

Phase I Recipes:

If you are creating a recipe for Phase I, you may use any of the below listed Phase I foods. Please try to limit the quantity of fats used however to less than 3 tbsp per recipe.

VEGGIES – artichokes, asparagus, beets, bell peppers, bok choy, broccoli, brussel sprouts, burdock, carrots, cauliflower, celery, collar greens, cucumber, endives, eggplant, fennel, green beans, green onions, kale, leeks, lettuce, mushrooms, okra, olives, onion, pickles (not sweet varieties), pumpkin, radish, rhubarb, rutabaga, salsa, scallion, snow peas, spinach, squash, swiss chard, taro root, tomato, tomato sauce, vegetable broth, watercress, yellow beans, zucchini, and all herbs * *almost all veggies except legumes are phase one appropriate*

FRUITS – Apple, avocado, banana, berries (all kinds), cantaloupe, cherries, grapefruit, grapes, guava, honeydew, kiwi, kumquat, lemon, lime, loquat, orange, nectarine, papaya, passion fruit, peach, pear, persimmon, pineapple, plum, tangerine, watermelon, unsweetened applesauce

ANIMAL PROTEIN – broth, chicken and turkey without skin (white meat); all fish and seafood; egg whites (or low fat liquid egg substitutes); lean cuts of red meat (pork, veal, beef, and lamb) trimmed of fat; Canadian back bacon; turkey or chicken bacon; lean ground chicken and turkey; lean turkey, chicken and ham deli meat; game meat

VEGETABLE PROTEIN – Miso soup and vegetable broth; tofu (try to buy low-fat varieties); low-fat veggie-based meats, patties, and hotdogs; sugar-free low-fat soy and whey-based protein powders

DAIRY – reduced-fat milk (skim is best); fat-free, artificially-sweetened yogurts (not frozen varieties); reduced fat cottage cheese, ricotta cheese, or feta cheese; reduced fat sour cream

BEVERAGES – ice cold water, green tea, water, tea, coffee, diet sodas, vegetable juice, light/diet fruit-flavored juice

FATS – fat free cooking spray or butter spray (unlimited), olive oil, flax oil, canola oil, vegetable oil, sesame oil, safflower oil, sunflower oil, non-hydrogenated light margarine, reduced fat varieties of salad dressings, reduced fat varieties of mayonnaise

EXTRAS – Cayenne peppers, hot peppers, mustard, chili pepper, cinnamon, ginger, vinegars, soy sauce, sugar substitutes, and any other herb or spice that your heart desires