

# APPROVED FOOD LIST

Focus on fresh organic foods to help you avoid sodium, unhealthy fats, and processed foods that will spike your blood sugar, cause inflammation and shut down your weight loss.

## PROTEIN

Chicken (free-range, raised without hormones is best)  
Eggs (free-range)  
Grass-Fed  
Beef (ground, steak, tips, roast)  
Turkey (fresh, not pre-served lunch meat)  
Turkey Bacon (nitrate free)  
Buffalo

Venison  
Any White Fish (wild is best, not farm-raised)  
Halibut  
Tilapia  
Flounder  
Salmon  
Tuna  
Lobster  
Crab  
Shrimp

All vegetarian proteins work as part of this program.  
Quinoa  
Organic Tofu  
Raw or Sprouted Nuts (not as low in calories, or as filling as quinoa and tofu)  
Tempeh

Beans (high in calories for small amounts)  
Note: Do not combine with fruit or meat at the same meal.  
Chickpeas (Garbanzo Beans)  
Lentils  
Low-carb Protein Bar

## FRUITS

Organic fruits are best.  
Best Choice for lowest sugar content:  
Apples  
Avocado  
Cherries  
Blueberries  
Pears  
Peaches  
Plums  
Oranges  
Tangerines  
Nectarines

Blackberries  
Raspberries  
Tomatoes  
Strawberries  
Prunes  
Fresh Figs  
Kiwi  
Grapefruit  
Grapes

## HERBS

Basil  
Bay Leaf  
Chives  
Cilantro  
Mint  
Oregano  
Parsley  
Rosemary  
Thyme  
Sage

## SPICES

Salt and sugar free spices are a great option to liven up your meals with the Slenderiiz Program. Here are some options:

Apple Cider Vinegar  
Black Pepper  
Cayenne  
Cumin  
Curry  
Dulse Flakes  
Garlic  
Kelp Flakes  
Lemon  
Lime  
Mustard  
Onion Powder  
Real Sea Salt (not isolated sodium table salt)  
Turmeric

## CONDIMENTS

Fermented condiments like kimchi or sauerkraut are especially helpful for metabolism and help to make meat more digestible. Do not eat condiments that contain sugar or artificial sweeteners like sucralose, aspartame, Equal or Splenda.

Horseradish (pure, not horse-radish sauce)  
Ketchup (organic, with no sugar or sucralose)  
Mustard  
Olives (sun dried or packed in vinegar)  
Picante Sauce  
Pickle Relish  
Salsa  
Soy Sauce (wheat free, low sodium)  
Tabasco Sauce

## VEGETABLES

Anything green is good, so try new greens!

Artichokes  
Asparagus  
Arugula  
Bean Sprouts  
Beet Greens  
Beets  
Brussels Sprouts  
Broccoli  
Bamboo Shoots  
Bell Peppers  
Bok Choy  
Cabbage  
Carrots

Cauliflower  
Chicory Greens  
Chili Peppers  
Collard Greens  
Cucumbers  
Dandelion Greens  
Dill Pickles  
Endive  
Escarole  
Green Beans  
Green Leaf Lettuce

Kale  
Mushrooms  
Mustard Greens  
Onions  
Peas  
Radicchio  
Radishes  
Red Leaf Lettuce  
Romaine Lettuce  
Spinach  
Sprouts

Summer Squash  
Swiss Chard  
Yams  
Yellow Squash  
Zucchini

Sea Vegetables, including:  
Nori  
Dulse  
Hijiki  
Kelp  
Kombu  
Wakame

## HEALTHY FATS

These fats are building blocks to support a healthy immune system. You should reserve a minimum of 250-300 of your calories for these fats.

Coconut Oil (may be used safely for cooking 1 tbsp = 100 calories)  
2 oz of chia seeds, hemp seeds, raw pumpkin seeds, raw walnuts or 2 tsp of their cold pressed oils (may be used for salad dressing)  
Avoid vegetable and other seed oils completely

## SWEETENERS

Liquid Stevia drops or Stevia powder that does not contain maltodextrin.

## AVOID

Bread, chips, pretzels, flour, rice, cereals, pasta, potatoes, sugar, chemical sugar-replacements, iodized (table) salt, roasted and salted nuts, commercial dairy products, vegetable oils, sodium-rich foods such as canned soups, processed meats, and trans fats.