

Comprehensive Food List

TWICE A WEEK ONLY,
NEVER 2 DAYS IN A ROW.

PROTEIN

PORTION

BEEF (HIGH FAT) (BONELESS)

Arm or Chuck Roast	4 oz.
Rump Roast	4 oz.
Ground Sirloin	4 oz.
Club Steak	4 oz.
Flank Steak	4 oz.
Round Steak	4 oz.
Sirloin Steak	4 oz.
T-Bone Steak filet	4 oz.
Lamb Loin	4 oz.
Buffalo, Elk or Venison	5 oz.
Ground Turkey (Packaged)	4 oz.

VEAL - MEDIUM FAT

Cutlet	5 oz.
Rump	5 oz.
Chop	5 oz.

POULTRY - LOW FAT (BONELESS SKINLESS)

Skinless Chicken Breast	6 oz.
Skinless Turkey Breast or	
Ground Lean Turkey	5 oz.

LIVER - LOW FAT

Beef Liver	4 oz.
Calf Liver	4 oz.
Chicken Liver	3 oz.

FISH AND SHELLFISH

Bass (Striped)	5 oz.
Bluefish	6 oz.
Cod	6 oz.
Flounder	6 oz.
Grouper	5 oz.
Haddock	6 oz.
Halibut	5 oz.
Lobster	5 oz.
Mahi Mahi	5 oz.
Orange Roughy	6 oz.
Perch (Lake)	5 oz.
Red Snapper	5 oz.
Scrod	6 oz.
Shrimp (Fresh)	5 oz.
Sole	5 oz.
Tapia	6 oz.
Trout	6 oz.
Tuna (Fresh)	5 oz.
Yellow Tail	5 oz.
Whitefish	5 oz.
Tuna (Canned in Water)	4 oz.
Crab (Steamed)	5 oz.
Salmon Steak	4 oz.
Scallops	4 oz.
Swordfish	5 oz.

3X
WEEK

DAIRY, EGGS AND TOFU

Cottage Cheese (No-Fat or 1% Fat)	5 oz.
1 Lg. Egg + Cottage Cheese	4 oz.
Eggs	2 lg.
Egg Beaters	1/2 cup
Plain Firm Tofu	5 oz.
Plain Greek/Strained Yogurt (Fat Free)	6 oz.

STARCHES

PORTION

Diet (Whole Grain) Bread (40 Calories)	1 slice
Melba Toast (Unseasoned)	2 slices/3 rounds
Diet (Lite) Bread Stick	1 lg. stick
Akronak Cracker	1/2 sheet (2 crackers)
Rice Cake (Unsalted)	1 cake per day
Wheat Bran Flakes	2 Tbsp.
Kavli Crispy Bread, thin	2 wafers
Corn Tortillas (6" dia.)	1/2 tortilla
Wasa Crackers	1 piece
Plain Ryta Cracker	1/2 of 1 pk.
Baked Potato	1/2 small
Brown Rice/Quinoa	1/4 cup cooked
Sweet Potato	1/2 small
Selected Thermo-Snacks	One = 2 servings

3X WEEK
(COMBINED)

VEGETABLES

RAW PORTION

Asparagus	1 cup
Bean Sprouts	1 cup
Broccoli	1 cup
Cabbage	1 cup
Cauliflower	1 cup
Celery	3 stalks
Chard	1 cup
Cucumbers	1/2 med.
Egg Plant	1 cup
Green Onions	5 small
Lettuce, Endive, Mixed Greens	1-2 cups
Mushrooms	1 cup
Mustard Greens	1 cup
Okra	1 cup
Peppers (Green, Red)	1/2 med.
Radishes	10 med.
Rhubarb	3 stalks
Snow Peas	25 pods
Spinach or Kale	1 cup
Squash (Summer)	1 cup
String Beans (Wax, Green or Yellow)	1 cup
Tomatoes	1 whole
Turnip Sprouts/Greens	1 cup
Zucchini	1 cup

1/2 CUP COOKED OR 1 CUP RAW

FRUITS

PORTION

Apple	1 small
Apricot	3 med.
Blackberries	1/2 cup
Blueberries	1/2 cup
Cantaloupe	1/8 lg.
Cherries	9 med.
Clementine Orange	1 small
Grapefruit	1/2 med.
Grapes (Green)	20 reg.
Honey Dew	1/2 cup
Kiwi	1 med.
Lemon or Lime	1 reg.
Orange	1 small
Papaya	1/2 cup
Peach	1 small
Pineapple	3/4 cup
Prunes	2 med.
Raspberries	1/2 cup
Strawberries	12 small
Tangerine	1 small
Watermelon	1 cup diced

FATS

PORTION

Diet (Lite) Margarine	1 Tbsp.
Diet (Lite) Mayonnaise (Not Fat-Free)	1 Tbsp.
Olive Oil	1 tsp.

BEVERAGES

PORTION

Beverages Cannot Contain Fruit Juice, Caramel Coloring or Calories

Fresh Water	ten 8 oz. glasses daily
Tea or Coffee (Caffeinated)	2 cups daily
Decaffeinated Coffee	no restriction
Herbal Teas	no restriction
Parsley Tea	as needed
Diet Soda (No Colas)	two 12 oz. cans
Crystal Light	
(In Place of Diet Soda)	2 glasses
Flavored Bottled Water	
(In Place of Diet Soda)	2 bottles

BEVERAGES ARE IN ADDITION
TO 80 OZ WATER

SEASONINGS & CONDIMENTS

PORTION

Morton's Lite Salt	1/4-1/2 tsp. daily
Any Fresh Herbs, Spices and Seasonings that Do Not Contain Salt or Sugar	
Fat-Free Dressings	2 Tbsp. daily
Mustard	1 Tbsp. daily
Fresh Lemon Juice	1 lemon daily
Tabasco	1 tsp.
Horseradish	1 Tbsp.
Vinegar	
(Rice/Apple Cider/Tarragon)	unlimited