

Phase 1: Reclaim

Condiments and Oils	Amount	Check
Apple Cider Vinegar—unfiltered is preferable	6 oz.*	<input type="checkbox"/>
Raw Dark Agave Nectar (or Raw Unfiltered Honey)	4 oz.*	<input type="checkbox"/>
Balsamic Vinegar	2 oz.*	<input type="checkbox"/>
Bragg All Natural Liquid Aminos®	10 oz.*	<input type="checkbox"/>
Coconut Oil—extra virgin, unrefined is preferable	1 oz.*	<input type="checkbox"/>
Dijon Style Mustard	1 Tbsp.	<input type="checkbox"/>
Guacamole	1/4 cup	<input type="checkbox"/>
Hummus	1/3 cup	<input type="checkbox"/>
Maple Syrup—dark grade B is preferable	2 oz.*	<input type="checkbox"/>
Mirin (Japanese cooking wine)—without corn syrup	1 oz.*	<input type="checkbox"/>
Miso Paste (no MSG)	8 oz.*	<input type="checkbox"/>
Olive Oil—extra virgin, cold-pressed preferable	20 oz.*	<input type="checkbox"/>
Red Wine Vinegar	6 oz.*	<input type="checkbox"/>
Rice Vinegar—unsweetened/no corn syrup	5 oz.*	<input type="checkbox"/>
Salsa	1 oz.*	<input type="checkbox"/>
Toasted Sesame Oil	6 oz.*	<input type="checkbox"/>
Grains, Seeds, Nuts, and Legumes	Amount	Check
Black Beans	1 15 oz. can	<input type="checkbox"/>
Brown Rice—uncooked	24 oz.*	<input type="checkbox"/>
Cashews	1/2 cup	<input type="checkbox"/>
Corn Tortilla	1 6-inch	<input type="checkbox"/>
Flax Seeds—ground	1 Tbsp.	<input type="checkbox"/>
Green Lentils—cooked	16 oz. (2 cups)	<input type="checkbox"/>
Millet	8 oz.*	<input type="checkbox"/>
Oatmeal—uncooked	4 oz.	<input type="checkbox"/>
Pine Nuts	2 oz.*	<input type="checkbox"/>
Pumpkin Seeds—Raw Green	8 oz.*	<input type="checkbox"/>
Quinoa	20 oz.*	<input type="checkbox"/>
Rice Cereal—Hot	4 oz.*	<input type="checkbox"/>
Sesame Seeds	4 oz.*	<input type="checkbox"/>
Smokey Tempeh Strips	2 poeces	<input type="checkbox"/>
Tempeh	1 block	<input type="checkbox"/>
Various nuts/seeds—your choice (for salads)	6 to 8 oz.*	<input type="checkbox"/>
Walnuts	2 oz.	<input type="checkbox"/>
Whole Grain Bread	6 slices	<input type="checkbox"/>
Herbs and Spices	Amount	Check
Basil—fresh	1 bunch	<input type="checkbox"/>
Chili Powder	1/8 tsp.*	<input type="checkbox"/>
Cilantro—fresh	1 bunch	<input type="checkbox"/>
Cinnamon	1-1/2 tsp.*	<input type="checkbox"/>
Coriander	3/4 tsp.*	<input type="checkbox"/>
Cumin	1-1/2 tsp.*	<input type="checkbox"/>
Fresh Herbs—your choice (for vinaigrette dressing recipe and zucchini cashew soup recipe)	Various—your choice	<input type="checkbox"/>
Garlic	2 heads (about 16 cloves)*	<input type="checkbox"/>
Herbal Seasoning—your choice	2 to 3 tsp.*	<input type="checkbox"/>
Himalayan Salt	2 to 3 oz.*	<input type="checkbox"/>
Mint—fresh	1 bunch	<input type="checkbox"/>
Oregano—dried	2 tsp.*	<input type="checkbox"/>
Parsley—fresh	1 bunch	<input type="checkbox"/>
Pepper	2 tsp.*	<input type="checkbox"/>

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Dairy and Protein	Amount	Check
Chicken Breast	3 oz.	<input type="checkbox"/>
Eggs	4	<input type="checkbox"/>
Salmon Fillet	6 to 8 oz.	<input type="checkbox"/>
Yogurt (preferably organic)	12 oz.*	<input type="checkbox"/>
Fruits and Vegetables	Amount	Check
Apple	1 small	<input type="checkbox"/>
Asparagus	1 small bunch	<input type="checkbox"/>
Avocado	1	<input type="checkbox"/>
Baby Carrots	10	<input type="checkbox"/>
Baby Lettuce Mix (for salads)	1 to 2 bags	<input type="checkbox"/>
Baby Potatoes	3 to 5 (for 3/4 cup)	<input type="checkbox"/>
Beets	1	<input type="checkbox"/>
Blueberries	1 cup	<input type="checkbox"/>
Broccoli—florets	1/2 cup	<input type="checkbox"/>
Carrots—shredded (optional for salads)	10 oz.	<input type="checkbox"/>
Carrots—whole	3	<input type="checkbox"/>
Corn	1/4 cup	<input type="checkbox"/>
Cucumber (1 for recipes/optional for salads)	2 to 3	<input type="checkbox"/>
Cucumber—English	1	<input type="checkbox"/>
Cucumber—Japanese	1	<input type="checkbox"/>
Green Beans/String Beans	1 small handful - 5 total	<input type="checkbox"/>
Green Onion	2	<input type="checkbox"/>
Jicama (optional for salads)	1	<input type="checkbox"/>
Kalamata Olives	15 10 17*	<input type="checkbox"/>
Kale (1 bunch for recipes/optional for salads)	1 to 2 bunches	<input type="checkbox"/>
Lemons	About 5 (for juicing)	<input type="checkbox"/>
Limes	About 3 (for juicing)	<input type="checkbox"/>
Red Bell Pepper (1 for recipes/optional for salads)	1 to 2	<input type="checkbox"/>
Red Onion	1 small	<input type="checkbox"/>
Romaine Hearts	1 to 2	<input type="checkbox"/>
Seasonal Fresh Fruit—your choice (should be lower glycemic—berries, papaya, melon, peach, green apples, etc.)	3 to 4 cups/pieces	<input type="checkbox"/>
Seaweed—Nori Sheets	4 to 5*	<input type="checkbox"/>
Seaweed—Wakame, dried	7 oz.*	<input type="checkbox"/>
Spinach (optional for recipes and salads)	1 bunch	<input type="checkbox"/>
Sprouts (optional for salads)	1 bunch	<input type="checkbox"/>
Tomato (optional for salads)	1 to 3	<input type="checkbox"/>
Tomato—Cherry, Plum, or Grape	1 carton	<input type="checkbox"/>
Tomato—Roma	1	<input type="checkbox"/>
Various Vegetables—your choice (for steaming)	1 to 2 cups	<input type="checkbox"/>
Yam	1	<input type="checkbox"/>
Yellow Onion	1	<input type="checkbox"/>
Zucchini	3 large or 5 small	<input type="checkbox"/>