

17 Day Diet Phase 1 Recipes

17 Day Diet Allowed Food List → CYCLE 1

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 2 and Cycle 3 on our website:

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VEGETABLES

(Allowed in unlimited quantities.)

- ☐ artichoke hearts
- ☐ asparagus
- ☐ bell peppers (red, orange, yellow and green)
- ☐ broccoli
- ☐ brussels sprouts
- ☐ cabbage
- ☐ carrots
- ☐ cauliflower
- ☐ celery
- ☐ cucumbers
- ☐ eggplant
- ☐ garlic
- ☐ green beans
- ☐ kale
- ☐ leafy greens
- ☐ leeks
- ☐ mushrooms
- ☐ okra
- ☐ onions
- ☐ parsley
- ☐ scallions
- ☐ spinach
- ☐ tomatoes
- ☐ watercress
- ☐ green lettuce
- ☐ red lettuce
- ☐ butter lettuce
- ☐ romaine lettuce
- ☐ iceberg lettuce
- ☐ Arugula/Rocket Lettuce
- ☐ Collard greens
- ☐ Swiss Chard

FRUITS

(Allowed 2 servings a day.)

- ☐ apples (1 medium = 1 serving)
- ☐ berries (all types) (1 cup = 1 serving)
- ☐ grapefruit (1/2 grapefruit = 1 serving)
- ☐ nectarine (1 medium = 1 serving)
- ☐ oranges (1 medium = 1 serving)
- ☐ peaches (1 medium = 1 serving)
- ☐ pears (1 medium = 1 serving)
- ☐ plums (1 medium or 2 small = 1 serving)
- ☐ prickly pear cactus (1 cup diced = 1 serving)
- ☐ prunes (2 small = 1 serving)
- ☐ grapes (1 cup = 1 serving)

PROBIOTICS

(Allowed 2 servings a day.)

- ☐ 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=1serving)
- ☐ 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 Pill Supplement

FATS/OILS

(Allowed 2 servings a day.)

- ☐ Olive oil (1 TBSP = 1 serving)
- ☐ Flaxseed oil (1 TBSP = 1 serving)
- ☐ Fish oil (1 TBSP = 1 serving)

(NOTE: Some people use 1 TBSP flaxseed meal as their fat to help with constipation.)

PROTEINS/MEATS

(Allowed in unlimited quantities.)

- ☐ Fish
- ☐ Salmon (canned or fresh)
- ☐ Cod
- ☐ Haddock
- ☐ Sole
- ☐ Flounder
- ☐ Catfish
- ☐ Tilapia
- ☐ Canned Light Tuna (in water)
- ☐ Chicken Breast
- ☐ Turkey Breast
- ☐ Ground Turkey Breast
- ☐ Eggs
- ☐ Egg Whites
- ☐ Venison
- ☐ Tofu - Only get organic to avoid GMO's.

CONDIMENTS + SPICES

(Allowed in moderation.)

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

ALLOWED DRINKS

- ☐ Water
- ☐ Hot Tea/Iced Tea
- ☐ Coffee (sweetened with stevia/truvia only, and if you use cream - use unsweetened almond/soy/rice milk)

** Drink at least 8 glasses of water a day. Only plain water counts toward water intake. All other beverages are considered "negative water" according to the book - even water with "water flavor enhancers" are considered Negative Water.

We've also got 17 Day Diet Cycle 2 and cycle 3 allowed food guides available on our site. Check them out by clicking the button below.

GET CYCLE 2 & 3 GUIDES

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NOTE: We are not affiliated with 17 day diet book, it's authors or publishers. We just created this handy tool to follow the diet as a guide for anyone wanting to lose weight the healthy way.

17 Day Diet Phase 1 Recipes are a crucial part of the 17 Day Diet plan, which is designed to promote weight loss through a structured approach. Created by Dr. Mike Moreno, this diet is divided into four 17-day cycles, each with specific dietary guidelines aimed at breaking habits and inducing weight loss. Phase 1, also known as the "Accelerate" phase, focuses on jumpstarting weight loss by limiting carbohydrates and emphasizing lean proteins, vegetables, and healthy fats. In this article, we will explore some delicious and easy-to-follow Phase 1 recipes that can help you stay on track while enjoying your meals.

Understanding Phase 1 of the 17 Day Diet

During Phase 1, the primary goal is to shed pounds quickly. This phase lasts for 17 days and involves the following key elements:

- High Protein Intake: Emphasizing lean meats and fish to help increase metabolism and promote muscle retention.
- Low Carb Focus: Reducing carbohydrate intake to encourage the body to burn fat for energy.
- Increased Vegetables: Filling your plate with non-starchy vegetables to provide essential nutrients and fiber.
- Healthy Fats: Incorporating healthy fats in moderation to support overall health and satiety.

Key Ingredients for Phase 1 Recipes

Before diving into specific recipes, it's important to know which ingredients are staples of Phase 1:

- Lean Proteins: Chicken breast, turkey, fish (salmon, tilapia), and tofu.
- Non-Starchy Vegetables: Spinach, broccoli, cauliflower, zucchini, bell peppers, and asparagus.
- Healthy Fats: Avocado, olive oil, and nuts (in moderation).
- Herbs and Spices: Fresh herbs, garlic, ginger, and spices for flavor without calories.

