

“HEAVY on the VEGGIES” FOOD LIST

Your “Exclusive” food list.

Use this list only unless otherwise directed by Dr. Kolbaba



You are free to use this assigned food list to “supplement” your meal shakes. **REMEMBER** your nutritionally balanced food shake **IS your meal** – three times a day. Foods eaten from this list should be carefully considered because they will add calories to your daily intake. Do not eat more than you will burn during your daily walking or exercise.

Vegetables

| | | |
|-------------------------------|-----------------------------|----------------------|
| Artichokes (Common/Jerusalem) | Collard Greens | Onions |
| Asparagus | Cucumber | Parsley |
| Avocado | Dandelion Greens | Parsnips |
| Bamboo Shoots | Eggplant | Pea Pods |
| Bean Sprouts | Endive | Peppers (Red) |
| Beets | Green Beans | Pimento |
| Beet Greens | Jicama | Radishes (Red/White) |
| Bok Choy | Kale | Rutabagas |
| Broccoli | Kohlrabi | Spinach |
| Brussels Sprouts | Leeks | Squash |
| Cabbage (White) | Lettuce (Bib/Leafy/Romaine) | Swiss Chard |
| Cauliflower | Mushrooms | Turnips |
| Celery | Mustard Greens | Watercress |
| Chestnuts | Okra | Yellow Wax Beans |
| Chives | | |

Meat & Fish

Beef (Lean/Natural), Chicken, Cornish Game Hen, Duck, Pheasant, Quail, Rabbit, Salmon, Trout, Tuna (Water Packed/Broiled/Grilled/Baked/Poached), Turkey, Whitefish

Limited Nuts & Seeds Almonds, Pumpkin, Sesame, Pistachio, Chestnuts, Filberts, Pecans, Walnuts (one handful at a time)

Oils

Avocado, Apricot, Coconut, Olive, Sesame

Additional Condiments, Herbs & Spices

Bay Leaf, Caraway Seeds, Chives, Cinnamon, Curry, Dill, Dry Mustard, Garlic, Ginger, Mace, Marjoram, Nutmeg, Leeks, Shallots, Herbal Teas (except Citrus & Mint)

Honey (Pasteurized only), Maple Syrup, Molasses

Eat rarely due to high carbohydrate impact.

Beets, Carrots, Pumpkin, Squash, Sweet Potato, Yams

“STOP FEEDING THE BEAST!”