

Suggested Foods & Beverages

Eat plenty of non-starchy vegetables: Salad greens, spinach, asparagus, broccoli, cauliflower, snap peas, snow peas, cucumber, celery, peppers, green beans, etc.

Eat plenty of protein: Chicken, fish, shellfish, turkey, pork, beef, (try to choose organic, nitrate free meats when possible), eggs, or tofu if vegetarian

Eat natural fats in moderation: Olive oil, flax oil, coconut oil, sesame oil, avocado, small amount of nuts & seeds, cream cheese, sour cream, real mayo, cream (up to 3 Tbs/day), 4% cottage cheese, plain whole greek yogurt (Greek Gods Artemis brand)

Beverages: Water, herbal tea and unsweetened almond milk (Silk brand unsweetened)

Berries on occasion, in moderation (lighter berries ie: raspberries, strawberries)

Legumes or Whole Grain *rarely*, only small amounts (ie: garbanzo, quinoa, barely)

Avoid sugar, avoid foods that increase blood sugar (avoid starches/carbs)

Avoid alcohol (a glass of red wine on occasion is ok). Avoid beer & sugary mixers

For each meal or snack, aim for protein + vegetable + small amount of fat.