

BEVERAGES MENU

(½ Your Body Weight in Ounces)

Water (tap)
Water (mineral)
Coffee
Teas (Black, green or herbal)
Plain Seltzer
Pellegrino®
Perrier® (non-sweetened) [*Lemon wedges optional]

NO Alcohol

NO Fruit Juices

NO Milk

NO Soda

FRUIT MENU (choose one)

Apple (medium)
½ Grapefruit – Pink or White
Orange (medium)
(6) Strawberries (large)

PROTEINS MENU (3 ½ oz)

SEAFOOD

Chilean Sea Bass
Cod
Crab meat (not imitation)
Flounder
Halibut
Lobster
Mahi Mahi
Monkfish
Perch
Pike
Sea Scallops
Shrimp
Snapper
Sole
Tilapia
White Fish

NO Herring

NO Mackerel

NO Salmon

NO Sardines

NO Trout

NO Tuna

BEEF

Buffalo Steak
Filet Mignon
Ground beef (>=90% lean)
London Broil
Sirloin
Veal
Venison

POULTRY

Chicken breast (skinless)

NO Turkey

NO Eggs

DELI MEATS

Boars Head® Chicken Breast
Boars Head® Roast Beef
Boars Head® London Broil
(*Deli Brand can vary as available)

VEGETABLE MENU (3 ½ oz)

Asparagus
Beet-greens
Broccoli
Cabbage
Cauliflower
Celery
Chard
Chicory
Cucumbers
Fennel
Mixed green salad
Onions
Red radishes
Spinach
Tomatoes
Zucchini

NO Avocado

NO Beetroot

NO Carrots

NO Corn

NO Green Beans

NO Peas

NO Potatoes

NO Pumpkin

FREE FOODS MENU

Cucumbers
Cabbage (green or red)
Sugar-free salsa (<1 g per serving)
(2) Pieces of Either Melba Toast or Alessi – Grissini Torinesi

FOOD SEASONINGS MENU

Apple cider vinegar
Beef broth – Fat Free Only
Black pepper
Braggs® Amino Acids
Chicken broth – Fat Free Only
Cinnamon
Garlic
Lemon Juice (wedges)
Marjoram
Mrs. Dash®
Mustard (Yellow, Spicy or Dijon)
Mustard powder
Nutmeg
Old Bay Seasoning®
Parsley
Sea salt
Sweet basil
Thyme
Vegetable broth – Fat Free Only
White pepper
White vinegar

NO Artificial Sweetener

NO Balsamic vinegar

NO Butter

NO Dressings

NO Margarine

NO Oil

NO PAM®

NO Red Wine vinegar

NO Sugar

SLEEP MENU

> 7 hours per night

EXERCISE MENU (choose one)

Balance & stretching exercises
Light weight lifting (5-10 lb. dumbbells)
Light yoga
Thirty-minute walk