Phase 1 Recipes

Here are some delectable recipes to keep your meals exciting and flavorful during Phase 1 of the 17 Day Diet.

1. Lemon Garlic Grilled Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- Juice of 2 lemons
- 4 cloves garlic, minced
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a bowl, mix olive oil, lemon juice, garlic, salt, and pepper.
2. Add chicken breasts to the marinade and let them sit for at least 30 minutes.
3. Preheat the grill to medium-high heat. Grill chicken for 6-7 minutes on each side or until fully cooked.
4. Garnish with fresh parsley before serving.

2. Vegetable Stir-Fry

Ingredients:

- 1 cup broccoli florets
- 1 cup bell peppers (any color), sliced
- 1 cup zucchini, sliced
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon ginger, grated
- Soy sauce or tamari (low-sodium)

Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Add garlic and ginger, sautéing for 1 minute until fragrant.
3. Add broccoli, bell peppers, and zucchini. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
4. Drizzle with soy sauce or tamari before serving.

3. Spicy Shrimp and Asparagus

Ingredients:

- 1 pound shrimp, peeled and deveined
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 1 teaspoon red pepper flakes
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. In a large skillet, heat olive oil over medium-high heat.
2. Add asparagus and cook for 3-4 minutes until tender.
3. Add shrimp, red pepper flakes, salt, and pepper. Cook for an additional 5 minutes until shrimp are pink and cooked through.
4. Serve with lemon wedges.

4. Cauliflower Rice Bowl

Ingredients:

- 1 head of cauliflower, grated or processed into rice-sized pieces

- 1 tablespoon olive oil
- 1 cup diced bell peppers
- 1 cup diced onions
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Fresh herbs for garnish (optional)

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add onions and bell peppers, sautéing until soft.
3. Stir in the cauliflower rice, garlic powder, salt, and pepper. Cook for 5-7 minutes until cauliflower is tender.
4. Garnish with fresh herbs if desired.

5. Greek Salad with Grilled Chicken

Ingredients:

- 2 cups mixed greens
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, thinly sliced
- 1/2 cup feta cheese (optional for strict Phase 1)
- 2 grilled chicken breasts, sliced
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine mixed greens, cucumber, tomatoes, red onion, and feta.
2. In a small bowl, whisk together olive oil, red wine vinegar, salt, and pepper.
3. Drizzle dressing over the salad and toss to combine. Top with sliced grilled chicken.

Tips for Success on Phase 1

To make the most out of your Phase 1 experience, consider the following tips:

1. Meal Prep: Preparing meals in advance helps you avoid unhealthy choices and ensures you have healthy options available.
2. Stay Hydrated: Drinking plenty of water throughout the day aids digestion and supports metabolism.
3. Keep It Interesting: Experiment with different herbs and spices to keep your meals flavorful and exciting.
4. Listen to Your Body: Pay attention to hunger cues and eat until satisfied, not overly full.

Conclusion

The **17 Day Diet Phase 1 recipes** outlined above not only adhere to the dietary guidelines but also ensure that your meals remain enjoyable. By focusing on lean proteins, non-starchy vegetables, and healthy fats, you can effectively jumpstart your weight loss journey. Remember, the key to success on this diet is consistency, meal planning, and a positive mindset. Enjoy these recipes, and embrace the journey towards a healthier you!

Frequently Asked Questions

What are some easy breakfast ideas for Phase 1 of the 17 Day Diet?

Some easy breakfast ideas include scrambled eggs with spinach, Greek yogurt with berries, or a smoothie made with spinach, banana, and almond milk.

Can I include snacks in Phase 1 of the 17 Day Diet?

Yes, you can include snacks. Healthy options are raw vegetables, a handful of nuts, or a piece of fruit like an apple or pear.

What types of protein can I use in Phase 1 recipes?

Lean proteins such as chicken breast, turkey, fish, and tofu are excellent choices for Phase 1 recipes.

Are there any vegetarian recipes suitable for Phase 1 of the 17 Day Diet?

Yes, vegetarian recipes such as zucchini noodles with marinara sauce, quinoa salad with vegetables, or vegetable stir-fry with tofu are great options.

How can I make a Phase 1 salad more filling?

To make your salad more filling, add ingredients like chickpeas, black beans, or grilled chicken along with a variety of vegetables.

What are some good lunch options for Phase 1?

Good lunch options include a grilled chicken salad, a vegetable soup, or a turkey wrap using lettuce as the wrap.

Can I use dressings in my Phase 1 recipes?

Yes, you can use dressings, but opt for low-calorie options like vinegar-based dressings or make your own with olive oil and lemon juice.

What are some quick dinner recipes for Phase 1?

Quick dinner recipes include grilled salmon with asparagus, chicken stir-fry with broccoli, or a vegetable omelet.

How can I stay motivated to stick to Phase 1 recipes?

Staying motivated can be achieved by planning your meals ahead of time, trying new recipes, and keeping track of your progress to see the results.

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