

**Program Foods Phase-By-Phase – From *Always Delicious* pp. 47-48**

	<b>Phase 1</b>	<b>Phase 2</b>	<b>Phase 3</b>
<b>Grains (refer to Guide to Cooking Whole Grains – page 000)</b>	No	Yes, 100% whole grains (intact-kernel), up to 3 servings per day	Yes, whole and processed grains as your body tolerates
<b>Starchy Vegetables</b>	No	Yes, except white potato	Yes, as tolerated
<b>Legumes</b>	Yes	Yes	Yes
<b>Greens and other non-starchy vegetables</b>	Unlimited	Unlimited	Unlimited
<b>Fruit</b>	Yes, avoid tropical, dried, and fruit juices	Yes, avoid fruit juices	Yes, adjust as your body tolerates
<b>High-Protein Foods</b>	Yes, 4 to 6 ounces with every meal	Yes, 4 to 6 ounces with every meal	Yes, 4 to 6 ounces with every meal
<b>Fats and High Fat Foods</b>	Yes, have at every meal.	Yes, have at every meal. About 25% less than in Phase 1.	Yes, have at every meal. About 25% less than in Phase 1.
<b>Dairy and Nondairy Milks</b>	Yes (no added sugar)	Yes	Yes
<b>High-Carb Sweets and Snack Food</b>	No, except Dark Chocolate (at least 70% cocoa) up to 1 ounce per day	No, except Dark Chocolate (at least 70% cocoa) up to 1 ounce per day	Yes, based on individual tolerance. Limit to 2 servings per day. Avoid highly sweetened beverages.
<b>Sugar</b>	No, except for the small amount in dark chocolate.	Yes, up to 3 teaspoons of added sugar daily, preferable in the form of honey or maple syrup.	Yes, up to 6 teaspoons of added sugar daily, preferable in the form of honey or maple syrup.
<b>Caffeinated Beverages (Feel free to add whole milk or cream in any phase.)</b>	Yes, as desired, up to 2 or 3 servings daily, unsweetened.	Yes, as desired, up to 2 or 3 servings daily. You may add 1 to 2 teaspoons honey, maple syrup, or sugar.	Yes, as tolerated. You may add 1 to 2 teaspoons honey, maple syrup, or sugar.
<b>Diet Drinks and Artificial Sweeteners</b>	Avoid	Avoid. Occasional, small amounts of stevia okay.	Avoid. Occasional, small amounts of stevia okay.
<b>Alcohol</b>	No (it's just 2 weeks!)	Yes, up to 1 to 2 drinks per day as tolerated.	Yes, up to 1 to 2 drinks per day as tolerated.

