



Not Allowed on Stages 1 & 2

- No pasta, rice, all potatoes, legumes, breads, croutons or other carbohydrates.
- No rooted vegetable of any kind, which includes beets and carrots.
- No artichoke, avocado, chick peas parsnips, peas, corn (includes popcorn), pumpkin, squash & yams.
- No fruits or fruit juices.
- No cheese & other dairy - (1 oz. of skim milk in coffee or tea only).
- No nuts or seeds
- No Sodas (no regular nor diet).
- No alcohol, wine or beer
- No bottled dressings unless 0 carbs/ 0 sugars/ 0 fat, No Balsamic or Redwine Vinegar....

Hint: Walden Farms markets sugar-free, carb-free, and fat-free products such as salad dressings, barbeque sauce, fruit spreads, dips, condiments, peanut butter, and chocolate, flavored, and pancake syrups. These are available on the Ideal To Go shopping cart.