

## TIPS, TRICKS, HINTS, & RULES TO SUCCEED BY:

- ∞ DRINK AT LEAST 8 CUPS OF WATER A DAY
- ∞ EAT 5-6 TIMES A DAY
- ∞ NEVER SKIP MEALS
- ∞ AVOID TOO MANY ARTIFICIAL SWEETENERS
- ∞ AVOID PRESERVATIVES
- ∞ AVOID SATURATED FATS
- ∞ AVOIDS TRANS FATS
- ∞ EAT FOOD FATS EVERYDAY (Omega-3)
- ∞ **AVOID ALCOHOL**
- ∞ WATCH PORTION SIZE
- ∞ PICK ONE DAY A WEEK TO SHOP
- ∞ DEDICATE A DAY TO COOK WEEKLY MEALS
- ∞ TRY TO EAT SAME/SIMILAR MEALS FOR BREAKFAST, LUNCH, AND SNACKS—LEAVE DINNER FOR VARIETY
- ∞ PLANNING AHEAD WILL MINIMIZE THE EFFECTS OF NON-ROUTINE DAYS
- ∞ ALWAYS KEEP A SAFETY MEAL/ITEM WITH YOU
- ∞ REMEMBER...THIS IS A CHANGE IN **LIFESTYLE**, NOT A SHORT TERM FAD OR DIET

PROTEIN	STARCHY CARBS	HEALTHY FAT	FRUITS	VEGGIES	CONDIMENTS	BEVERAGES
Skim, Soy or almond milk	Potato	Nuts	Berries	Lettuce	Sugar free tomato sauce	Water
Greek yogurt (plain)	Sweet potato	Natural nut butter	Apples	Cucumber	Mustard	Green tea
Chicken breast (whole or ground)	Brown rice	Ground flax	Melon	Mushrooms	Salsa	Black tea
Turkey breast (whole or ground)	Quinoa	Extra virgin olive oil	Banana	Sprouts	Unsweetened applesauce	Coffee
Pork tenderloin	Millet	Avocado	Pears	Brussel sprouts	Honey	
Salmon	Bulgur	Avocado oil	Citrus	Green beans	Tahini	
Whitefish	Beans	Egg yolks		Asparagus	Vinegars	
Tofu	Whole wheat tortilla	Exotic oils		Broccoli	Sugar free ketchup	
Tempeh	Whole wheat bread	Low calorie dressings		Squash	Light organic dressings	
Lean beef	Oatmeal (unflavored)			Turnip		
Bison	Oat bran			Spinach		
Elk	All-bran cereal			Onions		
Water packed tuna	Muesli (no sugar added)			Garlic		
Eggs	corn			Celery		
Egg whites				Zucchini		
Low fat cottage cheese				Tomatoes		
				Cauliflower		
				Cabbage		
				Dark greens		
				Carrots		
				Beets		
				Leeks		



- ∞ **SUGARS**
  - ∞ **ALCOHOL**
  - ∞ **PROCESSED FOOD**
  - ∞ **PRE-PACKAGED FOOD**
  - ∞ **PROCESSED SOY**
  - ∞ **FATTY DAIRY (SOFT CHEESES, WHOLE MILK, YOGURT)**
- JUST SAY NO!**

Food Groups	Serving size	Servings per day
Lean Protein	Palm of hand, 1 cup <u>lowfat</u> dairy (yogurt, milk, cottage cheese)	5-6
Starchy Carbs	One cupped handful, one piece of whole wheat bread, 7" wrap	2-4
Fats	2 TBS nut butters, fish oil, TBS healthy oil, ¼ to ½ avocado, scant handful nuts, 2 TBS light dressing	2-3
Fruits	One cupped handful	6 servings of fruits and veggies daily which can be split between the 2 groups
Veggies	Two cupped handfuls	Example: 2 fruits 3 veggies