

# Phase 1 food list

Everything on the left is allowed for the next two weeks, in the portions shown. Everything on the right comes back gradually in Phase 2. Phase 1 sets no calorie target, so use the portion guides rather than counting.

## ✓ On the list

### Lean protein — 3–4 oz per meal

Extra-lean beef (sirloin, tenderloin, 95% lean ground) • pork tenderloin • skinless chicken and turkey breast • all fish and seafood • eggs, whole or whites • low-fat turkey or chicken deli slices

### Non-starchy vegetables — unlimited

Spinach, arugula, romaine, kale • broccoli, cauliflower, Brussels sprouts, cabbage • asparagus, green beans, zucchini • bell peppers, mushrooms, tomatoes, cucumber, radishes

### Low-fat dairy — 1–2 servings a day

Non-fat or low-fat Greek yogurt with no added sugar • low-fat cottage cheese • low-fat cheese, 1 oz • low-fat milk, one glass a day

### Fats and oils — measured

Olive oil, 1 tbsp per meal • nuts and seeds, 1 oz or about a quarter cup (almonds, walnuts, sunflower, pumpkin) • avocado, half per day

## ✗ Off the list for 14 days

### All fruit

Apples, bananas, oranges, grapes, dried fruit, fruit juice, and berries too

### Grains and starches

Bread, rice, pasta, cereal, oats, corn, crackers

### Starchy vegetables

Potatoes, sweet potatoes, beets, carrots, parsnips, squash

### Legumes

Beans, chickpeas, lentils, and hummus. These return in Phase 2

### Added sugar and sweets

Candy, chocolate, desserts, soda, syrups, and sweetened dressings

### Alcohol

Beer, wine, and spirits

### Full-fat dairy

Full-fat cheese, whole milk, ice cream, butter

## THE FOUR THAT CATCH PEOPLE OUT

Berries, carrots, beans, and oats all read as healthy, and all four stay out until Phase 2.

# Shop once, then follow the week

## Grocery checklist

Shop produce first, then proteins and dairy, pantry last.

### PRODUCE

- ☐ Spinach or mixed leafy greens
- ☐ Broccoli and cauliflower
- ☐ Bell peppers
- ☐ Zucchini
- ☐ Asparagus or green beans
- ☐ Tomatoes and cucumber
- ☐ Mushrooms
- ☐ Avocado
- ☐ Fresh herbs, lemons, garlic

### DAIRY

- ☐ Low-fat Greek yogurt, unsweetened
- ☐ Low-fat cottage cheese
- ☐ Low-fat cheese
- ☐ Low-fat milk

### MEAT, FISH, AND EGGS

- ☐ Chicken breast
- ☐ Turkey breast
- ☐ Ground beef, 95% lean
- ☐ Sirloin or pork tenderloin
- ☐ Salmon and cod
- ☐ Shrimp or canned tuna
- ☐ Eggs
- ☐ Low-fat deli turkey slices

### PANTRY

- ☐ Olive oil
- ☐ Almonds and walnuts
- ☐ Sunflower or pumpkin seeds
- ☐ No-sugar-added tomato sauce
- ☐ Dressing with no added sugar
- ☐ Spices, vinegar, mustard

## 7-day meal plan

Rotate proteins and vegetables, and adjust portions to your appetite.

| Day              | Breakfast                           | Lunch                                 | Dinner                                           |
|------------------|-------------------------------------|---------------------------------------|--------------------------------------------------|
| <b>Monday</b>    | Egg omelet with spinach and peppers | Grilled chicken, broccoli, olive oil  | Baked salmon, asparagus, lemon                   |
| <b>Tuesday</b>   | Greek yogurt with almonds           | Turkey breast, cauliflower, olive oil | Lean ground beef, zucchini noodles, tomato sauce |
| <b>Wednesday</b> | Scrambled eggs with mushrooms       | Grilled fish, green beans, olive oil  | Chicken thigh, Brussels sprouts, garlic          |
| <b>Thursday</b>  | Cottage cheese with walnuts         | Shrimp salad with olive oil dressing  | Pork tenderloin, roasted peppers, herbs          |
| <b>Friday</b>    | Egg white frittata with onions      | Turkey and cucumber lettuce wraps     | Baked cod, roasted asparagus, garlic oil         |
| <b>Saturday</b>  | Greek yogurt with sunflower seeds   | Grilled chicken with tomato and basil | Sirloin steak, steamed broccoli, herbs           |
| <b>Sunday</b>    | Scrambled eggs with spinach         | Tuna salad with olive oil and celery  | Chicken breast, roasted zucchini, rosemary       |

## Snacks and notes

One or two snacks a day, each pairing protein with a healthy fat.

- ☐ Hard-boiled eggs with sea salt
- ☐ Celery sticks with 1 oz of low-fat cheese
- ☐ Bell peppers and radishes with a sugar-free dressing
- ☐ Shrimp with cocktail sauce that has no added sugar
- ☐ Almonds or walnuts, a 1 oz portion
- ☐ Low-fat cheese cubes with deli turkey slices
- ☐ Greek yogurt, unsweetened, with a few almonds