



# Free Foods List

## WHO DOESN'T LIKE FREE THINGS?

And when you're focusing on healthy eating, "free" foods and drinks like the ones on this list can be a big plus when planning your meals. None of them provides significant amounts of carbohydrate, protein, fats, or calories. So feel free to consume these foods on the Shaklee 180 plan to your heart's content.

- Water
- Carbonated water
- Club soda
- Mineral water
- Coffee (black)
- Tea (black)
- Lemon juice
- Lime juice
- Lettuce (endive, escarole, leaf varieties, romaine, or iceberg)
- Alfalfa sprouts
- Bean sprouts
- Celery
- Watercress
- Onion/green onion
- Mushrooms
- Bouillon or broth (fat free)
- Chicory
- Pimento
- Vinegar
- Wine in cooking
- Mustard
- Worcestershire sauce
- Garlic
- Herbs
- Parsley
- Pepper
- Spices
- Flavoured extracts
- Horseradish
- Hot pepper sauce
- Soy sauce