

NEW Approved Foods for Phase I

These foods have been added as approved foods for Phase I: Fast Track Cleanse in August 2021.

Vegetables:

Chayote*
Daikon radish*

Proteins:

Eggs Count as 1 oz. of protein
Salmon
Tempeh* No more than 4 oz. daily

Fruits: Quantities listed equal one serving. All fruits must be fresh or frozen, not dried or canned.

Apricots	2
Cherries	1/2 cup
Kiwi	2
Nectarine	1 medium
Peach	1 medium
Pear	1 medium
Pineapple	1/2 cup
Plum	2

Other:

Monk fruit* No added erythritol, glycerin or maltodextrin
Oat milk* One tablespoon per day, as in coffee or tea.

*Also approved for Phase I: Basic Cleanse

If you have a Program Guidebook, 7th Edition, we recommend purchasing a newer edition.

If you have a Program Guidebook, 8th Edition, insert this list into pages 16-17.

If you have a Program Guidebook, 9th Edition, these foods are already included in the approved food lists.

For more information on these changes, check out shapereclaimedpatients.com/new-approved-foods-2021

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