

# Comprehensive Food List

- Large variety of regular grocery store or restaurant foods to choose from. If it is not on this list it is not allowed on program.

## Quick weight loss centers

## Comprehensive Food List

PROTEINS		PORTION	VEGETABLES		PORTION		
Tasting a new food only Never 2 days in a row	<b>BEEF - HIGH FAT</b>		1/2 cup cooked or 1 cup raw	Asparagus.....		1 Cup	
	Arm, Chuck, or Rump Roast.....			Bean Sprouts.....		1 Cup	
	Ground Sirloin.....			Broccoli.....		1 Cup	
	Club, Flank, Sirloin, or T-Bone Steak.....			Cabbage.....		1 Cup	
	Round Steak.....			Cauliflower.....		1 Cup	
	Lamb Loin.....			Celery.....		1 Lg. Stick	
	Venison.....			Chard.....		1 Cup	
	Ground Turkey (Packaged).....			Cucumbers.....		1/2 Med.	
				Egg Plant.....		1 Cup	
				Green Onions.....		5 Sm.	
Unlimited Choice	<b>VEAL - MEDIUM FAT</b>		Do not eat after 6 PM. Do not mix.	Lettuce, Endive, or Arugula.....		1 Cup	
	Cutlet, Rump, or Chop.....			Mushrooms.....		1 Cup	
				Mustard Greens.....		1 Cup	
				Okra.....		1 Cup	
	<b>POULTRY-LOW FAT</b>			Peppers (Green or Red).....		1/2 Med.	
	Chicken Breast.....			Peppers (Jalapeno).....		2 Med.	
	Turkey Breast.....			Radishes.....		10 Med.	
				Rhubarb.....		1/2 Cup	
	<b>LIVER-LOW FAT</b>			Spinach or Kale.....		1 Cup	
	Beef Liver.....			Squash (Summer or Spaghetti).....		1 Cup	
2 x week	<b>FISH AND SHELLFISH</b>		Beverages are in addition to water.	String Beans (Wax, Green, or Yellow).....		1 Cup	
	Bass (Striped).....			Tomatoes.....		1 Sm.	
	Bluefish.....			Turnip Sprouts/Greens.....		1 Cup	
	Cod.....			Zucchini.....		1 Cup	
	Flounder.....						
	Grouper.....						
	Haddock.....						
	Halibut.....						
	Lobster.....						
	Mahi Mahi.....						
2 x week							
	Orange Roughy.....						
	Perch (Lemon).....						
	Red Snapper.....						
	Scrod.....						
	Shrimp (Fresh).....						
	Sole.....						
	Tilapia.....						
	Tuna (Fresh).....						
	Yellow Tail.....						
2 x week							
	Whitefish.....						
	Crab (Steamed).....						
	Salmon Steak.....						
	Scallops.....						
	Swordfish.....						
	Tuna (Canned in Water).....						
3 x week	<b>DAIRY AND EGGS</b>						
	Cottage Cheese (1% Fat) or Plain Greek Yogurt.....						
	1 lg. Egg + Cottage Cheese 1% Fat.....						
	Eggs.....						
	Egg Whites.....						
	Egg Substitute.....						
3 x week	<b>STARCHES</b>						
	Bread (45 Calories, Diet/Lite).....						
	Melba Toast (Unseasoned).....						
	Lite Bread Stick.....						
	Ak-mak Cracker.....						
	Rice Cake (Unsalted).....						
	Millet Bran.....						
	Kashi Cereal (Unsalted).....						
	Corn Tortillas (6" Dia.).....						
	Baked White Potato.....						