

17 Day Diet Allowed Food List



CYCLE 3

An extensive list for the 17 Day Diet. Each cycle you complete you get to add more foods! I wish you luck! Check out our other food lists for Cycle 1 and Cycle 2 on our website:

www.HealthyHappySmart.com

VEGETABLES

(Allowed in unlimited quantities.)

- | | | |
|-----------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------|
| <input type="checkbox"/> artichoke hearts | <input type="checkbox"/> alfalfa | <input type="checkbox"/> pea pods |
| <input type="checkbox"/> asparagus | <input type="checkbox"/> chilies | <input type="checkbox"/> radishes |
| <input type="checkbox"/> beets | <input type="checkbox"/> cilantro | <input type="checkbox"/> rhubarb |
| <input type="checkbox"/> brussels sprouts | <input type="checkbox"/> fennel | <input type="checkbox"/> zucchini |
| <input type="checkbox"/> cabbage | <input type="checkbox"/> jicama | |
| <input type="checkbox"/> carrots | <input type="checkbox"/> kohlrabi | |
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> rutabaga | |
| <input type="checkbox"/> celery | <input type="checkbox"/> Swiss chard | |
| <input type="checkbox"/> lettuce (all varieties) | <input type="checkbox"/> yellow wax beans | |
| <input type="checkbox"/> garlic | <input type="checkbox"/> grape leaves | |
| <input type="checkbox"/> green beans | <input type="checkbox"/> sun-dried squash | |
| <input type="checkbox"/> kale | <input type="checkbox"/> broccoli sprouts | |
| <input type="checkbox"/> leafy greens | <input type="checkbox"/> nopales (edible cactus) | |
| <input type="checkbox"/> leeks | <input type="checkbox"/> kelp (and other edible seaweeds) | |
| <input type="checkbox"/> okra | <input type="checkbox"/> virtually ANY vegetable | |
| <input type="checkbox"/> onions | | |
| <input type="checkbox"/> bell peppers (red, orange, yellow and green) | | |

FATS/OILS (Allowed 2 servings a day.)

- ☐ Olive, canola, walnut or fish oil (1 TBSP = 1 serving)
- ☐ Flaxseed oil (1 TBSP = 1 serving)
- ☐ Avocado (1/4 fruit = 1 serving)
- ☐ Light mayonnaise (2 TBSP=1 serving)
- ☐ Un-oiled nuts or seeds (2 TBSP = 1 serving)
- ☐ Reduced calorie, Trans fat-free margarine (2 TBSP=1 serving)
- ☐ Reduced fat salad dressings (2 TBSP=1 serving)
- ☐ Salad dressings (1 TBSP=1 serving)

PROTEINS/MEATS

(Allowed in unlimited quantities.)

- | | |
|---------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Fish | <input type="checkbox"/> Mussels |
| <input type="checkbox"/> Salmon (canned or fresh) | <input type="checkbox"/> Oysters |
| <input type="checkbox"/> Cod | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Flank Steak |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Top Sirloin Steak |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Top Round |
| <input type="checkbox"/> Tilapia | <input type="checkbox"/> Eye of the Round |
| <input type="checkbox"/> Canned Tuna (in water) | <input type="checkbox"/> Beef Round Tip |
| <input type="checkbox"/> Tuna Fillet | <input type="checkbox"/> Beef Top Sirloin |
| <input type="checkbox"/> Chicken Breast | <input type="checkbox"/> Beef Top Loin |
| <input type="checkbox"/> Turkey Breast | <input type="checkbox"/> Lean Ground Beef |
| <input type="checkbox"/> Ground Turkey Breast | <input type="checkbox"/> Pork Tenderloin |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Pork Sirloin Chops |
| <input type="checkbox"/> Egg Whites | <input type="checkbox"/> Pork Boneless Loin |
| <input type="checkbox"/> Venison | <input type="checkbox"/> Pork Top/Center Loin |
| <input type="checkbox"/> Tofu - Organic | <input type="checkbox"/> Chops |
| <input type="checkbox"/> Shellfish | <input type="checkbox"/> Lamb Shanks |
| <input type="checkbox"/> Clams | <input type="checkbox"/> Lamb Roast |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Veal Cutlet |
| <input type="checkbox"/> Cornish Hen | <input type="checkbox"/> Reduced-fat Turkey Bacon |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Quail or Lurch meat |
| | <input type="checkbox"/> Canadian Bacon |

ALLOWED DRINKS

- ☐ Water (Drink at least 8 glasses of water a day.)
- ☐ Hot Tea/Iced Tea
- ☐ Coffee (sweetened with stevia/truvia only, and if you use cream - use unsweetened almond/soy/rice milk)
- ** All beverages other than plain water are considered "negative water" according to the book. Water with flavor enhancers are considered "Negative Water".

STARCHES (CARBS)

(Allowed 2 servings a day.)

