



Approved Food List Phase 3:

Protein:

Egg Whites
Boneless Skinless Chicken Breast
Lean Fish
Tuna
Scallops
Mussels
Lean Ground Turkey
Boneless Skinless Turkey Breast
Deli Turkey
Shellfish
Buffalo
Venison
Ostrich
Caribou

Greek Yogurt
Almonds
Walnuts
Skim Milk String Cheese
Sliced Skim Milk Cheese

Carbohydrates:

Plain Oatmeal
Grits
Cream of Wheat
Cream of Rice
Barley
Bulgar Wheat
Long Grain Brown Rice
Peas
Yellow Corn
Potato with Skin
Sweet Potato with Skin
All types of beans
Quinoa
Rice Cakes (plain or butter)
Air Popped Popcorn

Raspberries
Blackberries
Blueberries
Strawberries

Rice Bread
Ezekiel Bread