

# Avoid

## Bad Fats

### Criteria:

Fats that come from animals  
Processed fats like hydrogenated oils  
Fats exposed to high heat like deep fried foods

### Why?

One of the two most fattening kinds of food  
Makes you tired, sluggish and lethargic  
Blocks your body's ability to burn fat  
Raises your cholesterol

### Examples:

Anything Fried  
Butter  
Lard  
Margarine  
Mayonaise  
Regular Salad Dressings  
Cream Sauces like Alfredo or Bernaise  
Bacon or Sausage  
Hot Dogs  
Regular Lunch Meats  
Most Red Meats: Beef, Pork, Lamb, Veal  
Whole Eggs  
Regular Cheese (60-90% fat)  
Whole Fat Dairy Products  
Milk, Sour Cream, Cream Cheese  
Low-Fat Dairy Products  
Low-Fat Milk, Sour Cream, Cream Cheese  
All Processed Vegetable Oils  
Roasted Nuts or Seeds  
Regular Peanut Butter  
Ice Cream  
Gravy

## High Glycemic Carbohydrates

### Criteria:

Highly Processed  
Worst on an empty stomach  
Avoid any carbohydrate by itself

### Why?

Triggers the release of excess insulin  
Makes you fat and tired  
Causes hypoglycemia (low blood sugar)  
Causes hunger, cravings & overeating  
Causes mood swings, anger and anxiety

### Examples:

Alcohol (of any kind)  
Sugar (of any kind)  
Sweeteners (of any kind) (Nutrasweet, Equal)  
White Flour Products (of any kind)  
Breads, Bagels, Tortillas  
Dry Breakfast Cereals (of any kind)  
Cake (of any kind)  
Candy (of any kind)  
Cookies (of any kind)  
Pie (of any kind)  
Dried Fruit (of any kind)  
Fruit Juice (of any kind)  
Granolas or Mueslis (of any kind)  
Jams or Jellies (of any kind)  
Muffins or Donuts (of any kind)  
White Flour Pasta  
Popcorn (of any kind)  
White Potatoes (of any kind) ie, Brown Russet  
White Rice or Rice Cakes (of any kind)  
Rolls (of any kind)  
Sodas (of any kind), including Diet Sodas

# Emphasize

## Lean, Complete Protein

### Criteria:

Lean (less than 20% of calories from fat)  
Complete (all 8 essential amino acids)

### Goal:

at least 20 to 30 grams of protein per meal  
at least 10 to 15 grams of protein per snack

### Examples:

4-6 oz of Chicken, (white meat only, no skin)  
4-6 oz of Turkey (white meat only, no skin)  
1 Cup of Egg Whites (Egg Beaters)  
1 Cup of Non-Fat or Low-Fat Cottage Cheese  
4-6 oz of Lean White Fish  
4-6 oz of Seafood  
4-6 oz of Non-Fat Cheese  
3 1/2 oz - 7 oz of Water Packed Tuna  
2 Heaping Tablespoons of Protein Powder  
1 Cup of Non-Fat Plain Yogurt  
4-6 oz of Lean Red Meat (up to twice weekly)  
4-6 oz of Salmon (up to twice weekly)

## Low Glycemic Carbohydrates

### Criteria:

Foods as grown

### Goal:

One cup of good carbohydrates per meal

### Examples:

Any Whole Fresh Fruit or Frozen (plain)  
Apples, Pears, Melons, Strawberries, etc.  
Any Raw Vegetable  
Spinach, Cucumbers, Tomatoes, etc.  
Any Plain Steamed Vegetable  
Broccoli, Cauliflower, Asparagus, etc.  
1/2 Yam or Sweet Potato  
Any Whole Grain  
1/2 cup cooked Oatmeal  
1/2 cup cooked Brown Rice  
1 slice of Flourless Bread  
1/8 loaf of Manna Bread  
Legumes:  
1/2 cup cooked Beans, Peas, or Lentils

## Good Fats

### Criteria:

Must be raw and come from plants

### Goal:

at least 1 Tablespoon of good fat per meal

### Examples:

Hemp Seed Oil  
Flax Seed Oil or Raw Flax Seeds  
Raw Nuts (Almonds, Cashews, etc.)  
Raw Seeds (Pumpkin, Sunflower, Sesame, etc.)  
Extra Virgin Olive Oil  
Avocado

## Water

### Criteria:

The more pure the better  
Must be unsweetened  
Thirst is not a good guide. Make water a habit.

### Goal:

Drink at least 8 to 10 glasses of water per day

### Examples:

Filtered Water or Bottled Water  
Distilled Water  
Herb Tea (without caffeine)  
Plain Sparkling Water