

# EXPANDED 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), Asparagus, Bamboo Shoots, Beets, Bok Choy, Brussels Sprouts, Cabbage (White), Chestnuts, Cucumber, Jicama, Kale, Lettuce (Bib/Leaf/Romaine), Mushrooms, Okra, Onion, Parsley, Radishes (Red/White). Spinach, Swiss Chard

## ***Fruits & Berries***

Avocado, Blackberries, Blueberries, Boysenberries, Cherries, Cranberries, Currants, Gooseberries, Guava, Huckleberries, Loganberries, Mangos, Persimmon, Plums, Quinces, Raspberries, Rhubarb

## ***Meat & Fish***

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

## ***Beans***

Garbanzo, Kidney, Lima, Pinto, Soy

## ***Nuts & Seeds*** (*Listed from lowest to highest fat content*)

Almonds, Pumpkin, Sesame Pistachio Cashews, Chestnuts, Filberts

## ***Grains***

Amaranth, Millet, Quinoa

## ***Eat the following foods in moderation, as they are higher in natural sugars.***

**Vegetables** – Potato

**Fruits & Berries** – Apple, Apricots, Dates, Figs, Nectarines, Papaya, Prunes, Strawberries

## ***Oils***

Apricot, Olive, Safflower, 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), Xanthan Gum

Honey (Pasteurized only), Maple Syrup, Molasses, Rice Syrup