

# Vegetables in Phase 3 & 4

Vegetables listed under phase 4 can have a high starch content that experience shows should not be used in Phase 3. Beans and Legumes are a starchy vegetable with protein, fiber, and fat. Remember to cut back on your fat as you increase the starch in your diet.



Phase 3	Phase 4
<p>Alfalfa Sprouts            Artichoke Hearts            Asparagus            Avocado            Beet Greens            Broccoli            Brussel Sprouts            Cabbage            Cauliflower            Celery            Collard Greens            Cucumber            Eggplant            Green Beans            Fennel            Lettuce, All            Mushrooms            Onions            Peppers, All            Radish            Snow Peas            Swiss Chard            Tomatoes, All            Turnip            Zucchini</p>	<p>Artichoke            Argula            Bamboo Shoots            Bean Sprouts*            Beets            Black Beans*            Butter Beans (lima)*            Carrots            Chickpeas (garbanzos)**            Chicory Root            Chili Beans*            Corn            French Beans*            Green Peas            Hummus**            Kidney Beans*            Lentils**            Mung Beans*            Navy Beans*            Okra            Pinto Beans*            Potatoes            Pumpkin            Refried Beans*            Rutabaga            Split Peas**</p>
<p>*Beans &amp; Legumes            **Beans &amp; Legumes to use with Caution            Note: List is based on the experience of hundreds of clients. <a href="http://hcgcoaching.com">http://hcgcoaching.com</a></p>	<p>Squash: acorn, butternut, scallop, summer, spaghetti, crookneck, winter            Sweet Potatoes            Yams</p>

