

Vegetables to Enjoy During Phase III Maintenance!

Amaranth Leaves/Chinese	Endive – Curly, Frisee	Mushrooms
Arugula	English Cucumber	Mustard Greens
Asparagus	Escarole	Napa Cabbage
Avocado (limit 1/day)	Fennel	Nopales (cactus)
Bamboo Shoots	Fiddlehead	Okra
Bean Sprouts	Galangal (similar to ginger)	Olive
Beet Greens	Garlic	Onion
Belgian endive	Gherkin	Parsley
Bell Pepper	Ginger	Parsley Root
Bitter Melon/Bitter Gourd	Grape Leaves	Peppers
Bok Choy/Bok Choi/Pak Choy	Green Beans/String Beans/Snap Beans	Pickling Cucumbers
Broccoli	Green Onions/Scallions	Purslane
Brussels sprouts	Greens	Radicchio
Burdock Root/Gobo	Hearts of Palm	Radish
Cabbage – green, red, savoy	Horseradish	Rapini/Broccoli rabe
Calabash	Jerusalem	Rutabaga
Capers	Artichoke/Sunchokes	Sea Vegetables
Cauliflower	Jicama (legume)	Shallots
Celery	Kale	Spinach
Celery Root/Celeriac	Kale – Curly, Lacinato, Ornamental	Sugar snap peas
Celtuce- (stem lettuce)	Kohlrabi Greens	Swiss Chard
Chayote (gourd)	Leeks	Swiss Chard
Chinese Broccoli/Kai-lan	Lemongrass	Tomatillo
Collard Greens	Lettuce – Butterhead, Bibb, Boston, Iceberg,	Tomato
Cucumber	Green leaf, Red leaf,	Turnip Greens
Daikon Radish	Romaine	Water Chestnut
Dandelion Greens	Lotus Root	Water Spinach
Edamame	Lotus Seed	Watercress
Eggplant		Wax Beans
Elephant Garlic		Winter Melon
		Zucchini

Starchy Vegetables to AVOID on Maintenance:

Artichoke	Plantain
Beans (kidney, navy, pinto, black, cannellini)	Potatoes
Beets	Pumpkin
Carrots	Squash (all types)
Cassava/Yuca	Sweet potatoes
Chickpeas	Taro
Corn	Turnips
Lentils	Yams
Parsnips	
Peas	