oz	102	Y	Y	Y	Y	
Fish, Halibut	100g/3.5oz	128	N	Y	Y	Y	
Fish, Mackerel (Atlantic)	100g/3.5oz	239	N	Y	Y	Y	
Fish, Mackerel (King)	100g/3.5oz	123	N	Y	Y	Y	
Fish, Mackerel (Pacific/Jack)	100g/3.5oz	184	N	Y	Y	Y	
Fish, Mackerel (Spanish)	100g/3.5oz	162	N	Y	Y	Y	
Fish, Monkfish	100g/3.5oz	89	Y	Y	Y	Y	
Fish, Orange Roughy	100g/3.5oz	91	Y	Y	Y	Y	
Fish, Perch, Ocean	100g/3.5oz	110	Y	Y	Y	Y	
Fish, Perch (Mixed Species)	100g/3.5oz	106	Y	Y	Y	Y	
Fish, Pike (Northern)	100g/3.5oz	103	Y	Y	Y	Y	
Fish, Pike, (Walleye)	100g/3.5oz	109	Y	Y	Y	Y	
Fish, Pompano (Florida)	100g/3.5oz	191	N	Y	Y	Y	
Fish, Rockfish	100g/3.5oz	110	Y	Y	Y	Y	
Fish, Salmon (Farmed Atlantic)	100g/3.5oz	214	N	Y	Y	Y	
Fish, Salmon (Wild Atlantic)	100g/3.5oz	166	N	Y	Y	Y	
Fish, Salmon (Chinook)	100g/3.5oz	209	N	Y	Y	Y	
Fish, Salmon, Coho (Farmed)	100g/3.5oz	187	N	Y	Y	Y	
Fish, Salmon, Coho, (Wild)	100g/3.5oz	170	N	Y	Y	Y	
Fish, Salmon (Pink)	100g/3.5oz	135	N	Y	Y	Y	
Fish, Salmon, Sockeye	100g/3.5oz	196	N	Y	Y	Y	
Fish, Shad	100g/3.5oz	230	N	Y	Y	Y	
Fish, Shark	100g/3.5oz	152	N	Y	Y	Y	
Fish, Snapper	100g/3.5oz	117	Y	Y	Y	Y	
Fish, Sturgeon	100g/3.5oz	123	N	Y	Y	Y	
Fish, Swordfish	100g/3.5oz	141	N	Y	Y	Y	
Fish, Tilapia	100g/3.5oz	112	Y	Y	Y	Y	
Fish, Trout	100g/3.5oz	173	N	Y	Y	Y	
Fish, Trout (Rainbow, Farmed)	100g/3.5oz	161	N	Y	Y	Y	
Fish, Trout (Rainbow Wild)	100g/3.5oz	139	N	Y	Y	Y	
Fish, Trout (Sea)	100g/3.5oz	121	N	Y	Y	Y	
Fish, Tuna (Bluefin)	100g/3.5oz	168	N	Y	Y	Y	
Fish, Tuna (Skipjack or Yellowfin)	100g/3.5oz	~126	N	Y	Y	Y	
Fish, Tuna (Canned, in oil "light")	100g/3.5oz	231	N	Y	Y	Y	
Fish, Tuna (Canned in Water)	100g/3.5oz	135	N	Y	Y	Y	
Fish, Tuna (White, Canned in Oil)	100g/3.5oz	217	N	Y	Y	Y	
Fish, Tuna (White, Canned in Water)	100g/3.5oz	149	N	Y	Y	Y	

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Proteins: Fish Seafood Shellfish (continued)							
Mollusks, Octopus - common	100g/3.5oz	82	N	Y	Y	Y	
Mollusks, Squid - mixed species	100g/3.5oz	92	N	Y	Y	Y	
Shellfish, Clam	100g/3.5oz	74	N	C	Y	Y	
Shellfish, Crab (Alaskan King)	100g/3.5oz	98	Y	Y	Y	Y	
Shellfish, Crab (Cake)	One		N	N	C	Y	
Shellfish, Crab (Blue)	100g/3.5oz	102	Y	Y	Y	Y	
Shellfish, Crab (Dungeness, Queen)	100g/3.5oz	100	Y	Y	Y	Y	
Shellfish, Crayfish (Farmed)	100g/3.5oz	84	Y	Y	Y	Y	
Shellfish, Crayfish (Wild)	100g/3.5oz	90	Y	Y	Y	Y	
Shellfish, Lobster	100g/3.5oz	131	Y	Y	Y	Y	
Shellfish, Oyster (Farmed)	100g/3.5oz	69	N	Y	Y	Y	
Shellfish, Oyster (Wild)	100g/3.5oz	79	N	Y	Y	Y	
Shellfish, Scallop	100g/3.5oz	103	N	Y	Y	Y	
Shellfish, Shrimp	100g/3.5oz	124	Y	Y	Y	Y	
Proteins: General (continued)							
Lamb, composite cuts	100g/3.5oz	267	N	C	Y	Y	
Pea Protein, VEGAN	Read label		Y	Y	Y	Y	
Pheasant	100g/3.5oz	245	N	Y	Y	Y	
Pork, Bacon	100g/3.5oz	458	N	Y	Y	Y	
Pork, Canadian Bacon	100g/3.5oz	182	N	Y	Y	Y	
Pork, Chop	100g/3.5oz	199	N	Y	Y	Y	
Pork, Pulled (With Sauce)	100g/3.5oz	172	N	C	Y	Y	
Pork, Ribs, (Lean, Braised)	100g/3.5oz	232	N	Y	Y	Y	
Pork, Roast (Center Loin)	100g/3.5oz	197	N	Y	Y	Y	
Pork, Sausage	100g/3.5oz	308	N	Y	Y	Y	
Pork, Tenderloin (Roasted)	100g/3.5oz	162	N	Y	Y	Y	
Quail	100g/3.5oz	232	N	Y	Y	Y	
Tofu	100g/3.5oz	62	N	Y	Y	Y	
Turkey, Breast (Roasted)	100g/3.5oz	188	N	Y	Y	Y	
Turkey, Dark Meat (Roasted)	100g/3.5oz	210	N	Y	Y	Y	
Turkey, Ground Sausage (11% Fat)	100g/3.5oz	170	N	Y	Y	Y	
Turkey, Leg w/Skin (Roasted)	100g/3.5oz	207	N	Y	Y	Y	
Veal, Cube Steak	100g/3.5oz	257	N	Y	Y	Y	
Veal, Ground (8% fat)	100g/3.5oz	179	Y	Y	Y	Y	
Veal, Top Round Steak	100g/3.5oz	149	Y	Y	Y	Y	
Veal, Loin Chop Cutlet	100g/3.5oz	282	N	Y	Y	Y	
Veal, Shank Roast, Short Rib	100g/3.5oz	176	Y	Y	Y	Y	
Veal, Sirloin Roast	100g/3.5oz	144	N	Y	Y	Y	
Venison, Chop	100g/3.5oz	207	C	Y	Y	Y	
Venison, Ground	100g/3.5oz	183	C	Y	Y	Y	

