

Phase 2 - Allowed Foods

NON VEGETARIAN PROTEINS:

ALL weighed uncooked / raw 100 grams unless otherwise stated

FISH (White)	CHICKEN BREAST (NO SKIN & NO FAT)	BEEF (No fat) / VEAL
CRAB / LOBSTER	1 EGG YOLK + 3 EGG WHITES or 2 WHOLE EGGS or 4 EGG WHITES (Three combinations to having egg as protein)	GOAT MEAT (No fat)
PRAWNS	VENISON / DEER MEAT	KANGAROO

VEGETARIAN PROTEINS:

ALL weighed uncooked 100 grams unless otherwise stated (Please note, some are 80 grams)

100 GRAMS SKIMMED COTTAGE CHEESE / PANEER	20 - 30 GRAMS 100% WHEY BASED PROTEIN POWDER	1 EGG YOLK + 3 EGG WHITES OR 2 WHOLE EGGS OR 4 EGG WHITES
80 GRAMS CHICKPEAS (Must be cooked, drained & then weighed OR Chickpea Flour)	80 GRAMS LENTILS (Must be cooked, drained & then weighed)	80 GRAMS SOYA BEANS OR SOYA CHUNKS OR 100 GRAMS OF TOFU

VEGETABLES: (3 cups with each protein meal) Can ONLY be 3 cups of ONE vegetable OR 3 cups of 2 to 3 different vegetables as long as they are the SAME COLOUR. (exception is onion which can be added to any colour vegetable)

LETTUCE (All types)	CABBAGE (All types)	HOG PLUM
CELERY	ONIONS	TOMATO
CUCUMBERS	ASPARAGUS	WHITE RADISH
CALABASH / POINTED GOURD	SPINACH / SILVER BEET	ZUCCHINI
WINTER MELON	BITTER MELON	ALFALFA SPROUTS
BOTTLE GOURD	SNOW PEAS	TARO LEAVES
IVY GOURD	CHAYOTE OR CHOKO	WHITE GOURD
KALE	FENNEL	ASIAN GREENS
BEAN SPROUTS	SQUASH	(Bok Choy / Pak Choy)

SLENDER NOODLES - KONJAC NOODLES - (1/2 to one pack per day) (These are a vegetable that have been made into a noodle form. They are found in the health food section of your supermarket.) Do Not Freeze & Reheat	Leggo's Tomato Paste OR Leggo's Pizza Sauce OR Mutti Passata OR Val Verde Passata
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FRUITS: (2 serves per day)

APPLE	STRAWBERRIES (100 Grams)	ORANGE
GRAPEFRUIT (1/2)	WATERMELON (100 grams)	RHUBARB (200 grams)

DAIRY PER DAY (choose ONE ONLY per day)

1 TABLESPOON of Milk	OR 1 TABLESPOON of Unsweetened Almond OR Soy Milk	OR 1 TABLE- SPOON of Sour Cream	OR 1 TABLE- SPOON of Greek Yoghurt	OR 1 TABLE- SPOON of Cream
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DRINKS: (2-3 litres of water per day - caffeine free herbal teas count towards your daily water intake)

COFFEE OR HERBAL TEAS (Avoid Fruit Herbal teas)	SODA WATER / SPARKLING MINERAL (With stevia)	SUGAR FREE & CAFFEINE FREE Flavoured Mineral Waters, Sugar Free Hot Choc (allowed as a treat in moderation)
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SNACKS:

XYLITOL BASED GUM	SUGAR FREE AVALANCH HOT CHOCOLATE	COTTAGE CHEESE (50 grams)
GRISSINI STICKS (2 per day) OR MELBA TOAST (2 per day)	LOW CALORIE JELLY (Made up - 4 to 5 Tablespoons)	ANY ALLOWED VEG (100 grams)

SEASONING:

LIME / LEMON JUICE	APPLE CIDER/ BALSAMIC VINEGAR	GARLIC/CHILLI
SALT / PEPPER	100% NATURAL HERBS / SPICES	BRAGGS AMINO ACIDS
1 Tablespoon of EITHER Light Soy Sauce, Fountain Sugar Free Tomato Sauce, Fountain Sugar Free BBQ Sauce, Maille Dijon Mustard, Fish Sauce OR Holbrooks Worcestershire Sauce.		

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