

SLOWCARB LIVING FOOD LIST 2

Foods to add back after completing the 14 to 18 days of the 1st food list

BEEF

- Hot Dogs (beef, chicken, pork, Turkey) At least 97% fat free

VEGETABLES

- Pea's
- Carrots
- Sweet Potato

FRUIT

- Apple
- Apricots
- Banana
- Berries, All
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwifruit
- Mango
- Orange
- Papaya
- Peach
- Pear
- Prune
- Tangerines

DAIRY

- Vanilla Ice Cream (no more than 2 cups a week)

WHOLE GRAINS & BREADS

Limit these items to a few times a week

- **Bagels** (Whole Grain)
- **Bread** (whole Grain)
- (Buckwheat, Whole Wheat, Whole Oats, Bran, Rye, Multigrains, Sprouted Grains)
- **Cereal Hot** (Whole Grain, Whole Oats) **Not instant**
- **Cereal Cold** (Low sugar, 5g or more of fiber per serving)
- **Crackers** (Whole Grain)

TREATS

- Chocolate Dark (1 serving)
- Pudding (fat free, sugar free)

ALCOHOL

- **Beer** (one on occasion)
- **Wine** (Red or White 2 glasses per day)