

Phase 3 Food List

TS Transformations Inc.

Alternative Baking Ingredients

Baking Soda
Cacao Nibs
Cocoa Powder
Chia Seeds
Coconut Flour
Flaxseed Meal

Gelatin
Hemp seeds/hearts
Pumpkin Seeds (grind for
flour)
Sunflower seeds (same)
Unsweetened Dark Chocolate
Stevia

Erythritol based sweeteners
like:
Swerve OR Truvia
Lakanto
Xylitol

Fats

Avocado
Butter
Coconut oil

Coconut milk
Olive oil
Olives

Sunflower oil
Pretty much any healthy oil
or fat.

Fruits

Blackberries
Blueberries

Raspberries
Strawberries

Limes
Lemons

Meat

Bacon
Beef
Chicken
Duck
Lamb

Pork
Turkey
Shellfish:
Crab
Shrimp
Lobster

Fish, ie:
Salmon
Cod
Trout
Tuna

Other Proteins

Eggs

Protein Powders low in carbs

Seeds

Chia seeds
Flax seeds

Pumpkin seeds
Sesame seeds

Sunflower seeds

Vegetables

Alfalfa Sprouts
Artichokes
Asparagus
Avocado
Basil
Bean Sprouts
Bell pepper
Bok Choy
Broccoli
Brussels Sprouts
Cilantro
Cabbage
Carrots, raw
Cauliflower
Celery
Celery Root (Celeriac)
Chard

Collard Greens
Crooked Neck Squash
Cucumber
Eggplant
Fennel
Garlic
Green Beans
Green onions
Hot peppers
Kale
Leeks
Lemongrass
Lettuce
Mushrooms
Mustard Greens
Okra

Onion
Parsley
Peppers
Radicchio
Radishes
Rhubarb
Sauerkraut
Scallions
Snap Peas
Snow Peas
Spaghetti squash
Spinach
Summer Squash
Tomatillos
Tomatoes
Zucchini

Dairy

Unsweetened Almond Milk
Unsweetened Coconut Milk
Cheddar Cheese
Mozzarella Cheese
Parmesan Cheese

Sour Cream
Whipped Cream
Yogurt, preferable Greek Fage
plain

Cashew Milk
Cream Cheese

Nuts

Almonds
Cashews
Macadamia

Peanuts
Pecans

Pistachios
Walnuts