- | | |
|----------------------------------------------------------------------|----------------------------------------------------------------|
| GRAINS: (1 serving = 1/2 cup cooked) | LEGUMES: (1 serving = 1/2 cup) |
| <input type="checkbox"/> amaranth | <input type="checkbox"/> black beans |
| <input type="checkbox"/> pearled barley | <input type="checkbox"/> black-eyed peas |
| <input type="checkbox"/> brown rice | <input type="checkbox"/> butter beans |
| <input type="checkbox"/> bulgur | <input type="checkbox"/> garbanzo beans (chickpeas) |
| <input type="checkbox"/> couscous | <input type="checkbox"/> great northern beans |
| <input type="checkbox"/> cream of wheat | <input type="checkbox"/> baby lima beans |
| <input type="checkbox"/> quinoa | <input type="checkbox"/> kidney beans |
| <input type="checkbox"/> longer grain rice such as basmati | <input type="checkbox"/> lentils |
| <input type="checkbox"/> millet | <input type="checkbox"/> navy beans |
| <input type="checkbox"/> old-fashioned oatmeal | <input type="checkbox"/> peas |
| <input type="checkbox"/> quinoa | |
| Pasta: (1 serving = 1/2 cup cooked) | High Fiber Cereal: (1 cup = 1 serving, except granola): |
| <input type="checkbox"/> whole-wheat pasta | <input type="checkbox"/> all-bran/all-bran extra |
| <input type="checkbox"/> gluten-free pasta (corn, quinoa, rice, etc) | <input type="checkbox"/> all-bran bran buds |
| <input type="checkbox"/> vegetable-based pasta | <input type="checkbox"/> fiber one |
| <input type="checkbox"/> high-fiber pasta | <input type="checkbox"/> gluten-free cold cereals |
| <input type="checkbox"/> udon noodles | <input type="checkbox"/> low-sugar granola (1/2 cup=1 serving) |

FRUITS

(1 med/1 cup = 1 serving, Allowed 2 servings a day)

- | | |
|------------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> apples | <input type="checkbox"/> currants |
| <input type="checkbox"/> nectarine | <input type="checkbox"/> figs |
| <input type="checkbox"/> oranges | <input type="checkbox"/> guava |
| <input type="checkbox"/> peaches | <input type="checkbox"/> kiwi |
| <input type="checkbox"/> pears | <input type="checkbox"/> kumquats |
| <input type="checkbox"/> plums | <input type="checkbox"/> mango |
| <input type="checkbox"/> prunes | <input type="checkbox"/> papaya |
| <input type="checkbox"/> grapes | <input type="checkbox"/> pineapple |
| <input type="checkbox"/> banana | <input type="checkbox"/> pomegranate |
| <input type="checkbox"/> cherries | <input type="checkbox"/> tangerine |
| <input type="checkbox"/> apricots | <input type="checkbox"/> tangelo |
| <input type="checkbox"/> berries (all types) | <input type="checkbox"/> virtually ANY fresh fruit |
| <input type="checkbox"/> grapefruit (1/2 grapefruit = 1 serving) | |
| <input type="checkbox"/> prickly pear cactus | |

PROBIOTICS/DAIRY SUBS

(Allowed 2 servings daily)

- ☐ Yogurt (Greek style, sugar-free fruit flavored, plain or low-fat) (6 oz = 1 serving)
- ☐ Kefir (1 cup=1 serving)
- ☐ Low-fat acidophilus milk (1 cup=1 serving)
- ☐ Yakult (small 50 calorie bottle)
- ☐ Live-active Cottage cheese (1/2 cup=1 serving)
- ☐ Reduced salt miso (1 TBSP = 1 serving)
- ☐ Tempeh (4 oz = 1 serving)
- ☐ Sauerkraut (1/2 cup=1 serving)
- ☐ Kimchi (1/2 cup=1 serving)
- ☐ Probiotic Supplement
- ☐ Low calorie cheeses (brie, camembert, fontina, low-fat cheddar, edam, feta, goat, limburger, and part-skim mozzarella)
- ☐ 2 ounces = 1 serving
- ☐ Low-fat milk including skim milk (1 cup=1 serving)
- ☐ Overlap 1 cup=1 serving
- ☐ Dairy substitutes (sugar-free rice milk, sugar-free almond milk or sugar-free soy milk) (1 cup=1 serving)

CONDIMENTS + SPICES

(Allowed in moderation)

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Low-carb marinara sauce | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Low-carb ketchup | <input type="checkbox"/> Salt and Pepper |
| <input type="checkbox"/> Fat-free sour cream | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Low-fat, low-sodium broth | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Sugar free jams and jellies | <input type="checkbox"/> Lite soy sauce |
| <input type="checkbox"/> Vegetable cooking spray | <input type="checkbox"/> Fat-free cheeses |
| <input type="checkbox"/> Fat-free salad dressing | |
| <input type="checkbox"/> Herbs & Spices: (Avoid pre-made season mixes. Make your own with plain dried herbs and spices.) | |
| <input type="checkbox"/> Turmeric, cumin, chili powder, basil, oregano, parsley, chives, dill, weed, sage, mustard seed, coriander, fennel, powdered ginger, onion, etc. | |
| <input type="checkbox"/> Himalayan Salt and Fresh Ground Black Pepper or Crushed Red Pepper Flakes. | |
| <input type="checkbox"/> Truvia/Stevia or Nectresse (non-caloric sweeteners made from natural ingredients) | |