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Fruit						
Acai berry	1 Tbs (powder)	15	N	C	Y	Y
Apricot	1	17	N	Y	Y	Y
Apple	1	72	Y	Y	Y	Y
Applesauce - Sweetened	1/3 c	64	N	C	C	Y
Applesauce - Unsweetened	1/3 c	33	N	Y	Y	Y
Avocado	¼ c	58	N	Y	Y	Y
Banana	1	105	N	C	Y	Y
Blackberries	1 c	62	N	Y	Y	Y
Blueberries	1 c	84	N	Y	Y	Y
Cantaloupe	1 medium melon	188	N	C	Y	Y
Cherries - Red sour	1 c	77	N	Y	Y	Y
Cherries - Sweet	1 c	87	N	Y	Y	Y
Clementine	1	40	N	Y	Y	Y
Coconut - Dried	2 tsp	55	N	Y	Y	Y
Cranberries	1 c	51	N	Y	Y	Y
Date	1	23	N	C	Y	Y
Fig (green, black)	1 small	30	N	C	Y	Y
Grapefruit	½ medium	54	Y	Y	Y	Y
Grapes	½ c	57	N	C	Y	Y
Honeydew	1 medium melon	360	N	C	Y	Y
Kiwi	1 medium	46	N	Y	Y	Y
Lemon - juice of	1	15	Y	Y	Y	Y
Lime	1	20	N	Y	Y	Y
Mango	½	67	N	C	Y	Y
Nectarine	1 medium	70	N	Y	Y	Y
Olives - Black	1 oz	23	N	C	Y	Y
Olives - Green	1 oz	41	N	Y	Y	Y
Orange	1 medium	70	Y	Y	Y	Y
Papaya	1small	56	N	Y	Y	Y
Peach	1 medium	38	N	Y	Y	Y
Pear	½ medium	56	N	Y	Y	Y
Pineapple	½ c	37	N	Y	Y	Y
Plum	1 medium	30	N	Y	Y	Y
Pluot	1 medium (5 oz)	40	N	C	Y	Y
Pomegranate	½ medium	53	N	C	Y	Y
Prunes	3 medium	50	N	C	Y	Y
Raisins: golden or purple	2 Tbs	57	N	C	Y	Y
Raspberries	1 c	64	N	Y	Y	Y
Rhubarb	1 c	26	N	Y	Y	Y
Starfruit	1 c	33	N	Y	Y	Y

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4
Fruit (continued)						
Strawberries	100g/3.5oz	32	Y	Y	Y	Y
Tangerine	1 medium	47	N	Y	Y	Y
Watermelon	1 c	45	N	C	Y	Y
Fruit: Juices						
Juice, Apple	4 oz	58	N	N	Y	Y
Juice, Carrot	4 oz	47	N	C	C	Y
Juice, Cherry	4 oz	70	N	N	C	Y
Juice, Cranberry	4 oz	58	N	N	C	Y
Juice, Grape	4 oz	77	N	N	C	Y
Juice, Grapefruit	4 oz	47	N	C	C	Y
Juice, Lemon - juice of 1	3 Tbsp	15	Y	Y	Y	Y
Juice, Orange	4 oz	56	N	C	Y	Y
Juice, Pineapple	4 oz	66	N	N	C	Y
Juice, Tomato	4 oz	21	N	Y	Y	Y
Juice, Vegetable, V8®	4 oz	25	N	Y	Y	Y
Vegetables						
Alfalfa Sprouts	½ c	5	N	Y	Y	Y
Artichoke	1 medium	60	N	C	Y	Y
Artichoke hearts	½ c	58	N	Y	Y	Y
Arugula	4 oz	28	N	Y	Y	Y
Asparagus	100g/3.5oz	22	Y	Y	Y	Y
Bamboo shoots	5 oz	17	N	Y	Y	Y
Beet greens	100g/3.5oz	22	Y	Y	Y	Y
Beets	½ c	37	N	N	C	Y
Broccoflower	1 c	32	N	Y	Y	Y
Broccoli	1 c	44	N	Y	Y	Y
Brussels Sprouts	1 c	38	N	Y	Y	Y
Burdock Root	½ c	55	N	C	C	Y
Cabbage	100g/3.5oz	25	Y	Y	Y	Y
Carrots	½ c	27	N	Y	Y	Y
Cauliflower	1 c	34	N	Y	Y	Y
Celery	100g/3.5oz	16	Y	Y	Y	Y
Chard – raw	100g/3.5oz	19	Y	Y	Y	Y
Chicory Root	1 c	66	N	N	C	Y
Collard Greens	1 c	49	N	Y	Y	Y
Corn	½ c	66	N	N	C	Y
Cucumber	100g/3.5oz	15	Y	Y	Y	Y
Eggplant	1 c	35	N	Y	Y	Y
Endive	½ head	44	N	Y	Y	Y

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Vegetables (continued)						
Fennel	100g/3.5oz	31	Y	Y	Y	Y
Garlic (can be used freely with veg. serving or as spice)	1 clove/1 tsp	4	Y	Y	Y	Y
Green Beans	1 c	38	N	Y	Y	Y
Kale	1 c	36	N	Y	Y	Y
Lettuce: Bib, Boston, butter head, iceberg, loose-leaf, romaine. Choose one kind per meal. NO mixing	100g/3.5oz	20	Y	Y	Y	Y
Mung bean sprouts	½ c	16	N	Y	Y	Y
Mushrooms: brown, cremini, enoki, Italian, Portobello	1 c	23	N	Y	Y	Y
Mushrooms (Oyster)	1 c	37	N	Y	Y	Y
Mushrooms (Shiitake)	½ c	41	N	C	C	Y
Mustard greens	1 c	5	N	Y	Y	Y
Okra	1 c	52	N	C	Y	Y
Onion: white, red, yellow	100g/3.5oz	40	Y	Y	Y	Y
Pearl onion	½ c	60	N	N	C	Y
Palm hearts	½ c	20	N	C	Y	Y
Parsnips	½ c	63	N	N	C	Y
Peas – green	½ c	59	N	C	Y	Y
Peas – snow	½ c	13	N	C	Y	Y
Peppers: banana, hot chili, hot green	1	16	N	Y	Y	Y
Peppers: bell (red, green, yellow, orange)	1 medium	30	N	Y	Y	Y
Potato (Baked)	1 small	115	N	N	C	Y
Potato (French Fried)	1 c	185	N	N	C	Y
Potato, (Hash Browns or mashed)	½ c	~110	N	N	C	Y
Potato (Scalloped)	½ c	119	N	N	C	Y
Potato (Sweet)	1 small	106	N	N	C	Y
Potato (Twice baked)	5 oz	204	N	N	C	Y
Pumpkin (Canned)	½ c	42	N	C	Y	Y
Radish - Red	100g/3.5oz	16	Y	Y	Y	Y
Rutabaga	1 small	69	N	N	C	Y
Sauerkraut	1 c	30	N	Y	Y	Y
Seaweed - Kelp	½ c	18	N	Y	Y	Y
Snap beans: green, yellow	1 c	27	N	Y	Y	Y
Spinach – raw	100g/3.5oz	23	Y	Y	Y	Y
Squash – acorn, butternut, cooked	½ c	41	N	C	C	Y
Squash- scallop, straight neck, summer	1c	38	N	C	Y	Y
Squash – spaghetti, crookneck, winter	1 c	39	N	C	Y	Y
Tomato (Red, Green, Orange, Cherry, Grape)	100g/3.5oz	18	Y	Y	Y	Y
Turnip cubed	1 c	36	N	Y	Y	Y
Yam – cooked	½ c	39	N	N	C	Y
Zucchini	1 medium	35	N	Y	Y	Y

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Condiments & Spices/Herbs

Note: During P2, virtually any dried herb/spice is allowed, except mint. Beware of herb or spice mixes which may contain added sugars/starches.

