
USE CAUTION



Alcohol:

Brandy, Champagne, Dry Red Wine, Dry White Wine, Rum, Sparkling Wine, Tequila, Vodka, Whiskey

Sweets:

Dark Chocolate (70% Cocoa or higher), Honey (no more than 1tsp day/used on occasion)

Nuts: Cashews

Fruit:

All Fruit Other Than Berries

Veggies:

Butternut Squash, Carrots, Sweet Potatoes, Soy Bean Products (Soy Milk or Soy Sauce)

DO NOT EAT



Alcohol:

Anything Labeled "Lite", Beer, Cider, Mixed Cocktails, Sugary Liquors

Starches:

Beetroot, Bread, Crackers, Chickpeas, Dried Beans, Lentils, Peas, Parsnip, Pasta, Popcorn, Porridge, Potatoes, Pine Nuts, Peanuts

Sweets:

Agave, Any Artificial Sweetener, Cakes, Chocolate Candies, Colas, Energy Drinks, Fruit Juice, Ice Cream, Malt Floats, Pastries, Sugar, Syrup, Veggie Juices

Meat:

Lunch Meat, Processed Meat, Vienna Sausage

Grains:

All Whole Grains, Amaranth, Barley, Breakfast Cereals, Bulgar Wheat, Corn, Couscous, Millet, Oats, Quinoa, Rye, Rice, Spelt, Wheat

Dried Fruit:

All of It

Soy:

Edamame, Tofu, Soy Based Foods

Fats:

Canola, Cottonseed, Flaxseed, Grapeseed, Hemp, Sesame, Safflower, Soybean, Sunflower

If you're still not losing, try scaling back on the berries/dairy (first) or protein (last)

H2o

Helps flush the systems of waste and toxins, yet many go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help make healthier food choices.

Rest and refresh.

Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocussed time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

Sources:

www.fitness.gov, www.mayoclinic.org, www.helpguide.org, www.livelifewell.nsw.gov.au, www.betterhealth.vic.gov.au, experience of FaceFab LLC