



Not Allowed on Phase 1 & 2

- **No pasta, rice, all potatoes, legumes, breads or carbohydrates.**
- **No rooted vegetable of any kind which includes beets, carrots, etc.**
- **No sweet peas and corn.**
- **No fruits or fruit juices.**
- **No cheese & other dairy - (with the exception of 1 oz. of milk in coffee or tea only).**
- **No nuts.**
- **No sodas (no regular nor diet).**
- **No alcohol.**
- **No cheating!**