

## Diet Plan

1. Lean Meat: poultry, fish, lean cuts of pork (tenderloin) or beef (tenderloin or flank steaks)
2. Vegetables of all kinds **EXCEPT NO POTATOES**
3. No sweets or desserts
4. No bread, tortillas, rice, pasta, or chips except 2 slices of low-carb bread a day
5. Fruit: berries, grapefruit, or apple only. **NO BANANAS**
6. Juices – V8 or tomato **ONLY**
7. Nuts of all kinds are ok
8. Dairy Products: yogurt, cheese in moderation, **NO MILK**
9. Eggs are ok
10. No cereals except fiber one cereal. Use unsweetened soy milk instead of milk.
11. At least 2 servings of cold water fish per week: Salmon, Mackerel or Tuna