

# APPROVED FOOD LIST

Focus on fresh organic foods to help you avoid sodium, unhealthy fats, and processed foods that will spike your blood sugar, cause inflammation and shut down your weight loss.

## PROTEIN

- Chicken (free-range, raised without hormones is best)
- Eggs (free-range)
- Grass-Fed Beef (ground, steak, tips, roast)
- Turkey (fresh, not pre-served lunch meat)
- Turkey Bacon (nitrate free)
- Buffalo
- Venison
- Any White Fish (wild is best, not farm-raised)
- Halibut
- Tilapia
- Flounder
- Salmon
- Tuna
- Lobster
- Crab
- Shrimp
- All vegetarian proteins work as part of this program.
- Quinoa
- Organic Tofu
- Raw or Sprouted Nuts (not as low in calories, or as filling as quinoa and tofu)
- Tempeh

## VEGETABLES

Anything green is good, so try new greens!

- Artichokes
- Asparagus
- Arugula
- Bean Sprouts
- Beet Greens
- Beets
- Brussels Sprouts
- Broccoli
- Bamboo Shoots
- Bell Peppers
- Bok Choy
- Cabbage
- Carrots
- Cauliflower
- Chicory Greens
- Chili Peppers
- Collard Greens
- Cucumbers
- Dandelion Greens
- Dill Pickles
- Endive
- Escarole
- Green Beans
- Green Leaf Lettuce
- Kale
- Mushrooms
- Mustard Greens
- Onions
- Peas
- Radicchio
- Radishes
- Red Leaf Lettuce
- Romaine Lettuce
- Spinach
- Sprouts
- Summer Squash
- Swiss Chard
- Yams
- Yellow Squash
- Zucchini
- Sea Vegetables, including:
- Nori
- Dulse
- Hijiki
- Kelp
- Kombu
- Wakame

## FRUITS

- Organic fruits are best.
- Best Choice for lowest sugar content:
- Apples
- Avocado
- Cherries
- Blueberries
- Pears
- Peaches
- Plums
- Oranges
- Tangerines
- Nectarines
- Blackberries
- Raspberries
- Tomatoes
- Strawberries
- Prunes
- Fresh Figs
- Kiwi
- Grapefruit
- Grapes
- 2nd Best:
- 3rd Best:

## HEALTHY FATS

These fats are building blocks to support a healthy immune system. You should reserve a minimum of 250-300 of your calories for these fats.

- Coconut Oil (may be used safely for cooking 1 tbsp = 100 calories)
- 2 oz of chia seeds, hemp seeds, raw pumpkin seeds, raw walnuts or 2 tsp of their cold pressed oils (may be used for salad dressing)
- Avoid vegetable and other seed oils completely

## HERBS

- Basil
- Bay Leaf
- Chives
- Cilantro
- Mint
- Oregano
- Parsley
- Rosemary
- Thyme
- Sage

## SPICES

Salt and sugar free spices are a great option to liven up your meals with the Slenderiiz Program. Here are some options:

- Apple Cider Vinegar
- Black Pepper
- Cayenne
- Cumin
- Curry
- Dulse Flakes
- Garlic
- Kelp Flakes
- Lemon
- Lime
- Mustard
- Onion Powder
- Real Sea Salt (not isolated sodium table salt)
- Turmeric

## SWEETENERS

Liquid Stevia drops or Stevia powder that does not contain maltodextrin.

## CONDIMENTS

- Fermented condiments like kimchi or sauerkraut are especially helpful for metabolism and help to make meat more digestible. Do not eat condiments that contain sugar or artificial sweeteners like sucralose, aspartame, Equal or Splenda.
- Horseradish (pure, not horse-radish sauce)
- Ketchup (organic, with no sugar or sucralose)
- Mustard
- Olives (sun dried or packed in vinegar)
- Picante Sauce
- Pickle Relish
- Salsa
- Soy Sauce (wheat free, low sodium)
- Tabasco Sauce

## AVOID

Bread, chips, pretzels, flour, rice, cereals, pasta, potatoes, sugar, chemical sugar-replacements, iodized (table) salt, roasted and salted nuts, commercial dairy products, vegetable oils, sodium-rich foods such as canned soups, processed meats, and trans fats.