

### Phase II Recipes:

A Phase II recipe can have unlimited Phase I foods but cannot have more than 3 portion equivalents of the Phase II ingredients listed below per recipe.

So, for example, you could use 1 cup of whole wheat pasta (this is 2 portion equivalents), 1 handful of pine nuts (1 portion equivalent) for a total of three portion equivalents of Phase II ingredients. The rest of the ingredients would therefore have to be Phase I foods. I have provided another example following the list of Phase II ingredients.

<b>Food</b>	<b>1 Portion Equivalents</b>
<b>Breads</b> – Use whole wheat and high fiber varieties	Bread (1 slice) Pita (1/2 pita) Tortilla (1 small, 1/2 large) Crackers (4)
<b>Cereal</b> – 100% bran, All-bran, Bran-buds, Fiber-1, Fiber First, and oatmeal (large flake, slow-cooking oats)	(3/4 cup dry)
<b>Starch</b> – barley, whole wheat pasta, whole wheat, long grain, basmati or wild rice	(1/2 cup cooked)
<b>Starchy Veggies</b> – Corn, sweet potato or yam, turnip, parsnip, low fat/fat free or air popped pop corn	Corn (1/2 cup canned or 1 ear of corn on the cob) Sweet potato or yam (1/2 of one) Turnip (1) Parsnip (1) Pop corn (3 cups popped)
<b>Legumes and Pulses</b> – soybeans, chickpeas, lentils, lima beans, fava beans, black beans, navy beans, and pinto beans  hummus	( 1/2 cup canned or cooked)  2 tbsp

<b>Nuts and Seeds</b>	Nuts (1 handful) Seeds (1 tbsp)
<b>Animal Source Protein</b> – This category includes all meat and egg products that didn't qualify as appropriate for Phase 1 due to their higher fat content.	Red meats not listed in Phase One (3 oz) Hamburger patty (3 oz. This is roughly the size of 2 McDonald's regular hamburger patties or half of a typical restaurant's patty) Meatballs (3 oz. This is roughly 2 large or 4 small) Dark meat off chicken or turkey (3 oz) Duck (3 oz) Fatty deli meats ( 3 oz = 1/5 lb = 100 grams) Bacon (2 strips) Sausage (2 small or 1 large) Weiner (1) Eggs with yolk (2)
<b>Dairy</b> – goat cheese and cream cheese, any hard cheeses and chocolate milk  * (when possible, try to choose reduced-fat varieties of all dairy products)	Goat cheese and cream cheese (2 tbsp) Solid cheese (30 grams = ¼ cup grated = 2 tbsp) Skim or part skim chocolate milk (1 cup)
<b>Fats</b> – All oils that didn't qualify as appropriate for phase one, full fat salad dressings, butter, margarine, regular fat mayonnaise	(1 tbsp)

**Example:**

**Goat cheese Salad with chicken:** You could use unlimited greens, veggies, and fresh berries topped with sautéed chicken breast as these are Phase I foods. You may then choose to add 4 tbsp goat cheese (this is 2 portion equivalents) and 1 handful of toasted pine nuts (this is 1 portion equivalent). This salad would then be appropriate for Phase II as it contains up to three portion equivalents of Phase II foods while the rest are Phase I foods. The dressing could then be made of a combination of oils, vinegars, and spices as these are Phase I ingredients.