

EZRA FAST GUIDELINES

Foods We May Eat

Meats: Poultry and Fish

Whole Grains: Brown Rice, Oats and Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils and Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruits, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds and Nuts

100 % Whole Wheat Bread and Wheat Crackers

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

Dairy: Eggs, Cheese and Milk

Can use brown sugar, salt and pepper

Foods to Avoid

Red Meat

Pork

Sweets

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods containing preservatives or additives

Refined Sugar

Sugar Substitutes

White Flour and All Products using it

Margarine, Shortening, High Fat Products