

Program Foods Phase-by-Phase

The diet in the Always Hungry Solution is rich, luscious, and satisfying, featuring many foods that are forbidden on conventional diets. You'll enjoy hearty favorites like Shepherd's Pie, Eggplant Parmesan, and Taco Salad, and treats like Chocolate-Drizzled Fruit (yes, we've included dessert most nights). And if you've never been a vegetable-lover, the meals on this plan may change your mind. You'll eat salads drenched with full-fat dressings, zucchini and other greens sautéed in garlic and olive oil, and a variety of vegetables layered into tasty casseroles. Here's a closer look at the foods you'll eat in each of the three phases, as well as foods to limit or avoid.

	PHASE 1: Conquer Cravings	PHASE 2: Retrain Your Fat Cells	PHASE 3: Lose Weight Permanently
GRAINS			
Includes (but not limited to): Amaranth Barley Buckwheat Corn Millet Oats Quinoa Rice Spelt Teff Wheat Note: Refer to the Guide to Cooking Whole Grains in Appendix C, page 317.	No	Yes, with limits Have up to 3 servings per day (no more than one per meal) of "intact" 100% whole-kernel grains. Note: "Intact" means the actual grain, or thickly cut grain—not flour or rolled grains. (For example, steel-cut oats are OK, but not Cheerios or rolled oats.) No bread, pasta, or couscous (even whole-grain products). No refined grains, such as white rice. A serving is about ½ cup cooked grain.	Yes, as tolerated Have up to 4 servings per day, primarily whole-kernel grains. May include up to 2 servings per day processed grains in this total as tolerated. Note: If eating processed grains, emphasize products made with whole grains (such as whole wheat bread). A modest amount of refined grain product (like white bread or white rice) may be OK, depending on your tolerance. A serving size is 1 slice of bread, or ½ cup cooked grain or pasta.

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STARCHY VEGETABLES			
Includes (but not limited to): Acorn squash Beets Buttercup squash Butternut squash Kabocha squash Peas Potatoes (white and sweet) Winter squash Yams	No	Yes, with limits Eat any starchy vegetable at meals in place of grains, <i>except white potato.</i> Note: A serving is ½ to 1 cup cooked vegetable.	Yes, as tolerated Eat any starchy vegetable at meals in place of grains. Note: Consider white potato equivalent to a processed grain, to be eaten sparingly.
LEGUMES			
Includes (but not limited to): Black beans Black-eyed peas Edamame (soybeans) Garbanzo beans (chickpeas) Kidney beans Lentils Lima beans Peanuts Pinto beans Red beans White beans (cannellini, great northern, etc.)	Yes Note: Legumes are the only sanctioned starchy foods in Phase 1. Legumes have a nice balance of carbs and protein; don't spike blood sugar; and are rich in fiber. Serving size is ½ to ¾ cup. Canned or dried beans are fine. Avoid products with added sugar, like Boston baked beans.	Yes	Yes
GREENS AND OTHER NONSTARCHY VEGETABLES			
Includes (but not limited to): Arugula Beet greens Bell peppers (green, red, yellow, orange) Broccoli	Yes Note: Nonstarchy vegetables are a mainstay of every lunch and dinner, and even show up in some breakfasts and snacks.	Yes	Yes

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GREENS AND OTHER NONSTARCHY VEGETABLES (continued)			
Broccoli rabe Brussels sprouts Cabbage Carrots Chard Collards Dandelion greens Fennel Hot peppers Kale Mushrooms Mustard greens Romaine and other lettuce Spinach Tomatoes <i>Note:</i> Refer to the Guide to Cooking Vegetables in Appendix C, page 313.	Vegetables help round out a meal when most starches are off the table (and provide an excellent vehicle for the luscious sauces and dressings included in the program).		
FRUITS			
Includes (but not limited to): Non-tropical: Apples Apricots Blackberries Blueberries Figs Grapefruit Grapes Oranges Peaches Pears Plums Raspberries Strawberries	Yes, with limits Have 2 or 3 non-tropical fruits daily. <i>Note:</i> "Fruit" means a whole fruit, such as an orange or apple, or a cup of cut-up fruit. Fruit, with its "just right" sweetness, helps wean taste buds off hypersweetened junk food.	Yes <i>Note:</i> Enjoy any fruit you like, but eat tropical and dried fruits sparingly. Serving size for dried fruit is 1 to 2 tablespoons. Continue to avoid fruit juice (it's highly concentrated in sugar).	Yes <i>Note:</i> Adjust and personalize your fruit intake.

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FRUITS (continued)			
Tropical: Banana Cantaloupe Dates Mango Papaya Pineapple Watermelon	Avoid the following in Phase 1: -Tropical fruits -Dried fruit (such as raisins) -Fruit juice		
HIGH-PROTEIN FOODS			
Includes (but not limited to): Beef Cheese Eggs and egg whites Fish Lamb Other game and meats Poultry Protein powder Shellfish Tempeh Tofu Vegetarian cold cuts Yogurt (Greek)	Yes Have a serving at every meal. Note: A protein serving is: -3 to 6 ounces of meat, poultry, fish, other seafood, tofu, tempeh, or vegan cold cuts -3 eggs -1 cup (3 ounces) grated cheese -1 cup Greek yogurt -5 tablespoons protein powder (see serving size on package) Greek yogurt contains about twice the protein as the regular varieties. Legumes can make a substantial contribution to the protein of a meal, especially for vegetarians.	Yes Have a serving at every meal.	Yes Have a serving at every meal.

