**Protein/Meat**

beef

chicken

fish

hot dogs (not sugar cured)

lamb

pork

shellfish

turkey

veal

**Protein/**

**Dairy**

**(no sweeteners in milks)**

skim milk

almond milk

soy milk

non-fat yogurt

non-fat cottage cheese

cheese

non-fat ricotta cheese

**Protein/**

**Vegetarian**

tofu/tempe

soy beans/edamame

beans/legumes/lentils

eggs

**Grains/**

**Starch**

oatmeal

shredded wheat

Uncle Sam’s (toasted whole wheat berry flakes and flaxseed cereal)

**Fats**

oil

butter

mayonnaise

gee

flax powder

salad dressing

**Fruits-Any**

apples

apricots

berries

bananas

cantaloupe

cherries

grapefruit

grapes

honeydew

kiwi

lemon, lime

mangos

nectarines

orange

peach

pineapple

plums

tangerine

watermelon

**Vegetables**

**Most Any**

**(No potatoes, avocados, corn or peas)**

artichoke

mushroom

asparagus

okra

bamboo shoots

onions

beans (yellow or green)

peppers

bok choy

pimentos

beets

radishes

broccoli

rhubarb

brussel sprouts

romaine

cabbage

rutabaga

carrots

sauerkraut

cauliflower

snow pea pods

celery

spinach

chicory

summer squash

chinese cabbage

swiss chard

cucumber

tomatoes

dill pickles

turnips

eggplant

squash

endive

water cress

escarole

greens

parsnips

**Beverages:**

Free Drinks:

water

lemon juice/water

herbal teas

Use in Moderation:

coffee

caffeinated teas

diet soft drinks

**Sweeteners:**

stevia

Use in Moderation:

splenda

**Shopping Tips:**

Stay to outer sides of grocery stores as a rule.

Have at least 3 days of food in your home ahead of time.

Get groceries before you run out.

Plan the day ahead what you will eat tomorrow.

We suggest investing in healthy food for yourself and the environment: organic, free range/no hormones/humanly treated/no antibiotics

**Tools for success:**

1 digital scale to weigh yourself

2 digital food scales

2-3 measuring

Tablespoons

1 big salad bowl

Note: make sure your food scale has a zero out option

My favorite picks: (can be found on-line/in-store at Bed Bath and Beyond)

Conair® Thinner® TH326 Teak Digital Scale - $59.99

Oxo Good Grips® 5-Pound Food Scale with Pull-Out Display - $29.99