



Foods You Can Eat In Unlimited Amounts

- Bell Peppers
- Broccoli
- Cabbage
- Lettuce
- Mushroom
- Onion
- Asparagus
- Green Beans
- Artichoke
- Cauliflower
- Celery
- Brussels sprouts
- Zucchini
- Yellow Squash
- Spinach
- Raw or cooked greens (collards, kale)