

These lists have been compiled so you can see, at a glance, the food categories and what is included or excluded in each category. During the 28-day program, certain categories and foods are temporarily eliminated. Pay careful attention to the day-by-day program guidelines.

	<i>Include</i>	<i>Exclude</i>
Fruits	Unsweetened fresh, frozen, water-packed, or canned fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
Starch	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa, teff	Products made from wheat, spelt, kamut, rye, barley; all gluten-containing products
Legumes (vegetable protein)	All beans, peas, and lentils (unless otherwise indicated)	Soybeans, tofu, tempeh, soy milk, other soy products
Nuts and Seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat and Fish (animal protein)	All canned (water-packed), frozen, or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
Dairy Products and Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, and other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Fats	Cold-expeller pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond oils	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered or distilled water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices and Condiments	All spices unless otherwise indicated. For example, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, or other condiments
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy, desserts made with these sweeteners