

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 preserved 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

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

FRUITS

Organic fruits are best.
Best Choice for lowest sugar content:
Apples
Avocado
Cherries
Blueberries
2nd Best:
Pears
Peaches
Plums
3rd Best:
Oranges
Tangerines
Nectarines

Blackberries
Raspberries
Tomatoes
Strawberries
Prunes
Fresh Figs
Kiwi
Grapefruit
Grapes

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

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

SWEETENERS

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

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 horseradish 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

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.