



IMPORTANT TIPS

MEAT

Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling, or boiling with no additional fat or oils. A George Foreman Grill works great.

SEASONINGS

With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings as long as there is no sugar or starch added. No oil, or butter can be used.

HYDRATION

It is advised to drink 100 – 120oz of water, tea, or other hydrating fluid per day.

STEVIA

Stevia is the only allowed sweetener that can be used.

WALDEN FARMS

Salad Dressings and Marinades are allowed.

EXERCISE

Moderate aerobic exercise is encouraged. Walking, biking etc. may be done as tolerated. We highly recommend continuing previously established workout routines. A serving of fruit is advised to be eaten within thirty minutes of beginning workout routine to aid blood sugar regulation.

DIABETICS

Diabetics or those who are prone to hypoglycemia may divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

THINGS TO AVOID

MASSAGES

Avoid massages while on the diet. Oil and Lotions are heavily used.

SUNBATHING

Avoid getting a sunburn. Sun is great to produce natural Vitamin D, however, sunburns produce water retention.

ITEMS REQUIRED

- Bathroom scale that weighs in .2 pound increments
- Food scale which weighs in grams/ounces
- Intestinal Cleanse #1, Smooth Move Tea, Magnesium Citrate, etc. can be used if constipation becomes an issue.