Barbeque sauce*	1 Tbs	25	N	C	Y	Y
Barbeque sauce, low sugar	1Tbs	5	N	C	Y	Y
Horseradish	1Tbs	7	N	Y	Y	Y
Horseradish – cream or mustard sauce	1 Tbs	30	N	C	Y	Y
Hot sauces (no sugar/starch added for P2 & P3A)	1 oz	3	Y	Y	Y	
Jam/jelly, all flavors, regular	1 Tbs	56	N	N	C	Y
Jam/jelly, all flavors, low sugar	1 Tbs	25	N	N	Y	Y
Jam/jelly, all flavors, sugar free	1 Tbs	10	N	C	Y	Y
Ketchup	1Tbs	15	N	C	Y	Y
Mayonnaise	1 Tbs	100	N	Y	Y	Y
Mayonnaise - light	1 Tbs	50	N	Y	Y	Y
Mayonnaise: sugar free (e.g., Dukes® or Trader Joe's®)	1 Tbs	110	N	C	Y	Y
Mustard (Mustard powder is allowed during P2)	1 Tbs	10	N	Y	Y	Y
Mustard, honey	1 Tbs	21	N	C	Y	Y
Pickle – bread & butter	¼ c	34	N	N	C	Y
Pickle – dill	1 medium	12	N	C	Y	Y
Pickle – relish	1 Tbs	19	N	C	C	Y
Salad Dressings (Walden Farms®)	1 Tbs	>5	C	Y	Y	Y
Salad Dressings (Other)*	1 Tbs	*	N	C	Y	Y
Salsa – picante, red jalpeño, thick and chunky, regular	1 Tbs	4	N	Y	Y	Y
Salsa – black bean and corn	1 Tbs	7	N	C	Y	Y
Spices: All dry spices are permitted. Watch spice blends for added starches, fillers, and sugars.	any	0	Y	Y	Y	Y
Vinegar - Apple cider, cider, distilled, garlic wine, Italian herb, malt, red wine, rice, tarragon, white distilled	1 Tbs	0-3	Y	Y	Y	Y
Vinegar* - Balsamic, brown rice, champagne, golden balsamic, rice seasoned, white wine	1 Tbs	5-12	C	Y	Y	Y
Wasabi	1 Tbs	2	Y	Y	Y	Y

Dairy

Butter	1 Tbsp	100	N	C	Y	Y
Cheese (American)	1 ounce	67	N	C	Y	Y
Cheese (Blue)	1 ounce	99	N	C	Y	Y
Cheese (Brick)	1 ounce	104	N	C	Y	Y
Cheese (Brie)	1 ounce	94	N	C	Y	Y
Cheese (Camembert)	1 ounce	84	N	C	Y	Y
Cheese (Caraway)	1 ounce	105	N	C	Y	Y
Cheese (Cheddar)	1 ounce	113	N	C	Y	Y
Cheese (Cheshire)	1 ounce	108	N	C	Y	Y
Cheese (Colby)	1 ounce	110	N	C	Y	Y

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Dairy (continued)						
Cheese (Cream)	1 ounce	98	N	C	Y	Y
Cheese (Cream, Low Fat)	1 ounce	65	N	C	Y	Y
Cheese (Cream, Fat Free)	1 ounce	27	N	C	Y	Y
Cheese (Edam)	1 ounce	100	N	C	Y	Y
Cheese (Feta)	1 ounce	74	N	C	Y	Y
Cheese (Fontina)	1 ounce	109	N	C	Y	Y
Cheese (Goat)	1 ounce	102	N	C	Y	Y
Cheese (Gouda)	1 ounce	100	N	C	Y	Y
Cheese (Monterrey)	1 ounce	104	N	C	Y	Y
Cheese (Mozzarella)	1 ounce	84	N	C	Y	Y
Cheese (Muenster)	1 ounce	103	N	C	Y	Y
Cheese (Parmesan)	1 ounce	110	N	C	Y	Y
Cheese (Provolone)	1 ounce	98	N	C	Y	Y
Cheese (Ricotta)	1 ounce	49	N	C	Y	Y
Cheese (Swiss)	1 ounce	106	N	C	Y	Y
Cheese (Cottage Cheese)	1c	216	N	C	Y	Y
Cheese (Cottage Cheese – 2%)	1 c	203	N	C	Y	Y
Cheese (Cottage Cheese – 1%)	1c	163	N	C	Y	Y
Cheese (Cottage Cheese – Non-fat)	3/4 cup	72	C	C	Y	Y
Cream (Half and Half)	1c	315	N	C	C	Y
Cream (Heavy whipping)	1c	414	N	C	C	Y
Cream (Light whipping)	1c	350	N	C	Y	Y
Cream (Sour)	1c	492	N	C	C	Y
Cream (Sour – reduced fat)	1c	327	N	C	Y	Y
Milk (Buttermilk – low fat)	1c	98	N	C	Y	Y
Milk (Canned, sweetened, condensed)	1c	982	N	N	N	C
Milk (Canned, evaporated, non fat)	1c	200	N	N	C	Y
Milk (Dry/powdered – non fat)	1c	243	N	N	C	Y
Milk (Skim) 1 Tbs/day is allowed during P2	1c	86	Y	C	Y	Y
Milk (1%) 1 Tbs/day is allowed during P2	1c	118	Y	C	Y	Y
Milk (2%) 1 Tbs/day is allowed during P2	1 c	137	Y	C	Y	Y
Milk (2%) 1 Tbs/day is allowed during P2	1 Tbs	8	Y	C	Y	Y
Milk (Whole)	1c	122	N	C	Y	Y
Yogurt (Plain, fat-free)	8 oz	127	N	C	Y	Y
Yogurt (Plain, low fat)	8 oz	143	N	C	Y	Y
Yogurt (Plain, whole)	8 oz	138	N	C	Y	Y
Yogurt (Flavored, low fat)	8 oz	238	N	N	C	Y
Yogurt (Flavored, fat free)	8 oz	216	N	N	C	Y
Yogurt (Flavored, low fat with low calorie sweetener)	8 oz	238	N	N	C	Y
Yogurt (Yogurt drink)	4 oz	102	N	N	C	Y

