

WEIGHT LOSS GUIDELINES

NON-STARCHY VEGETABLES

FAT-BURNING NON-STARCHY VEGETABLES

Alfalfa sprouts	Dill pickles	Peppercornis
Artichoke	Eggplant	Portabello mushrooms
Artichoke hearts	Endive	Purslane
Arugula	Escarole	Radicchio
Asparagus	Fennel	Radishes
Avocado	Garlic	Rapini
Baby bok choy	Ginger	Red cabbage
Baby corn	Green beans	Romaine
Bamboo shoots	Green onions	Rutabaga
Bean sprouts	Hearts of palm	Sauerkraut
Bell peppers (<i>all</i>)	Herbs (<i>thyme, parsley, basil, cilantro, rosemary, dill, sage, mint, lemongrass, wasabi</i>)	Scallions
Bok choy	Horseradish	Seaweed (<i>all</i>)
Broccoli	Hot peppers (<i>all- as much as you can handle, hot stuff!</i>)	Shallots
Broccolini	Iceberg lettuce	Snap peas
Brussels sprouts	Italian beans	Snow peas
Cabbage (<i>all</i>)	Jalapeno peppers	Spaghetti squash
Cactus leaf	Jicama	Spinach
Carrots, raw (<i>cooked carrots are starchy</i>)	Kale (<i>all</i>)	Summer squash
Cauliflower	Kimchi	Swiss chard
Celery	Kohlrabi	Tomatillos
Chayote	Leeks	Tomato
Chicory	Lettuce (<i>all</i>)	Turnip greens
Chinese cabbage	Mushrooms (<i>all</i>)	Turnips
Collard greens	Mustard greens	Water chestnuts
Crookneck squash	Okra	Watercress
Cucumber	Olives	Wax beans
Cushaw squash	Onions	Yard-long beans
Daikon radish		Yellow squash
Dandelion greens		Zucchini
Dark leafy greens (<i>ALL are your friends!</i>)		

WEIGHT LOSS GUIDELINES

STARCHY VEGETABLES

IT'S NOT THAT THESE VEGGIES ARE BAD FOR YOU. YOU'LL FIND SOME OF THEM IN OUR WONDERFUL VEGGIE BLENDS- IN PERFECT PORTIONS TO PROMOTE WEIGHT LOSS AND KEEP YOU SATISFIED. WE JUST RECOMMEND NOT ADDING ANY MORE OF THESE VEGGIES TO YOUR PROGRAM WHILE YOU ARE IN WEIGHT LOSS MODE.

- | | |
|---|-------------------------------------|
| Acorn squash | Pinto beans |
| Adzuki beans | Plantain |
| Beets | Potato (<i>any kind or color</i>) |
| Black beans | Pumpkin |
| Black-eyed peas | Red beans |
| Butternut squash | Refried beans |
| Chickpeas | Soybeans |
| Carrots, cooked (<i>when carrots are softened by heat, they become starchy</i>) | Split green peas |
| Corn | Split yellow peas |
| Edamame | Sweet potatoes |
| Fava beans | Taro |
| Garbanzo beans | Tofu |
| Green peas | White beans |
| Horse beans | Winter Squash |
| Kidney beans | Yams |
| Lentils | Yucca |
| Lima beans | |
| Mung beans | |
| Navy beans | |
| Parsnip | |
| Peanuts (<i>yep, peanuts are a legumes and belong on this list!</i>) | |
| Peanut butter | |