

DROP 10 TODAY

Non-starchy Vegetables

Enjoy unlimited non-starchy vegetables,
plain (raw or cooked),
at any point during the day



Artichoke or
Artichoke Hearts

Asparagus

Beets

Bok Choy

Broccoli

Brussels Sprouts

Cabbage

Carrots

Cauliflower

Celery

Cucumbers

Dark Green
Leafy Veggies

Eggplant

Fennel

Green Beans

Jicama

Leeks

Lettuce

Mushrooms

Okra

Onions

Peppers
(all varieties)

Pickles

Pumpkin

Radicchio

Radishes

Rhubarb

Snow Peas

Spaghetti
Squash

Spinach

Sprouts
(all varieties)

Summer Squash
(yellow)

Tomatoes

Water Chestnuts

Watercress

Zucchini