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FATS AND HIGH-FAT FOODS			
Includes (but not limited to): Avocado Avocado oil Butter Coconut oil Flax oil Heavy cream Mayonnaise (no added sugar) Nuts and nut butters Olive oil Peanuts and peanut butter (no added sugar) Safflower oil (high oleic) Seeds and seed butters Sesame oil (plain or toasted) Sour cream	Yes Have at every meal. Note: If the high-protein source in your meal is high in fat (such as poultry with skin, fatty meat, cheese, tofu, or tempeh) then add: -2 to 3 teaspoons oil, butter, or mayo -1 to 2 tablespoons nuts -¼ avocado Double these amounts if the protein source is <i>not</i> high-fat (skinless poultry, lean meat, seafood, vegan cold cuts, or protein powder).	Yes Have at every meal, about 25% less than in Phase 1.	Yes Have at every meal, about 25% less than in Phase 1.
DAIRY AND NONDAIRY MILKS			
Includes (but not limited to): Almond milk Coconut milk Kefir, full-fat Milk, whole Soy milk Yogurt, full-fat	Yes Note: A serving is typically 1 cup. Natural yogurt and kefir have live probiotic cultures—“good” bacteria that play a critical role in health and well-being. Choose these over plain milk as often as possible. Choose only unsweetened products (with no added sugar or artificial sweetener).	Yes	Yes

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HIGH-CARB SWEETS AND SNACK FOODS			
Includes (but not limited to): Baked goods (cookies, cake, pie, etc.) Candy Chips French fries Fruit juice Ice cream Other sweets Sorbet Sweetened beverages (soft drinks, iced tea, sports and energy drinks, etc.)	No Note: Dark chocolate (minimum 70% cocoa content) is relatively low in sugar and permitted in all phases (up to 1 ounce daily).	No	Yes, based on individual tolerance Note: Limit total servings of processed carbohydrates (anything with refined grains or concentrated sugars) to 2 a day. Avoid highly sweetened beverages (containing sugar or artificial sweetener).
SUGAR			
Includes (but not limited to): Agave syrup Barley malt Brown sugar Cane juice Cane sugar Corn syrup Date sugar Dextran Dextrose Florida crystals Fructose Fruit juice concentrate Glucose Grape sugar High-fructose corn syrup	No (except for the small amount of sugar in dark chocolate, 70% minimum cocoa content)	Yes, with limits Up to 3 teaspoons (12 g) of added sugar daily, preferable in the form of honey or maple syrup. Note: 1 teaspoon of maple syrup, honey, or other sweetener contains about 4 g of sugar. Limit sugar in beverages to 1 g per ounce or less (e.g., a maximum of 2 teaspoons in a cup of coffee or tea).	Yes, as tolerated Up to 6 teaspoons (24 g) of added sugar daily, preferable in the form of honey or maple syrup. Note: Continue to limit sugar in beverages to 1 g per ounce.

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SUGAR (continued)			
Honey Hydrolyzed starch Maltodextrin Maltose Maple syrup Molasses Rice syrup Sucanat Sucrose Sugar Turbinado			
CAFFEINATED BEVERAGES			
Includes (but not limited to): Coffee (drip, French press, espresso) Tea (black, green, oolong)	Yes, with limits Up to 2 to 3 servings per day. Note: Caffeine causes insulin resistance, but coffee and tea have health-promoting plant substances called polyphenols. Ideally, drink green tea (or coffee, if necessary to avoid headache). Avoid sweeteners. Feel free to add cream or whole milk. OK to have decaf coffee in unlimited amounts.	Yes, with limits Up to 2 to 3 servings per day. Note: You may add 1 to 2 teaspoons sugar (4 or 8 grams), if desired (as part of 12 gram daily sugar maximum).	Yes, as tolerated Note: You may add 1 to 2 teaspoons sugar, if desired (as part of 24 gram daily sugar maximum).

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DIET DRINKS AND ARTIFICIAL SWEETENERS			
Includes (but not limited to): Aspartame (Equal) Diet drinks Diet sodas Saccharin (Sweet'N Low) Stevia (Truvia) Sucralose (Splenda)	Avoid Note: Although they have no calories, artificial sweeteners can prevent the taste buds from appreciating the natural sweetness present in whole foods like fruit. In addition, research suggests that these additives can have negative effects on metabolism. Stevia is a natural, sugar-free sweetener. Avoid stevia-containing products (for example, Truvia) in Phase 1.	Avoid Note: Occasional, small amounts of stevia are OK.	Avoid Note: Small amounts of stevia are OK.
ALCOHOL			
Includes (but not limited to): Beer Gin Rum Vodka Whiskey Wine	No (it's just 2 weeks!)	Yes, with limits 1 to 2 drinks a day (ideally limit alcohol to weekends or special occasions). Note: A drink is: -5 ounces dry wine -12 ounces beer -1½ fl ounces liquor If this amount interferes with your progress, cut back or avoid altogether.	Yes, as tolerated 1 to 2 drinks a day Note: If you drink, take note of how it affects your weight, sleep patterns, energy, and mood. Limit your intake to an amount that doesn't interfere with your well-being.