the \textit{DAY-OFF} diet

\textbf{SHOPPING LIST}

\textbf{Non-starchy Vegetables – Unlimited}
- Artichoke & Artichoke hearts
- Asparagus
- Bamboo shoots
- Beets
- Brussels sprouts
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Greens: Collard, Kale, Mustard, Turnip, Chicory, Endive, Escarole, Lettuce, Romaine, Spinach, Arugula, Radicchio, Watercress
- Hearts of palm
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Spaghetti squash
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips
- Water chestnuts
- Zucchini

\textbf{Complex Carbohydrates}
- Legumes: Lentils, Beans, Edamame, Chickpeas (1/2 cup per day)
- Sweet Potato (1 medium per day)
- Parsnips, Plantains, or Squash (1 cup per day)
- Green Peas, Corn, Carrots, or Pumpkin (1/2 cup per day)
- Whole Grains – Oatmeal (dry), Pasta (dry), Quinoa (cooked), or Brown Rice (cooked) (1/2 cup per day), Whole-Grain Bread (1 slice per day)

\textbf{Protein}
- Chicken
- Fish
- Eggs
- Seafood
- Tofu
- Lentils (if vegetarian)
- Beans (if vegetarian)

\textbf{MUFA Snacks – 2 per day}
- Nuts: Almonds, Brazil, Cashews, Hazelnuts, Macadamia, Pecans, Pistachios, Walnuts (1 oz.)
- Avocado (1/4)
- Nut Butter: Almond, Cashew, or Peanut (2 tbsp.)
- Olives, Green or Black (10 jumbo)
- Sunflower or Pumpkin Seeds (1/4 cup)

\textbf{Optional Extras}
- 2 tbsp. heart healthy oil per day: Olive, Grapeseed, Canola
- Low Sodium Broth (Chicken or Veggie)
- Vinegars (unlimited)
- Low Sodium Soy Sauce
- All Spices (unlimited)