

NUTRITIONAL WEIGHT LOSS DIET: High Fiber and Protein, Low Carbohydrate and Reduced Fat

For Breakfast, Lunch and Dinner - choose from the following:

- Fish, poultry (skinless, baked, broiled, or boiled)
- Lean beef, pork, lamb, remove any visible fat
- Eggs – cook in a nonstick pan, no fat
- Plain or low-fat, low-sugar yogurt
- Skim and low-fat milk
- Cheese in small amounts can help decrease appetite
- Fresh fruits: cherries, peaches, apples, plums, oranges, grapefruit, grapes, blueberries, strawberries, pears and apricots
- Salad: use olive oil and vinegar dressing, avoid creamy dressings and croutons
- Low-carb vegetables: spinach, lettuce, green beans, broccoli, cauliflower, tomatoes, cucumbers, peppers, celery, eggplant, asparagus and squash
- A small handful of nuts per day
- Drink water, tea, or coffee with little or no sugar

Limit or Avoid:

- **No processed foods from boxes, bags or cans**
 - No starches found in foods made from grains such as bread, rolls, noodles, cereals, pasta or rice
 - No potatoes, beans or bananas
 - Avoid processed deli meats, bacon, sausage and ham
 - No fruit juices (fresh fruits are ok)
 - No added salt
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After losing 10-20 pounds, a small portion of low glycemic foods may be added, such as beans, sweet potatoes or brown rice.

Take a multiple vitamin each day with your largest meal.

Be active, stretch and exercise every day.

Each morning view yourself in the mirror, front and sideways, and record your weight.

Date	Weight		Date	Weight		Date	Weight

