

Intro Diet	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<p>FRUITS Legal Juice or Gelatin Only</p> <p>Welch's Grape <i>(100% grape, any color, not frozen, not with calcium)</i> Apple Cider <i>(cider only, brown, refrigerated; commercial apple JUICE IS NOT legal)</i></p> <p style="text-align: center;">→</p>	<p>FRUITS Peeled, deseeded & well cooked</p> <p>Apple (applesauce) Pear (pearsauce)</p> <p>Raw Banana (very ripe with spots)</p> <p style="text-align: center;">→</p>	<p>FRUITS Peeled, deseeded & well cooked</p> <p>Apricot Peach Pineapple Plum Tomato</p> <p>Raw Avocado</p> <p style="text-align: center;">→</p>	<p>FRUITS Peeled, deseeded & well cooked</p> <p>Blueberry Blackberry Cherry Date Elderberry Fig Gooseberry Kumquat Passion Fruit Strawberry</p> <p>Dried Fruit <i>(well cooked in water and soft)</i>Raisins <i>(well cooked in water and soft. Note : raisins are more advanced than other dried fruits)</i></p> <p style="text-align: center;">→</p>	<p>FRUITS Raw, peeled * (see note above the chart)</p> <p>Apple Apricot Canteloupe Elderberry Grapefruit Grapes* (see note) Kiwi Fruit Kumquat Lemon Lime Mango Orange Papaya Passion Fruit Peach Pear Persimmon Pineapple Pomegranate Plum Tangerine Tomato Watermelon</p> <p style="text-align: center;">→</p>	<p>FRUITS Raw</p> <p>Apple Apricot Blueberry Blackberry Cherry Date Elderberry Fig Gooseberry Grapes Olive Peach Pear Persimmon Plum Raisin Strawberry Tomato</p> <p>Dried Fruits <i>(All dried fruits that have not been cooked in water should be eaten sparingly.)</i> Raisins <i>(try cautiously)</i></p>

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<p>VEGETABLES Peeled & well cooked (although not required, pureed is a great way to start)</p> <p>Carrot (cooked for 4 hours)</p> <p>→</p>	<p>VEGETABLES Peeled, deseeded & well cooked Green Beans (Especially French Cut) Spinach Zucchini</p> <p>→</p>	<p>VEGETABLES Peeled, deseeded & well cooked Acorn Squash Artichoke-french Asparagus Buttercup Squash Butternut Squash Cucumber Garlic Mushroom Peppers Pumpkin Watercress</p> <p>→</p>	<p>VEGETABLES Peeled (as appropriate) & cooked Beet Bok Choy Broccoli Brussels Sprouts Cabbage Cauliflower Celeriac Celery*(see note) Chinese Cabbage Collards Eggplant Kale Leek Lettuce Lima Beans-Fresh Olive Onion Parsley Pea Peppers Rhubarb Shallots Snow Peas Spaghetti Squash* Sugar Snap Peas Swiss Chard Watercress</p> <p>→</p>	<p>VEGETABLES Raw Bok Choy Broccoli Cabbage Carrot Cauliflower Celeriac Celery Chinese Cabbage Collard Cucumber Daikon Radish Kale Leek Lettuce Mushroom Olive Onion Peppers Radish Rhubarb Shallots Snow Peas Sugar Snap Peas Spinach Swiss Chard Watercress</p> <p>→</p>	<p>All Vegetables mentioned in the previous stages</p>

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<p>MEATS Roast/Boiled or Broiled</p> <p>Chicken Beef Turkey Lean Pork Lean Game Meats (NO Ham or Bacon)</p> <p>→</p>	<p>MEATS Roast/Boiled or Broiled</p> <p>→</p>	<p>MEATS Baked</p> <p>→</p>	<p>MEATS Pan Fried</p> <p><i>Crisp-fried pork or LEGAL bacon can be added</i></p> <p>→</p>	<p>MEATS Battered/Deep Fried</p> <p>→</p>	<p>MEATS Dried Jerky</p>
		<p>NUTS Nut Butters Nut Milk</p> <p>→</p>	<p>NUTS Nut Flour <i>(Pecan flour is the easiest to digest. Cashew flour and coconut flour are the hardest. Coconut is very fibrous. Try with caution.)</i></p> <p>→</p>	<p>NUTS Nut Pieces Shredded Coconut</p> <p>→</p>	<p>NUTS Whole Nuts</p>

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<p>EGGS <i>Any Style</i> When cooking, keep fats to a minimum because they are harder to digest</p> <p>→</p>	<p>EGGS <i>Any Style</i></p> <p>→</p>	<p>→</p>	<p>→</p>	<p>BEANS <i>Cooked</i> <i>(prepared according to BTVC)</i></p> <p>Haricot Beans Lentils Lima Beans Navy Beans Split Peas</p> <p>→</p>	<p>BEANS <i>Cooked</i> <i>(prepared according to BTVC)</i></p> <p>Black beans Kidney Beans</p>