

Initial Food List

This food list is intended to be a supplement to your medical food shakes. It is not intended to be a dietary plan by itself and should be used under supervision. **Your medical food shake is your meal.**

Grains/Vegetables

- White Rice
- Sweet Potato
- Green Beans
- Broccoli
- Califlower
- Squash (All Varieties)
- Carrots
- Celery
- Peas
- Avocado

Fruits

- Pears
- Peaches
- Apples
- Kiwi Fruit
- Melon (All Varieties)
- Bananas

Oils

- Olive Oil
- Flax Oil
- Sunflower Oil
- Safflower Oil
- Avocado Oil
- Coconut Oil
- Sesame Oil

Condiments

- Braggs
- Spike
- Sea Salt (minimal)