

Phase 1 Vegetable Guidelines

Unlimited Raw Vegetables & Lettuces

RAW ONLY, Unlimited quantities if raw

Arugula, Bibb lettuce, bok choy, Boston lettuce, cactus (all), celery, chicory lettuce, endive, escarole lettuce, fris e lettuce, green- and red-leaf lettuce, iceberg lettuce, mushrooms, radicchio, radish, romaine lettuce, spinach and watercress lettuce.

Select Vegetables

You must eat 4 cups per day. COOKED or RAW, MEASURE BEFORE COOKING

Alfalfa sprouts, asparagus, bamboo shoots, bean sprouts, bell peppers, broccoli, cabbage (all), cauliflower, celeriac, chard (all), chayote, chicory, collards, cucumber (all), dill pickles, fennel, Gai Lan (Chinese broccoli), green onions, hot peppers, kale, kohlrabi, mushrooms, okra, onions (raw only), radish, rapini, rhubarb, sauerkraut, spinach, turnips and zucchini/ yellow summer squash.

Occasional Vegetables

You may choose these instead of your select vegetables at a maximum of 4 cups total per week. COOKED OR RAW, MEASURE BEFORE COOKING

Beans (green and wax), Brussels sprouts, eggplant, heart of palm, jicama, leeks, rutabaga, snow peas, spaghetti squash, tomatillo and tomatoes (all).

What if I cook unlimited vegetables that appear in both select & unlimited?

IF YOU COOK ‘EM, COUNT ‘EM (TOWARD SELECT). MEASURE BEFORE COOKING

The cooking process changes the caloric density of certain “unlimited” vegetables. In this instance, cooked spinach, cooked mushrooms, and cooked radishes would be categorized as a “Select” vegetable.