

## IMPORTANT TIPS

### 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. Small portions of oil and 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.

### DRESSINGS/MARINADES

All Salad Dressings and Marinades that do not contain sugar may be used.

### 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.

## 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.