

Fast Metabolism Diet Phase 1		
	Foods to Eat	Foods to Avoid
Fruits	Apple, watermelon, berries, pineapple, kiwi, cherry, lemon, mango, orange, fig, apricot, lime, pomegranate, guava, papaya, tangerine, etc.	Banana, jackfruit, ripe mango.
Vegetables	Pepper, broccoli, lettuce, tomatoes, beans, zucchini, cucumber, celery, carrots, parsnips, onion, radish, etc.	Potato.
Grains & Starch	Brown rice, barley, quinoa, oats, brown rice pasta, rice milk, nut flours, bagels, bread, fusilli, etc.	
Other	Chili, thyme, rosemary, ginger, peppers, mint, cilantro, tomato sauce, mustard, broths, pickles, vinegar, etc.	Ketchup, ranch, sweet chili sauce, barbecue sauce, tartar sauce.