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4	
Drinks							
ALCOHOL							
Aquavit, bourbon, brandy, gin, rum, tequila, vodka, whiskey	1.5 oz	104	N	C	C	Y	
Beer – regular	12 oz	150	N	N	C	Y	
Bloody Mary	8 oz	50	N	N	C	Y	
Coffee and cream liquor	1.5 oz	153	N	N	C	Y	
Daiquiri	8 oz	185	N	N	C	Y	
Gin and tonic cocktail	6 oz	117	N	N	C	Y	
Margarita	1.5 oz	94	N	N	C	Y	
Martini	1.5 oz	103	N	N	C	Y	
Sangria	5 oz	98	N	N	C	Y	
Wine spritzer	5 oz	59-71	N	C	C	Y	
Wine – dry burgundy, cabernet, claret, red, sherry, white (Chenin Blanc, Gewurztraminer, Pinot Grigio, Sauvignon, Semillon)	5 oz	102 - 131	N	C	C	Y	
Wine – dessert (dry or sweet), Japanese rice, Marsala, plum, port, rice (sake), white (vermouth)	5 oz	195 - 236	N	N	C	Y	
Wine – Mirin	5 oz	336	N	N	C	C	
COFFEE, HOT CHOCOLATE, TEA, WATER, OTHER (For Juices, see: <i>Fruit: Juices</i>; for Milk, see: <i>Dairy</i>)							
Cappuccino - fat free milk	8 oz	53	N	C	Y	Y	
Cappuccino – low fat milk	8 oz	73	N	C	Y	Y	
Cocoa, Hot, sugar free with water	8 oz	66	N	C	Y	Y	
Cocoa, Hot, sugar-free with low fat milk	8 oz	158	N	N	Y	Y	
Cocoa, Hot, with water	8 oz	125	N	N	C	Y	
Cocoa, Hot, with whole milk	8 oz	193	N	N	C	Y	
Coffee – brewed, instant, regular or decaf	8 oz	0 - 12	N	Y	Y	Y	
Coffee – latte, single or double with fat free milk	8 oz	47	N	C	Y	Y	
Coffee – latte, single or double with low-fat milk	8 oz	60	N	C	Y	Y	
Coffee- latte, with Silk soy, regular or spicy	8 oz	145 - 170	N	N	C	Y	
Coffee – mocha with fat-free milk	8 oz	120	N	N	C	Y	
Coffee – mocha with low-fat milk	8 oz	200	N	N	C	Y	
Coffee - Espresso – regular or decaf	4 oz	11	N	Y	Y	Y	
Cola/Soda/Soft Drinks: Diet	8 oz	0 - 1	N	C	Y	Y	
Cola/Soda/Soft Drinks: Regular	8 oz	100	N	N	C	Y	
Crystal Light® – any flavor	1 serving	5	N	C	Y	Y	
Tea – regular or decaf, black, chamomile, herbal, NO mint teas	8 oz	0 - 2	Y	Y	Y	Y	
Tea: Mint	8 oz	0 - 2	N	Y	Y	Y	
Water Bottled : plain, sparkling or mineral	8 oz	0	Y	Y	Y	Y	
Water: Club soda, soda water, seltzer water	8 oz	0	Y	Y	Y	Y	
Water: “naturally flavored”/fortified/vitamin/etc.	any	varies	N	C	Y	Y	

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4	
Legumes							
Adzuki Beans	½ c	147	N	C	Y	Y	
Baked Beans	½ c	127	N	C	C	Y	
Bean Sprouts (Mung Bean)	½ c	13	N	C	Y	Y	
Butter beans (Lima)	½ c	105	N	C	Y	Y	
Chickpeas (Garbanzos)	½ c	134	N	C	C	Y	
Chickpea (Hummus)	½ c	120	N	C	C	Y	
French Beans	½ c	114	N	C	Y	Y	
Kidney Beans	½ c	110	N	C	Y	Y	
Lentils	½ c	161	N	C	C	Y	
Lima (Green)	½ c	105	N	C	Y	Y	
Mung Beans	½ c	106	N	C	Y	Y	
Navy Beans	½ c	127	N	C	Y	Y	
Peas (Black-Eyed)	½ c	92	N	C	C	Y	
Peas (Split)	½ c	116	N	C	C	Y	
Pinto Beans	½ c	122	N	C	Y	Y	
Pinto Beans (Refried)	½ c	119	N	C	Y	Y	
Soybean (Edamame)	½ c	90	N	Y	Y	Y	
Soy (Sprouts, Raw)	½ c	24	N	C	Y	Y	
Soy (Sprouts, Steamed)	½ c	38	N	C	Y	Y	
Soybeans, cooked	½ c	148	N	C	C	Y	
Soybeans (Dry Roasted)	½ c	388	N	C	Y	Y	
Nuts & Seeds							
Almond Butter (Chocolate/Plain)	1 oz	177	N	C	Y	Y	
Almond Paste	1 oz	128	N	C	Y	Y	
Almonds (Dry Roasted, Natural)	1 oz	169	N	C	Y	Y	
Almonds (Honey Roasted)	1 oz	169	N	N	C	Y	
Almonds (Raw)	1 oz	164	N	C	Y	Y	
Brazil (Butter)	1 oz	190	N	C	Y	Y	
Brazil (Dry Roasted)	1 oz	184	N	C	Y	Y	
Cashew (Butter)	1 oz	164	N	C	Y	Y	
Cashew (Dry Roasted)	1 oz	163	N	N	C	Y	
Chestnuts	1 oz	69	N	C	Y	Y	
Coconut (Dry or Fresh, Unsweetened)	1 oz	185	N	Y	Y	Y	
Coconut (Dry or Fresh, Sweetened)	1 oz	128	N	N	C	C	
Flax Seed	1 oz	150	N	Y	Y	Y	
Hazelnut (butter)	1 oz	180	N	C	Y	Y	
Hazelnuts (Filberts)	1 oz	178	N	C	Y	Y	
Macadamia nuts, dry roasted	1 oz	203	N	C	Y	Y	
Mixed (Dry Roasted)	1 oz	168	N	C	Y	Y	
Pistachio	1 oz	158	N	C	Y	Y	

