PHASE I FOOD PROGRAM

Food Category	Included	Not Included
Sugar	Honey (raw & locally grown), Blackstrap Molasses, Maple Syrup, in small amounts	ALL others
Other Sweeteners	Stevia (herbal not extract)	All others (Chemicals!)
Fruit	Green Apples, Berries, Avocados, Grapefruit, Lemons, Limes, Melons, Pineapple, Tomatoes	All other fruits
*Meat	Fish, Poultry, Beef	Breaded Meats, Pork, Preserved/Potted
Eggs	Yolk intact (hard-boiled, over-easy/ hard, sunny-side up, poached, etc.)	Scrambled
**Dairy Products	Plain Yogurt (including goat yogurt), Cream Cheese, Whipping Cream, Sour Cream, Butter, Raw milk, White Cheeses, in small amounts	All others including all Margarine Products, Butter Substitutes, Yellow/Processed Cheeses, Pasteurized Milk/Milk Products
***Vegetables	Fresh Vegetables, Whole & Juiced, Black Olives not aged in Vinegar	Potatoes, Yams, Legumes (Beans, Peas, Peanuts, Lentils), Corn
Beverages	Water, Non-Fruity Herbal Teas, Fresh Lemon-Squeezed Lemonade sweetened with Stevia, Unsweetened Nut Milk (check ingredients list for added chemicals!)	Coffee, Black Tea (including decaf), all Sodas (including diet), Sweetened & Artificially Sweetened Juices, etc.
Grains	None	Pastas, Rices, Corn, Wheat, Amaranth, Millet, Buckwheat, Oats, Barley, etc.
Yeast Products	None	All, including Beers, Breads, Pastries, & Mushrooms
Vinegars and Vinegar Products	Unpasteurized Apple Cider Vinegar	Pickles, Salad Dressings, Green Olives, Sauerkraut
Oils	Olive, Tallow, Duck Fat, Coconut, Avocado—use cold pressed when available	Hydrogenated and partially-Hydrogenated Oils, Peanut Oils, Seed Oils
Nuts & Seeds	Raw Nuts & Seeds, Including Almonds, Pecans, Walnuts, Cashews, Pumpkin, Sunflower, Quinoa, etc.	Peanut, all Peanut Products, Pistachios, Seeds fried in oils

*Meat and fish products are better if not corn fed. Avoid farm-raised fish. Avoid sources injected or fed antibiotics, hormones, steroids, or fed silo-stored grains.

**Dairy products are better from range fed cattle. Seek no-added sugars and grass-fed, free-range. Whipping cream must be liquid, unsweetened, heavy whipping cream. Avoid sources injected or fed antibiotics, hormones, steroids, or fed silo-stored grains.

***Organically grown vegetables are preferable

PHASE I FOOD PROGRAM

Good Foods List			
Vegetables			
Agar-Agar	Dulse	Microgreens	Squashes:
Aloe Vera	Eggplant	Mustard Greens	—Acorn
Alfalfa Sprouts	Fennel	Onion	—Alligator
Artichokes:	Garlic	Okra	—Banana
—Globe	Ginger	Parsnips	—Boston Marrow
—Jerusalem	Herbs	Pepino	—Bush
Asparagus	Horseraddish	Peppers:	—Buttercup
Bamboo Sprouts	Kales	—Anaheim	—Butternut
Banana Peppers	Kelp	—Banana	—Caserta
Bean Sprouts	Kohlrabi	—Bells	—Crookneck
Beets	Lamb's Quarters	—Cherry	—Cocozelle
Beet Greens	Leeks	—Chili	—Cushaw
Bok Choy	Lettuces:	—Fresno	—Delicata
Broccoli	—Arugula (Rocket)	—Habanero	—Golden Nugget
Broccoli Rabe	—Butter	—Hatch	—Hubbard
Brussel Sprouts	—Bibb	—Jalapeño	—Kabocha
Cabbages:	—Boston	—Mirasol	—Mammoth
—Celery Cabbage	—Chards	—Poblano	—Spaghetti
—Chinese/Napa	—Chicorys	—Shishito	—Straightneck
—Green	—Celtuce	—Serrano	—Summer
—Savoy	—Cresses	—Sweet	—White Scallop
—Red	—Endives	—Thai	—Winter
Capers (w/o vinegar)	—Escarole	—etc.	—Zucchini
Cardoon	—Loose-Leaf	Radishes:	—etc.
Carrageen (Irish Moss)	—Mâche	—Diakon	Tomatillo
Carrots	—Matchless	—Red	Tomatoes
Cauliflower	—Mesclun	—etc.	Turmeric
Chayte	—Oak Leaf	Rhubarb	Turnip Greens
Chives	—Prizehead	Seaweed	Wasabi
Celeriac	—Purslane	Shallots	Yucca
Celery	—Red Leaf	Spinach	Country Doctor Herbal Perfect Superfoods
Collard Greens	—Romaine	Spring Onions	
Cucumbers	—Rogueutte		
Dandelion Greens	—etc.		

Good Foods List			
Meats			
Beef	—Haddock	—Sea Bass	—Dove
Buffalo	—Halibut	—Smelt	—Duck
Fresh Water Fish:	—Herring	—Sturgeon	—Goose
—Bass	—Ocean Catfish	—Swordfish	—Guinea
—Beluga	—Ocean Perch	—Trout	—Pea Foul
—Bluefish	—Mahi Mahi	—Tuna	—Pheasant
—Carp	—Perch	—Whitefish	—Prairie Chicken
—Catfish	—Red Snapper	Goat	—Quail
—Crappie	—Roe (caviar)	Lamb	—Turkey
—Cod	—Salmon	Poultry:	Veal
—Flounder	—Sardines	—Chicken	Venison

PHASE I FOOD PROGRAM

INGREDIENTS TO AVOID			
Meat	**Dairy**	**Sugar**	**Vinegar Products**
Blogona	Buttermilk	Corn Syrup	BBQ Sauces
Frankfurters	Buttermilk Soilds	Corn Syrup Solids	Catsup/Katsup
Sausage	Casein	Dextrose	Dressings
Salami	Caseiate	Fructose	Dips
Hot Dogs	Lactalbumin	Glucose	Green Olives
Spam	Lactalbumin Phosphate	Lactose	Horseradish Sauces
	Milk Solids	Maltodextrin	Hot Sauces
	Sodium Caseinate	Maltodextrose	Mayonnaise
	Pasteurized Milks	Maltose	Mustard
	Whey	Sucrose	Pickles
		Sucralose	Pickled Products
		Sugar In the Raw	Salad Dressings
		Syrups	Salsas
		etc.	Soy Sauce
			Worchestershire Sauce
There are always hidden ingredients in prepared foods. This list will assist you in spotting those ingredients that should be EXCLUDED from your diet while on the Phase I Food Program. Investigate and read ALL labels!			
*Hydrolyzed Yeast should be avoided. It is an additive in many products such as canned and powdered soups and frozen dinners.			

TIPS
*Hibiscus tea naturally supports sugar detox symptoms (can be consumed hot or iced).
*Recipes and Menu Ideas Available at: https://www.countrydoctornutritionalcenter.com/freedownloads/