



## The Basics

### **Eat all you want meat**

Chicken, beef, fish, pork etc

### **Eat all you want fresh or frozen vegetables**

No potatoes, beans or corn

### **Nut and seeds**

Any nuts , seeds or nut butters. No peanuts or peanut butters.

### **Healthy Fats**

Coconut oil, coconut milk, olive oil, walnut oil, avocados

### **Fruit**

Whole fresh fruit, no juice. Limited to one to two servings per day

### **Drink**

Water, coffee and tea

## Off Limits

### **No grains**

Bread, pasta, rice, oatmeal, etc

### **No sugar or Junk foods**

Ice Cream, cookies, cakes

### **No sugar substitutes**

Splenda, Stevia, agave nectar, honey

### **No legumes**

Beans, peanuts, peas, soy etc

### **No dairy**

Milk, butter, yogurt, cheese, half & half, cream