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4
Nuts & Seeds (continued)						
Peanut (Butter, Creamy or Crunchy: no sugar added!)	1 oz	188	N	C	Y	Y
Peanut (Dry Roasted)	1 oz	166	N	C	Y	Y
Walnuts	1 oz	185	N	C	Y	Y
Oils						
Bacon Grease, Ghee, Lard	1 tsp	39	N	C	Y	Y
Coconut oil/cream (Not to be consumed during P2, but can be applied to skin), OK for P3 & P4.	1 Tbs	117	N	C	Y	Y
Cooking Spray -- Any	1 serving	~5	N	C	Y	Y
Fish Oil - (Cod, Cod Liver, Salmon)	1 tsp	41	N	C	Y	Y
Fruit Oil - (Avocado, Coconut, Olive)	1 tsp	40	N	C	Y	Y
Grain Oil - (Canola, Corn)	1 tsp	41	N	C	Y	Y
Legume Oil - (Margarine, Soybean)	1 tsp	40	N	C	Y	Y
Nut Oil - (Almond, Cocoa Butter, Hazelnut, Palm, Peanut, Walnut)	1 tsp	40	N	C	Y	Y
Seed Oil - (Canola, Cotton, Flax, Grape, Safflower, Sesame)	1 tsp	40	N	C	Y	Y
Pasta						
Macaroni	1 c	221	N	N	C	C
Macaroni - Vegetable	1 c	172	N	N	C	Y
Macaroni - Whole Wheat	1 c	174	N	N	C	Y
Noodles - Chinese (Chow Mien)	1 c	237	N	N	C	C
Noodles - Egg	1 c	221	N	N	C	Y
Noodles - Rice	1 c	192	N	N	C	Y
Noodles - Shirataki yam ("konjac" flour)	unlimited	0	Y	Y	Y	Y
Spaghetti	1 c	221	N	N	C	Y
Spaghetti (Whole Wheat)	1 c	174	N	N	C	Y

Sauces and Gravies

Despite "Y" designations, always read labels! During P2 & P3A, avoid items with added sugars/starches.

Gravy, beef, chicken, mushroom, pork, sausage, turkey	1 Tbs	24	N	N	C	Y
Gravy, Biscuit	1 Tbs	77	N	N	C	Y
Gravy, Stroganoff	1 Tbs	50	N	C	Y	Y
Sauce, Alfredo	1 Tbs	28	N	N	C	Y
Sauce, Au jus	1 Tbs	3	N	Y	Y	Y
Sauce, Basil Pesto	1 Tbs	170	N	C	Y	Y
Sauce, BBQ	1 Tbs	12	N	C	Y	Y
Sauce, Béarnaise	1 Tbs	39	N	C	Y	Y
Sauce, Braggs® Liquid Aminos™	1 Tbs	0	Y	Y	Y	Y
Sauce, Cheese	1 Tbs	30	N	C	Y	Y
Sauce, Chili	1 Tbs	20	N	N	Y	Y
Sauce, Creole	1 Tbs	5	N	Y	Y	Y

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4
Sauces and Gravies (continued)						
Sauce, Curry	1 Tbs	9	N	Y	Y	Y
Sauce, Enchilada	1 Tbs	5	N	C	Y	Y
Sauce, Hoi sin	1 Tbs	24	N	C	Y	Y
Sauce, Hollandaise	1 Tbs	43	N	C	Y	Y
Sauce, Marinara	1 Tbs	9	N	C	Y	Y
Sauce, Mole verde	1 Tbs	15	N	Y	Y	Y
Sauce, Oyster	1 Tbs	5	Y	Y	Y	Y
Sauce, Spaghetti	1 Tbs	15	N	C	Y	Y
Sauce, Soy	1 Tbs	11	C	Y	Y	Y
Sauce, Steak	1 Tbs	5	N	C	Y	Y
Sauce, Sweet and sour	1 Tbs	15	N	N	Y	Y
Sauce, Taco (Red or Green)	1 Tbs	7	N	Y	Y	Y
Sauce, Tamari	1 Tbs	10	C	Y	Y	Y
Sauce, Tartar	1 Tbs	70	N	N	Y	Y
Sauce, Teriyaki	1 Tbs	15	N	C	Y	Y
Sauce, Tomato	1 Tbs	5	N	C	Y	Y
Sauce, White	1 Tbs	27	N	C	Y	Y
Sauce, Worcestershire	1 Tbs	11	N	N	Y	Y
Sauce, Worcestershire, low sodium	1 Tbs	5	N	N	Y	Y
Starches						
Bagel	1 oz	81	N	N	C	C
Biscuit (White Flour)	½ of 2.5 inch	100	N	N	N	C
Bran, Oat	1/3 c	29	N	N	C	Y
Bran, Rice	1/3 c	124	N	N	C	Y
Bread, Cornbread	1 oz	100	N	N	C	C
Bread, French	1 slice	185	N	N	C	Y
Bread, Multi-Grain (Whole Grain)	1 slice	69	N	N	C	Y
Bread, Oatmeal	1 slice	73	N	N	C	Y
Bread, Pita (White)	1 whole pita	165	N	N	C	Y
Bread, Pita (Whole Wheat)	1 whole	170	N	N	C	Y
Bread, Pumpernickel	1 slice	65	N	N	C	Y
Bread, Rye	1 slice	83	N	N	C	Y
Bread, Wheat (Cracked or Wholegrain)	1 slice	65	N	N	C	Y
Bread, Wheat (Non Whole Grain)	1 slice	66	N	N	C	Y
Bread, Wheat (Whole Wheat)	1 slice	69	N	N	C	Y
Bread, White	1 slice	80	N	N	C	C
Bread, Crumbs	1 oz	112	N	N	C	C
Bread, Stuffing	2 oz	100	N	N	C	C
Bun (Hamburger/Hot Dog)	½ bun	60	N	N	C	C

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4
Starches (continued)						
Cereal***, All-bran	1 c	153	N	N	C	Y
Cereal, Oat Bran	½ c	116	N	N	C	Y
Cereal, Oatmeal, Old fashioned, Dry	¼ c	74	N	N	C	Y
Cereal, Shredded Wheat	1 c	170	N	N	C	Y
Cereal, Special K®	1 c	118	N	N	C	Y
Cereal, Special K® (Low Carb Lifestyle Protein Plus)	1 c	134	N	N	C	Y
Cracker (Saltine, Oyster, Soda, Soup)	1 oz	120	N	N	C	C
Cracker (Graham)	1 square	30	N	N	C	Y
Cracker (Wasa, White)	1 slice	60	N	N	C	C
Cracker (Wasa, Wholegrain)	1 slice	45	N	N	C	Y
Flour, Grain (Whole Grain, All Grains)	varies, see package	42 - 91	N	N	C	Y
Flour, Nut, (Almond, Flour or Meal)	¼ c	145	N	C	C	Y
Flour, Nut (Coconut)	2 Tbs	24	N	C	Y	Y
Germ, Wheat	2 Tbs	52	N	N	C	Y
Gluten, Wheat (Vital)	.5 oz	52	N	Y	Y	Y
Grain, Corn (Grits, Meal, Starch, Hominy)	varies, see package	42 - 91	N	N	C	Y
Grain, Rice (White, Brown, Short, Medium, Long, Wild)	¼ c	42 - 60	N	N	C	Y
Grain, Seed (Couscous, Quinoa)	varies, see package	42 - 91	N	N	C	Y
Grissini breadstick	1	22	Y	N	C	Y
Melba Toast	1	22	Y	N	C	Y
Muffin (Blueberry, Lemon, Chocolate)	½ muffin	273	N	N	C	C
Muffin (Bran)	½ muffin	188	N	N	C	C
Pancake	1 oz	85	N	N	C	C
Roll (Cinnamon)	1 oz	112	N	N	C	C
Roll (Dinner)	1 oz	84	N	N	C	C
Taco Shell	5 in. shell	62	N	N	C	C
Tortilla (Corn)	6 in.	57	N	N	C	C
Tortilla (Flour)	6 in.	100	N	N	C	C
Waffle (Whole Grain)	1 oz	82	N	N	C	C
Waffle (White Flour)	1 oz	95	N	N	C	C
Sweeteners						
Sweetener, Agave Nectar **	1 tsp	15	N	N	C	Y
Aspartame – Nutrasweet®, Equal®	1 serving	0	Y	Y	Y	Y
Brown sugar, unpacked	1 tsp	11	N	N	C	Y
Cane sugar, organic, unrefined	1 tsp	16	N	N	C	Y
Corn syrup, light or dark	1 tsp	19	N	N	N	Y
Corn syrup, High Fructose	1 tsp	18	N	N	N	N

