

To Buy?	Ingredient	Food Level	Category
<input type="checkbox"/>	Sparkling Water (can have flavor - no citrus)	1	Beverages
<input type="checkbox"/>	Clear Fruit Drinks (no citrus)	1	Beverages
<input type="checkbox"/>	Fat-Free broth	1	Beverages
<input type="checkbox"/>	Jello (clear)	1	Sweets
<input type="checkbox"/>	Popsicles (From juice only)	1	Sweets
<input type="checkbox"/>	Clear Hard Candy	1	Sweets
<input type="checkbox"/>	Fat-Free/Low-fat Soy Milk	2	Beverages
<input type="checkbox"/>	Fat-Free Yogurt (dairy-free, no seeds, 1/4c max)	2	Ingredients
<input type="checkbox"/>	Vegetable Juice	2	Vegetables
<input type="checkbox"/>	Mushrooms (well-cooked, slow sauteed in low oil or roasted)	2	Vegetables
<input type="checkbox"/>	Barely green Bananas (Blended in thin smoothie)	2	Fruits
<input type="checkbox"/>	Stone fruit nectar (no pulp)	2	Beverages
<input type="checkbox"/>	Short-Grain Rice	2	Starch
<input type="checkbox"/>	Low-fat coconut milk	2	Fat
<input type="checkbox"/>	Non-Dairy, Low-fat butter (limit to 1tsp)	2	Fat
<input type="checkbox"/>	Sherbert	2	Sweets
<input type="checkbox"/>	Sugar	2	Sweets
<input type="checkbox"/>	Fruit Popsicles (fruit pulp allowed, no seeds)	2	Sweets
<input type="checkbox"/>	Honey	2	Sweets
<input type="checkbox"/>	REAL Maple Syrup	2	Sweets
<input type="checkbox"/>	Stevia	2	Sweets
<input type="checkbox"/>	Fat-free non-dairy ice cream (no nuts or fruit solids)	2	Sweets
<input type="checkbox"/>	Gatorade	2	Beverages
<input type="checkbox"/>	Clear Carbonated beverages	2	Beverages
<input type="checkbox"/>	Clear Fruit Drinks	2	Beverages
<input type="checkbox"/>	Tea	2	Beverages
<input type="checkbox"/>	Fat-Free Broth or bouillon	2	Soups
<input type="checkbox"/>	Blended, strained, dairy-free soups (Low fat DF milk)	2	Soups
<input type="checkbox"/>	Low-fat, smooth, dairy-free yogurt (No seeds)	3	Ingredients
<input type="checkbox"/>	Eggs	3	Protien
<input type="checkbox"/>	Skinless chicken breasts (baked or poached)	3	Protien
<input type="checkbox"/>	Canned tuna in water	3	Protien
<input type="checkbox"/>	Ground turkey	3	Protien
<input type="checkbox"/>	White Fish (Baked, no oil)	3	Protien
<input type="checkbox"/>	Canned chicken	3	Protien
<input type="checkbox"/>	Tofu (low-fiber)	3	Protien
<input type="checkbox"/>	Baked or Mashed Potatoes (no skins)	3	Vegetables
<input type="checkbox"/>	Mushrooms - Fresh or dried (well-cooked, slow sauteed in low oil or roasted)	3	Vegetables
<input type="checkbox"/>	Carrots (peeled, well-cooked)	3	Vegetables
<input type="checkbox"/>	Beets (peeled, well-cooked)	3	Vegetables
<input type="checkbox"/>	Asparagus Tips (baked on low-heat, no oil)	3	Vegetables
<input type="checkbox"/>	Tomato Paste (less than 1/4 cup)	3	Vegetables
<input type="checkbox"/>	Spaghetti Squash (roasted and blended)	3	Vegetables
<input type="checkbox"/>	Acorn Squash (roasted and blended)	3	Vegetables
<input type="checkbox"/>	Stone Fruits (No skins, ripe, preferably blended)	3	Fruits
<input type="checkbox"/>	Bananas (NOT over ripe!)	3	Fruits
<input type="checkbox"/>	Dairy-free rice pudding	3	Sweets

<input type="checkbox"/>	Sherbert (puree allowed, no seeds)	3	Sweets
<input type="checkbox"/>	Light, gluten-free cakes	3	Sweets
<input type="checkbox"/>	Sugar	3	Sweets
<input type="checkbox"/>	Clear Jelly (no seeds)	3	Sweets
<input type="checkbox"/>	Honey	3	Sweets
<input type="checkbox"/>	REAL Maple Syrup	3	sweets
<input type="checkbox"/>	Marshmallows	3	Sweets
<input type="checkbox"/>	Hard candy	3	Sweets
<input type="checkbox"/>	Tea	3	Beverages
<input type="checkbox"/>	Soft drinks (Nothing brown)	3	Beverages
<input type="checkbox"/>	Clear Carbonated beverages	3	Beverages
<input type="checkbox"/>	Gatorade	3	Beverages
<input type="checkbox"/>	Clear Fruit Drinks	3	Beverages
<input type="checkbox"/>	Low-Fat, Non-Dairy Butter substitute	3	Fat
<input type="checkbox"/>	Non-Dairy salad dressings (NO garlic/onions)	3	Fat
<input type="checkbox"/>	Low-fat Mayonnaise	3	Fat
<input type="checkbox"/>	Fat-free broth or bouillon	3	Soups
<input type="checkbox"/>	Soups made with low-fat coconut milk	3	Soups
<input type="checkbox"/>	Gluten-Free Pastas (no lentils, beans, or chickpeas)	3	Starch
<input type="checkbox"/>	Udi's white bread	3	Starch
<input type="checkbox"/>	Lean red meat - Flank and loin cuts(baked, broiled, or grilled)	4	Protien
<input type="checkbox"/>	93% fat-free ground beef (drained)	4	Protien
<input type="checkbox"/>	Pork Loin	4	protien
<input type="checkbox"/>	Ham	4	Protien
<input type="checkbox"/>	Skinless Turkey breasts (baked or poached)	4	Protien
<input type="checkbox"/>	Salmon	4	Protien
<input type="checkbox"/>	Eggs	4	Protien
<input type="checkbox"/>	97% Fat-Free Deli Meats	4	Protien
<input type="checkbox"/>	Smooth Peanut or almond butter (2tbsp/day)	4	Sweets
<input type="checkbox"/>	Chocolate	4	Sweets
<input type="checkbox"/>	Ripe Avocado (limit to 1/4 cup)	4	Vegetables

NOTES

Nutritional Breakdowns - These are my Daily Allowances	
Step 1	
Calories	790
Protein	11 grams
Carbohydrates	158 grams
Fat	9 grams
Sodium	3531 mg
Potassium	244 mg
Step 2	
Calories	1343
Protein	52 grams
Carbohydrates	206 grams
Fat	35 grams
Sodium	2639 mg
Potassium	1411 mg
Step 3	
Calories	1822
Protein	75 grams
Carbohydrates	286 grams
Fat	42 grams
Sodium	2234 mg
Potassium	2467 mg

General Rules

1. Cook vegetables throughly, absolutely no crunch
2. Poach meat in broth for more favor, add dried mushrooms for richer flavor.
3. Ginger is your best friend, keep it on hand at all times.
4. The goal is to eat SIX meals a day, spaced TWO HOURS apart. Ideally starting at 8am and ending at 8pm.