

Freebies

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DRINK

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DON'T HAVE

Avoid foods high on the Glycemic index that will increase insulin levels and raise blood sugar or foods that indicate added sugar

Pineapple

any food item that has zero carbs zero sugar zero fat

Sugar Substitute

Sugar free Jello-o

Sugar free pop cycles

Coffee

Crystal Light

Cocoa

Almond Extract

Sugar Free Jam

Orange peel

Lemon peel

Cinnamon

Stevia

Vanilla

Tea

Work up to drinking 2 gallons a day 4 32 oz Drinks, 8 16 oz water bottles, 16 8oz glasses

Water

Water

Water

Water

Water

Water

DO NOT

COPYBODYCOACH.MOBI

208-890-0108



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Beet greens

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Asparagus

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Celery

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Onion

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Tomato

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Lettuce

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Romain

FRUIT

ONE SERVING =50 CALORIES /BOWL SIZE/ 2 CUPS

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1 Orange

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1 Grapefruit

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Strawberries 7-9

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Blueberries

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Raspberries

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Blackberries

□□ □□

Cherries

□□ □□

Black grapes

□□ □□

Melon

□□ □□

1 Apple

BREAD

ONE SERVING =80 CALORIES/PKG LABLE/

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One Snyder's Pretzel Stick

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One Grissini Bread stick

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1/2 cup plain cheerios

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Sara Lee 45 cal delightful bread/ 1 slice

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La Tortilla smart and delicious highfiber whole wheat tortilla

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One Melba round



BODYCOACH.MOBIDO NOT COPY

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PROTEINS

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ONE SERVING =100 CALORIES /PALM SIZE/ 4 OZ LESS THAN 5 G FAT

Cottage cheese 2% or less

2 sticks of low fat string cheese

3 eggs with only one yolk

$\frac{3}{4}$ Cup of Egg Beaters

Turkey

Lean beef 97 % ground beef

Lean roast or Steak fillet Mignon

Lean Pork/ roast or chop

Chicken boneless skinless

WHITE FISH

Lobster

Shrimp

Crab

ONE SERVING =100 CALORIES /PALM SIZE/ 4 OZ

Onion

Broccoli

Green Beans.

Zucchini

Cauliflower

Spinach

Cabbage

Radish

Cucumber

Fennel

Chard

DO NOT COPY

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