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Food Item	Serving Size	Cals	P2	P3A	P3B	P4
Sweeteners (continued)						
Erythritol	1 serving	0	N	C	Y	Y
Honey	1 tsp	21	N	N	C	Y
Lakanto (all-natural), Fermented Erythritol, Luo Guo	1 tsp	0	N	C	Y	Y
Maple syrup, molasses, light or dark	1 tsp	20	N	N	C	Y
Maltodextrin	1 serving	0	C	C	Y	Y
Saccharin – Sweet’N Low®, Sweet Twin®, and Necta Sweet®	1 serving	0	Y	Y	Y	Y
Sorghum Syrup	1 tsp	7	N	N	C	Y
Sucralose – Splenda®	1 serving	0	Y	C	C	Y
Stevia	1 packet	0	Y	Y	Y	Y
Sugar - Powdered	1 tsp	10	N	N	C	Y
Sugar - White	1 tsp	16	N	N	C	Y
Xylitol	1 serving	0	N	C	Y	Y
<p>* Check for added SUGAR. Better to eat full fat dressing than to eat a lowfat one with added sugar!</p> <p>**lower glycemic index than sugar, tastes sweeter</p> <p>*** Cereals are basically pure starch without benefit (fiber and protein), there are a few exceptions – high protein, high fiber version are your best choice.</p>						

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Phase 2 Shopping List

Y = Yes: Eat and enjoy!			C = Caution: Eat sparingly & monitor weight closely:					
Food Item			Food Item			Food Item		
Protein	P2	√	Protein: Seafood (continued)	P2	√	Condiments	P2	√
Eggs ONE Whole + 3 Whites	C		Fish, Pike (Northern)	Y		Salad Dressings (Walden Farms®)	C	
Pea Protein, VEGAN	Y		Fish, Pike, (Walleye)	Y		Vinegar - Apple cider, cider, distilled, garlic wine, Italian herb, malt, red wine, rice, tarragon, white distilled	Y	
Beef, Bottom, Eye of round	Y		Fish, Rockfish	Y		Vinegar *- Balsamic, brown rice, champagne, golden balsamic, rice seasoned, white wine	C	
Beef, Filet Mignon (Lean)	C		Fish, Snapper	Y		Wasabi	C	
Beef, Flank steak (Lean)	Y		Fish, Tilapia	Y		Dairy		
Beef, Ground beef, <8% lean (4% is best)	Y		Shellfish, Crab (Alaskan King)	Y		Cheese (Cottage Cheese – Non-fat)	C	
Beef, Ground beef, >8% lean	C		Shellfish, Crab (Blue)	Y		Milk (2%)	Y	
Beef, Roast (Lean)	C		Shellfish, Crab (Dungeness, Queen)	Y		Drinks		
Beef, Sirloin (Top)	C		Shellfish, Crayfish (Farmed)	Y		Tea – regular or decaf, black, chamomile, herbal, NO mint teas	Y	
Beef, T-bone (Lean)	C		Shellfish, Crayfish (Wild)	Y		Water Bottled – plain, sparkling or mineral	Y	
Beef, Top round steak	C		Shellfish, Lobster	Y		Pasta		
Bison, Ground	C		Shellfish, Shrimp	Y		Noodles - Shirataki yam ("konjac" flour)	Y	
Bison, Roast	C		Fruit					
Chicken, Breast skinless, boneless	Y		Apple	Y		Sauces and Gravy		
Veal, Ground (8% fat)	Y		Grapefruit	Y		Sauce, Braggs® Liquid Aminos™	Y	
Veal, Top Round Steak	Y		Lemon (Juice of 1 per day allowed)	Y		Sauce, Hot (no sugar/starch added!)	Y	
Veal, Shank Roast, Short Rib	Y		Orange	Y		Sauce, Oyster (no sugar/starch added!)	Y	
Venison, Chop	C		Strawberries	Y		Sauce, Soy	C	
Venison, Ground	C		Vegetables			Sauce, Tamari	C	
Protein: Seafood			Asparagus	Y		Starches		
Fish, Bass	Y		Beet greens	Y		Grissini breadstick	Y	
Fish, Burbot	Y		Cabbage	Y		Melba Toast	Y	
Fish, Carp	C		Celery	Y		Sweeteners		
Fish, Catfish (Farmed)	C		Chard – raw	Y		Maltodextrin - mixed with other ingredients	C	
Fish, Catfish (Wild)	C		Chicory	Y		Saccharin – Sweet'N Low®, Sweet Twin®, and Necta Sweet®	Y	
Fish, Cisco	Y		Cucumber	Y		Stevia	Y	
Fish, Cod	Y		Fennel	Y		* Check for added SUGAR. Better to eat full fat dressing than to eat a lowfat one with added sugar!		
Fish, Cusk	Y		Lettuce: Bib, Boston, butter head, iceberg, loose-leaf, romaine One kind only per meal NO mixing,	Y				
Fish, Dolphin	C		Onion: white, red, yellow	Y				
Fish, Flounder/ sole	Y		Radish - Red	Y				
Fish, Grouper	Y		Spinach – raw	Y				
Fish, Haddock	Y		Tomato (Red, Green, Orange, Cherry, Grape)	Y				
Fish, Monkfish	Y							
Fish, Orange Roughy	Y							
Fish, Perch, Ocean	Y							
Fish, Perch (Mixed Species)	Y							

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Phase 3A Caution Items ('C') and NO's ('N')

