



FOREVER FIT: YES

PROTEINS (3-4 oz. RAW PER SERVING, EX: DECK OF CARDS)

- Beef: steak, extra lean ground beef, roast beef
- Buffalo
- Veal
- Chicken breast
- Turkey breast
- Eggs
- Fresh white fish: Chilean sea bass, wild flounder, sole, halibut, tuna, tilapia
- Lobster
- Crab
- Shrimp
- All wild game

FRUITS (3 PER DAY, 1 CUP = SERVING SIZE FOR ALL BERRIES)

- Apples (1 apple = 1 serving)
- Apricots (raw)
- Blackberries
- Lemons (unlimited)
- Limes (unlimited)
- Loganberries
- Mulberries
- Plums
- Raspberries
- Rhubarb
- Strawberries
- Tomatoes

VEGETABLES (6 CUPS PER DAY)

- Asparagus
- Bamboo shoots
- Bean sprouts
- Cabbage
- Celery
- Chives
- Cucumbers
- Garlic
- Leeks
- Onions
- Parsley
- Pimentos
- Radishes
- String beans
- All lettuce and greens vegetables
- Caution: Those persons with Thyroid issues - avoid Spinach and Kale

DRINKS

- LaCroix
- Mineral water
- Unsweetened tea
- Coffee (no cream or sugar)

FATS (3-4 TBSP PER DAY)

- Nuts (no cashews or peanuts)
- Olive oil
- Seeds
- Avocado (1 TBSP)

DAIRY

- 2 slices hard cheese (swiss, parmesan, cheddar)
- Cottage cheese (1/2 cup)
- Plain yogurt (1/2 cup)
- Heavy cream (2 TBSP)
- Butter (1 TBSP)

FOREVER FIT: NO

MEATS

- Pork
- Processed meats
- Deli meats

SUGARS

- Maple syrup
- Honey
- Flavored coffee syrups
- Refined sugars
- Coconut sugar
- Agave syrup

GRAINS

- Oats
- Wheat
- Barley
- Corn
- Rice
- Millet
- Spelt
- Sprouted grains

LEGUMES

- All beans (black, pinto, red, white, kidney, lima, fava, etc.)
- Peas
- Chickpeas
- Lentils
- Peanuts (no peanut butter)

DAIRY

- All other dairy than listed in left column

DRINKS

- Sodas
- Sweetened teas
- Alcohol
- Juices

COOKING

- No frying
- No battering
- No baked goods

VEGETABLES

- Corn
- Potatoes
- Yams
- Soy

MEAL PLAN

WATER

- 1/2 your body weight in ounces of water per day + 20 ounces

BREAKFAST

- 1 meat (3-4 oz.)
- 1 serving of vegetables
- 1 serving of fruit

LUNCH

- 1 meat (3-4 oz.)
- 1 fruit
- 1 serving of vegetables

DINNER

- 1 meat (3-4 oz.)
- 1 fruit
- 1 serving of vegetables

Beneficial to eat fruits as snacks throughout the day.

FOLLOW THIS NUTRITIONAL GUIDE TO ACHIEVE MAXIMUM WEIGHT LOSS