

## For 3 weeks, Avoid Sugar & Reduce Carbs to 20g per day

Eat when you are hungry, stop when you are full. Your appetite will naturally decrease when consuming the following foods:

Eat as much as you like of the following: Meat, Poultry, Fish, Shellfish, Eggs (you do not need to avoid the fat that comes naturally with these foods). Choose nitrate-free, organic whenever possible.

Eat your favorite vegetables that grow above ground (ie: lettuce, spinach, leafy greens, broccoli, cauliflower, asparagus, artichokes, zucchini, green beans, snap peas, mushrooms, green onions, peppers, etc).

Eat natural fats like cheese (up to 4 oz. per day) olive oil, coconut oil, butter, cream, sour cream, mayonnaise, full fat salad dressing. Avoid man-made trans fats like margarine.

Eat a moderate amount (a couple small handfuls per day) your favorite nuts & seeds (except cashews and peanuts). Raw nuts are best but roasted are also fine. Almonds, pistachios, pecans, sunflower seeds, macadamia nuts, etc. are all good.

For snacks, try lunch meat rolled up with a slice of cheese, low sugar beef jerky, olives, 1/2 an avocado, a handful of nuts and some cheese, veggies and ranch dressing, steak bites, your favorite lunch meat with cream cheese and a dill pickle.

Drink organic bullion or broth 1-2/day or sprinkle a little salt on your food to replenish sodium. This will help alleviate carb withdrawal symptoms.

Drink water throughout the day. Aim for 8 glasses per day (64 oz.)

Avoid fruit

Avoid grains (even whole grains) including bread, corn, cereal, pasta, rice, etc.

Avoid starchy veggies & root veggies like carrots, potatoes, beets, peas, starchy squash

Avoid anything made with flour

Avoid legumes (beans)

Avoid milk, yogurt, dairy substitutes

Avoid "light" products, reduced calorie products and fat-free products

Avoid beer. A glass of red wine or a cocktail here or there is fine, avoid sugared mixers.

## Menu Ideas

### Breakfast Ideas:

Coffee with cream and/or stevia (liquid stevia usually tastes best)

Eggs with breakfast meat or avocado

Frittata

Protein drink (not daily, it's best to eat whole foods) EAS carb control, Premier brands

Leftovers from dinner

### Lunch Ideas:

Hearty salad (no croutons) with chicken, meat, fish, egg, cheese, bacon, dressing

Cheeseburger without the bun + side salad (no croutons)

Any protein + veggie. (If choosing lean meat, add a little fat such as butter on veggies)

Egg salad, tuna salad, ham salad, chicken salad

Leftovers from dinner

### Snack Ideas:

Lettuce wraps

"Meat roll-ups" (ie: sliced turkey breast rolled around a cheese stick)

Steak bites

Cheese (up to 4 oz/day)

Small handful of nuts (ie: 10 almonds)

Veggies dipped in salad dressing

1/2 an avocado

Ham or salami wrapped around cream cheese and a dill pickle

Pork rinds (small amount, choose msg free - the kind with no added ingredients)

Quest bar (only occasionally as they can slow weight loss)

Protein drink (only occasionally, as it's best to eat whole foods)

### Dinner Ideas

Your favorite meat, chicken, fish or tofu + veggie or salad (if using lean meat, add a little fat by cooking in olive oil or adding a little butter to salad dressing to veggies)

### When Dining Out

Breakfast: Eggs prepared your favorite way. Substitute hashbrowns/toast for extra meat or tomatoes.

Lunch/Dinner: Meat, chicken or fish (no breading). Substitute starch for more veggies.

Happy Hour: Chicken skewers, hot wings (ask your server to be sure they're not breaded), cheeseburger w/out the bun, steak bites, shrimp cocktail, salad, lettuce wraps

Mexican food: Fajitas (no rice/beans/tortilla) with sour cream or guacamole. Request jicama instead of chips. Carne asada (no rice/beans/tortilla), taco salad (no shell).

Avoid chinese restaurants as they're loaded with hidden starch and sugar!

Choose steak or fish houses or American cuisine first.

\*When reading a nutrition label, look at Carbs & Sugar! Subtract fiber from carbs.