N = No: DO NOT EAT		C = Caution: Eat sparingly & monitor weight closely	
Food Item		Food Item	
Proteins		Vegetables (continued)	
Chicken, Breaded (Fried)	N	Mushrooms (Shiitake)	C
Lamb, composite cuts	C	Okra	C
Shellfish, Crab (Cake)	N	Pearl onion	N
Fruit		Palm hearts	C
Applesauce - Sweetened	C	Parsnips	N
Banana	C	Peas – green	C
Cantaloupe	C	Potato (Baked)	N
Grapes	C	Potato (French Fried)	N
Honeydew	C	Potato, (Hash Browns)	N
Mango	C	Potato (Mashed)	N
Olives - Black	C	Potato (Scalloped)	N
Pomegranate	C	Potato (Sweet)	N
Raisins: golden or purple	C	Potato (Twice baked)	N
Watermelon	C	Pumpkin (Canned)	C
Fruit - Juices		Rutabaga	N
Juice, Apple	N	Squash – acorn, butternut, cooked	C
Juice, Carrot	C	Squash – spaghetti, crookneck, winter	C
Juice, Cherry	N	Yam – cooked	N
Juice, Cranberry	N	Condiments	
Juice, Grape	C	Barbeque sauce*	C
Juice, Grapefruit	C	Barbeque sauce, low sugar	C
Juice, Orange	N	Horseradish – cream or mustard sauce	C
Juice, Pineapple		Jam/jelly, all flavors, regular	N
Vegetables	C	Jam/jelly, all flavors, low sugar	N
Artichoke	N	Jam/jelly, all flavors, sugar free	N
Beets	C	Ketchup	C
Burdock Root	N	Mustard, honey	C
Chicory Root	N	Pickle – bread & butter	N
Corn	N	Pickle – dill	C
		Condiments (continued)	
		Pickle – relish	C
		Salsa – black bean and corn	C
		Dairy	
		Butter	C
		Cheese (American)	C
		Cheese (Blue)	C
		Cheese (Brick)	C
		Cheese (Brie)	C
		Cheese (Camembert)	C
		Cheese (Caraway)	C
		Cheese (Cheddar)	C
		Cheese (Cheshire)	C
		Cheese (Colby)	C
		Cheese (Cream)	C
		Cheese (Cream, Low Fat)	C
		Cheese (Edam)	C
		Cheese (Feta)	C
		Cheese (Fontina)	C
		Cheese (Goat)	C
		Cheese (Gouda)	C
		Cheese (Monterrey)	C
		Cheese (Mozzarella)	C
		Cheese (Muenster)	C
		Cheese (Parmesan)	C
		Cheese (Provolone)	C
		Cheese (Ricotta)	C
		Cheese (Swiss)	C
		Cheese (Cottage Cheese)	C
		Cheese (Cottage Cheese – 2%)	C

Always read labels to avoid consuming sugars and starches in P3A! Do NOT eat items outside of your Phase!

Phase 3A Caution Items ('C') and NO's ('N')

N = No: DO NOT EAT		C = Caution: Eat sparingly & monitor weight closely			
Food Item		Food Item			
Nuts & Seeds <i>(continued)</i>		Sauces and Gravies		Starches <i>(continued)</i>	
Chestnuts	C	Gravy, beef, chicken, mushroom, pork, sausage, turkey	N	Bread, Multi-Grain (Whole Grain)	N
Coconut (Dry or Fresh, Sweetened)	N		N	Bread, Oatmeal	N
Hazelnut (butter)	C	Gravy, Biscuit	N	Bread, Pita (White)	N
Hazelnuts (Filberts)	C	Gravy, Stroganoff	C	Bread, Pita (Whole Wheat)	N
Macadamia nuts, dry roasted	C	Sauce, Alfredo	N	Bread, Pumpernickel	N
Mixed (Dry Roasted)	C	Sauce, Basil Pesto	C	Bread, Rye	N
Peanut (Butter, Creamy or Crunchy)	C	Sauce, BBQ	C	Bread, Wheat (Cracked or Wholegrain)	N
Peanut (Dry Roasted)	C	Sauce, Béarnaise	C	Bread, Wheat (Non Whole Grain)	N
Oils		Sauce, Cheese	C	Bread, Wheat (Whole Wheat)	N
Bacon Grease, Ghee, Lard	C	Sauce, Chili	N	Bread, White	N
Cooking Spray	C	Sauce, Enchilada	C	Bread, Crumbs	N
Fish Oil - (Cod, Cod Liver, Salmon)	C	Sauce, Hoi sin	C	Bread, Stuffing	N
Fruit Oil - (Avocado, Coconut, Olive)	C	Sauce, Hollandaise	C	Bun (Hamburger/Hot Dog)	N
Grain Oil - (Canola, Corn)	C	Sauce, Spaghetti	C	Cereal, All-bran	N
Legume Oil - (Margarine, Soybean)	C	Sauce, Sweet and sour	N	Cereal, Oat Bran	N
Nut Oil - (Almond, Cocoa Butter, Hazelnut, Palm, Peanut, Walnut)	C	Sauce, Tartar	N	Cereal, Oatmeal, Old fashioned, Dry	N
	C	Sauce, Teriyaki	C	Cereal, Shredded Wheat	N
Seed Oil - (Canola, Cotton, Flax, Grape, Safflower, Sesame)	C	Sauce, Tomato	C	Cereal, Special K®	N
		Sauce, White	C	Cereal, Special K® (Low Carb Lifestyle Protein Plus)	N
Pasta		Sauce, Worcestershire*	N	Cracker (Saltine, Oyster, Soda, Soup)	N
Macaroni	N	Sauce, Worcestershire, low sodium*	N	Cracker (Graham)	N
Macaroni - Vegetable	N			Cracker (Wasa, White)	N
Macaroni - Whole Wheat	N	Starches		Cracker (Wasa, Wholegrain)	N
Noodles - Chinese (Chow Mien)	N	Bagel	N	Flour, Grain (Whole Grain, All Grains)	N
Noodles - Egg	N	Biscuit (White Flour)	N	Flour, Nut, (Almond, Flour or Meal)	C
Noodles - Rice	N	Bran, Oat	N	Flour, Nut (Coconut)	C
Spaghetti	N	Bran, Rice	N	Germ, Wheat	N
Spaghetti (Whole Wheat)	N	Bread, Cornbread	N		
		Bread, French	N		

Always read labels to avoid consuming sugars and starches in P3A! Do NOT eat items outside of your Phase!

Phase 3A Caution Items ('C') and NO's ('N')

N = No: DO NOT EAT		C = Caution: Eat sparingly & monitor weight closely	
Food Item		Food Item	
Starches (continued)		Sweeteners (continued)	
Grain, Corn (Grits, Meal, Starch, Hominy)	N	Sorghum Syrup	N
Grain, Rice (White, Brown, Short, Medium, Long, Wild)	N	Sucralose – Splenda®	C
Grain, Seed (Couscous, Quinoa)	N	Sugar - Powdered	N
Grissini breadstick	N	Sugar - White	N
Melba Toast	N	Xylitol	C
Muffin (Blueberry, Lemon, Chocolate)	N	* Check for added SUGAR. Better to eat full fat dressing than to eat a lowfat one with added sugar!	
Muffin (Bran)	N		
Pancake	N		
Roll (Cinnamon)	N	**lower glycemic index than sugar, tastes sweeter	
Roll (Dinner)	N	*** Cereals are basically pure starch without benefit (fiber and protein), there are a few exceptions – high protein, high fiber version are your best choice.	
Taco Shell	N		
Tortilla (Corn)	N		
Tortilla (Flour)	N		
Waffle (Whole Grain)	N		
Waffle (White Flour)	N		
Sweeteners			
Sweetener, Agave Nectar **	N		
Brown sugar, unpacked	N		
Cane sugar, organic, unrefined	N		
Corn syrup, light or dark	N		
Corn syrup, High Fructose	N		
Erythritol	C		
Honey	N		
Lakanto (all-natural), Fermented Erythritol, Luo Guo	C		
Maple syrup, molasses, light or dark	N		
Maltodextrin - mixed with other ingredients	C		

Always read labels to avoid consuming sugars and starches in P3A! Do NOT eat items outside of your Phase!

