

INTRO

FRUIT	Grape Juice & Apple Cider, Gelatin
VEG	Peeled and Cooked Carrots
MEAT	Roasted/Boiled/Broiled Chicken, Beef, Turkey, Lean Pork, Lean Game Meats (No ham or bacon)
NUTS	No Nuts
EGGS	Cooked with minimal fats in cooking process

STAGE 1

FRUIT	Add Homemade Applesauce or Pearsauce, Very ripe bananas (raw, not cooked)
VEG	Add peeled and well cooked: Acorn, Butternut Squash, Spinach, Zucchini
MEAT	N/C
NUTS	Add Homemade Nutmilk (Almond & Pecan), nut milk yogurt
EGGS	Any style, more fat can be used

STAGE 2

FRUIT	Add cooked: Apricot, Avocado (raw), Peach, Pineapple, Plum, Tomato
VEG	Add well cooked: Asparagus, Cucumber, Garlic, Green Beans, Mushrooms, Peppers, Pumpkin, Watercress
MEAT	Can now be baked.
NUTS	Add Nut Butters – Almond & Pecan, Coconut Milk, Hazelnut & Macadamia Nut Milks

STAGE 3

FRUIT	Add cooked: Blueberry, Blackberry, Cantaloupe, Cherry, Date, Elderberry, Fig, Gooseberry, Lemon, Lime, Mango, Orange, Papaya, Passionfruit, Strawberry, Tangerine, Watermelon
VEG	Add cooked: Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chard, Celery, Collards, Eggplant, Kale, Leeks, Lettuce, Olives, Onion, Pea, Peppers, Rhubarb, Shallots, Snow peas, Spaghetti Squash, Snap Peas
MEAT	Add pan-fried meats and crisp pork and legal bacon can be added
NUTS	Add Nut Flours (start with pecan and almond), Nut butters (cashew, hazelnut, macadamia)

STAGE 4

FRUIT	Add RAW & PEELED: Apple, Apricot, Cantaloupe, Cherry, Date, Elderberry, Fig, Grapefruit, Grapes, Kiwi, Lemon, Limes, Mango, Orange, Papaya, Passion Fruit, Peach, Pear, Pineapple, Pomegranate, Plum, Tangerine, Tomato, Watermelon
VEG	Add RAW: Bok Choy, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Collards, Cucumber, Kale, Leeks, Lettuce, Mushroom, Onion, Peppers, Radish, Rhubarb, Shallots, Snow Peas, Snap Peas, Spinach, Watercress
MEAT	Add Battered Meats/Fried (sparingly)
NUTS	Add more Nut Flours (Hazelnut, Cashew, Macadamia, Walnut, Coconut) and Nut pieces (almond, pecan, shredded coconut)
BEANS	Prepared according to BTVC. Add Haricot, Lentils, Lima, Navy, Split Peas

STAGE 5

FRUIT	Add RAW: Apple, Apricot, Blueberry, Blackberry, Cherry, Date, Elderberry, Fig, Gooseberry, Grapes, Peach, Pear, Plum, Raisin, Strawberry, Tomato Dried Fruit – sparingly and cautiously
MEAT	Add Dried Jerky
NUTS	Add Whole nuts (Almond, Pecan, Hazelnut, Cashew, Macadamia, Walnut, Shredded Coconut)
BEANS	Add Black Beans and Kidney Beans