100 CALORIE SNACKS

- ☐ Babybell low-fat cheese (2 disks)
- ☐ frozen fruit bar
- ☐ fudgesicle (100 calorie bar)
- ☐ granola bar (reduced sugar & fat)
- ☐ microwave popcorn (lighter) (4 cups)
- ☐ Skinny Cow ice cream sandwich
- ☐ sugar-free pudding cup
- ☐ string cheese (1 stick)

STARCHY VEGETABLES:

- ☐ Breadfruit (1 serving = 1 cup)
- ☐ corn (1 serving = 1/2 cup)
- ☐ potato (1 serving = 1 medium)
- ☐ sweet potato (1 serving = 1 medium)
- ☐ taro (1 serving = 1/2 cup)
- ☐ winter squashes (acorn, spaghetti, butternut, etc.) (serving = 1 cup)
- ☐ yam (1 serving = 1 medium)
- Bread:** (1 serving = 1 slice)
- ☐ cracked wheat
- ☐ fiber-enriched bread
- ☐ gluten-free bread
- ☐ multi-grain bread
- ☐ oat bran bread
- ☐ sugar-free bread
- ☐ whole grain bagel (1/2=1 serving)
- ☐ whole wheat bread (1 pocket)
- ☐ whole wheat tortilla (10")
- ☐ pumpkinnickel
- ☐ rye bread

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17 Day Diet Recipe Cycle 3 Series

RC Schank



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standard caution both lights must be powered from the same circuit if not connected as shown you may destroy both lights and void your warranty 2008 heathco llc bowling green ky 42101 hzsupport com 850 1000 00

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web jun 20 2010 generally speaking you wire a motion sensor light switch much in the same way as you would a regular single pole light switch in basic installations you will only need to worry about connecting three wires the hotwire the neutral wire and the ground wire

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web this page contains wiring diagrams for adding a new light fixture to an existing circuit for wiring to add a new wall outlet see these on this page are diagrams for adding lights to a ceiling fixture you already have and for using an existing wall outlet as the source for a new switch and light

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web aug 31 2017 step by step guide to wiring a motion sensor turn off the power at the main fuse box using a voltage and circuit tester test each wire to ensure the power is off attach the motion sensor s mounting strap to allow you to attach each wire before fully mounting your fixture pair the black supply wire with the black fixture wire

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web for single pole applications wire the sensor switch according to wiring diagram 1 using the wire nuts provided 1 the sensor black wire will connect to the hot wire black in the wall box 2 the sensor red wire will connect to the wire which goes

to the light fixture 3 the sensor blue wire is not used and should be capped off with a wire nut

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web dec 9 2022 the wiring of a typical ceiling motion sensor this is a standard motion sensor wiring diagram and you can apply nearly all wirings like above the wiring is pretty straightforward similar to installing a motion sensor light switch there are only 3 wires needed the l is for line wire or hot wire which is the power source from your house

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web aug 28 2019 the sensor and each light fixture require electrical boxes set into the wall figure a you can rewire boxes at existing fixtures as well choosing a location for your motion sensor isn t complicated check the manufacturer s directions for viewing range and place it where it can see visitors or intruders as they approach your house

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crumbling english manor house but the house and its family are not quite what they seem soon the children are confronted by a mysterious spectre and an ancient curse that threatens their very lives

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web may 5 2015 a malevolent spirit the night gardener haunts the estate dooming its inhabitants with foul dreams while the tree grants wishes to entrap the recipients molly and kip must face their own dark secrets to release the gardener s hold and end his evil enchantments auxier gives readers a spooky story with depth and dimension

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web the night gardener interest age 4 9 reading age 5 4 5 years 6 8 years 9 11 years adoption environment friendship nature the night gardener author the fan brothers publisher frances lincoln william looks out of his window in the orphanage on grimloch lane one day to find a commotion going on outside

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web mar 16 2020 written in a clearly gothic style the action largely revolves around the decidedly spooky night gardener a seemingly immortal shadowy gardener who roams the mansion by night caring for the twisted tree that literally grows through the house and collecting the essence of the nightmares of the house s sleeping inhabitants in

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the night gardener adaptation happening at disney imdb - Mar 10 2023

web disney is looking to expand it s live action slate with a new family horror thriller entitled the night gardener it will be based on the book of the same name by jonathan auxier no production start date is set at this time with auxier writing the screenplay himself

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web night garden is a song by new zealand singer benee featuring american producer kenny beats and british musician bakar released on 15 july 2020 as the lead single from her debut studio album hey u x 2020 background and composition

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