Phase 3B 'C' & NO's

NR = Not Recommended (Note: While any food is allowed during P3B, those marked with "NR" have questionable nutritional value.)					
C = Caution: Eat sparingly & monitor weight closely					
Food Item		Food Item		Food Item	
Proteins		Vegetables (cont'd)		Drinks (cont'd)	
Chicken, Breaded (Fried)	C	Squash – acorn, butternut, cooked	C	Wine spritzer	C
Shellfish, Crab (Cake)	C	Yam – cooked	C	Wine – dry burgundy, cabernet, claret, red, sherry, white (Chenin Blanc, Gewurztraminer, Pinot Grigio, Sauvignon, Semillon)	C
Fruit		Condiments			C
Applesauce - Sweetened	C	Jam/jelly, all flavors, regular	C	Wine – dessert (dry or sweet), Japanese rice, Marsala, plum, port, rice (sake), white (vermouth)	C
Fruit: Juice		Pickle – bread & butter	C	Wine – Mirin	C
Juice, Apple	C	Pickle – relish	C	COFFEE, HOT CHOCOLATE, TEA, WATER, OTHER: Juice: see: <i>Fruit: Juice</i> ; Milk: see: <i>Dairy</i>	
Juice, Carrot	C		C		
Juice, Cherry	C	Dairy			C
Juice, Cranberry	C	Milk (Canned, sweetened, condensed)	NR	Coffee- latte, with Silk soy, reg. or spicy	C
Juice, Grape	C	Milk (Canned, evaporated, non fat)	C	Coffee – mocha with fat-free milk	C
Juice, Grapefruit	C	Milk (Dry – whole)	C	Coffee – mocha with low-fat milk	C
Juice, Pineapple	C	Milk (Dry – non fat)	C	Cocoa, Hot (with water or whole milk)	C
Vegetables		Yogurt (Flavored, low fat)	C	Soda/Soft drinks (sugared)	NR
Beets	C	Yogurt (Flavored, fat free)	C	Water: Vitamin, fortified, flavored, etc.	C
Burdock Root	C	Yogurt (Flavored, low fat with low calorie sweetener)	C	Legumes	
Chicory Root	C	Yogurt (Yogurt drink)	C	Baked Beans	C
Corn	C	Drinks		Chickpeas (Garbanzos)	C
Mountain yam	C	ALCOHOL		Chickpea (Hummus)	C
Mushrooms (Shiitake)	C	Aquavit, bourbon, brandy, gin, rum, tequila, vodka, whiskey	C	Lentils	C
Pearl onion	C	Beer – regular	C	Peas (Black-Eyed)	C
Parsnips	C	Bloody Mary	C	Peas (Split)	C
Potato (Baked)	C	Coffee and cream liquor	C	Soybeans, cooked	C
Potato (French Fried)	C	Daiquiri	C	Nuts & Seeds	
Potato, (Hash Browns)	C	Gin and tonic cocktail	C	Almonds (Honey Roasted)	C
Potato (Mashed)	C	Margarita	C	Cashew (Dry Roasted)	C
Potato (Scalloped)	C	Martini	C	Coconut (Dry or Fresh, Sweetened)	C
Potato (Sweet)	C	Sangria	C		
Potato (Twice baked)	C				
Rutabaga	C				

All foods are allowed during P3B, but beware of eating fat, sugar, and starches together, as this combination is a recipe for creating body fat.

Phase 3B 'C' & NO's

NR = Not Recommended (Note: While any food is allowed during P3B, those marked with "NR" have questionable nutritional value.)					
C = Caution: Eat sparingly & monitor weight closely					
Food Item		Food Item		Food Item	
Pasta		Starches (cont'd)		Starches (cont'd)	
Macaroni	C	Bread, White	NR	Tortilla (Corn)	C
Macaroni - Vegetable	C	Bread, Crumbs	C	Tortilla (Flour)	C
Macaroni - Whole Wheat	C	Bread, Stuffing	C	Waffle (Whole Grain)	C
Noodles - Chinese (Chow Mien)	C	Bun (Hamburger/Hot Dog)	C	Waffle (White Flour)	C
Noodles - Egg	C	Cereal***, All-bran	C	Sweeteners	
Noodles - Rice	C	Cereal, Oat Bran	C	Sweetener, Agave Nectar **	C
Spaghetti	C	Cereal, Oatmeal, Old fashioned, Dry	C	Brown sugar, unpacked	C
Spaghetti (Whole Wheat)	C	Cereal, Shredded Wheat	C	Cane sugar, organic, unrefined	C
Sauces and Gravy		Cereal, Special K®	C	Corn syrup, light or dark	NR
Gravy, beef, chicken, mushroom, pork, sausage, turkey	C	Cracker (Saltine, Oyster, Soda, Soup)	C	Corn syrup, High Fructose	NR
Gravy, Biscuit	C	Cracker (Graham)	C	Honey	C
Sauce, Alfredo	C	Cracker (Wasa, White)	C	Maple syrup, molasses, light or dark	C
Starches		Cracker (Wasa, Wholegrain)	C	Sorghum Syrup	C
Bagel	C	Flour, Grain (Whole Grain, All Grains)	C	Sucralose – Splenda®	C
Biscuit (White Flour)	NR	Flour, Nut, (Almond, Flour or Meal)	C	Sugar - Powdered	C
Bran, Oat	C	Germ, Wheat	C	Sugar - White	C
Bran, Rice	C	Grain, Corn (Grits, Meal, Starch, Hominy)	C		
Bread, Cornbread	C	Grain, Rice (White, Brown, Short, Medium, Long, Wild)	C		
Bread, French	C	Grain, Seed (Couscous, Quinoa)	C		
Bread, Multi-Grain (Whole Grain)	C	Grissini breadstick	C		
Bread, Oatmeal	C	Melba Toast	C		
Bread, Pita (White)	C	Muffin (Blueberry, Lemon, Chocolate)	C		
Bread, Pita (Whole Wheat)	C	Muffin (Bran)	C		
Bread, Pumpkinickel	C	Pancake	C		
Bread, Rye	C	Roll (Cinnamon)	C		
Bread, Wheat (Cracked or Wholegrain)	C	Roll (Dinner)	C		
Bread, Wheat (Non Whole Grain)	C	Taco Shell	C		
Bread, Wheat (Whole Wheat)	C				

*** Check for added SUGAR. Better to eat full fat dressing than to eat a lowfat one with added sugar!**

****lower glycemic index than sugar, tastes sweeter**

***** Cereals are basically pure starch without benefit (fiber and protein), there are a few exceptions – high protein, high fiber version are your best choice.**

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