

2 Week Restart

For the next 2 weeks you must:

- Eat at least 3 times/d
- Drink 64oz of hydrating, decaffeinated fluid
- Focus on Mindful eating behaviors (stopping when satisfied, not drinking with meals, etc.)

Eat meals with priority, focusing on:

FIRST: Lean Protein

SECOND: Non-starchy vegetables

THIRD: Fruit, starchy vegetables and whole grains

1+ Protein Choice

at each meal

Chicken/Turkey
Lean Beef: chops, loins, rounds
Lean Pork: chops, loins
Eggs
Greek yogurt, Cottage Cheese, Low Fat Cheese
Beans, Lentils
Tofu/Soybeans
Nuts & Seeds: almonds, walnuts, peanuts, cashews, pumpkin seeds, sunflower seeds, nut butters, etc **limit to ¼ cup at one meal/snack*

AVOID: BACON, SAUSAGE, BOLOGNA AND HOT DOGS

Non-starchy Vegetables

(as desired)

Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Green Beans
Peppers
Greens (Kale, Spinach, etc.)
Mushrooms
Okra
Onion
Tomatoes
Zucchini/Squash

Carbohydrates

(limit)

Limit to one serving per meal or snack:

Fruit
Milk
Rice
Pasta
Sweet Potato/Potato
Corn
Oatmeal
Bread
Tortilla

You may use as desired: 1 Tbsp olive oil (or similar oil), 1 tsp butter/margarine, 1 Tbsp mayonnaise or light salad dressing.

You may use any spices or seasonings (or salsa) for flavoring, but avoid sauces as they are often high calorie and high fat.

Grill, bake, broil, roast and sauté...AVOID FRYING, BREADING AND GRAVY.