

## Guide to Eating Well

### Eating Well

#### 1. Protein

Eat good protein three times a day (at meals) with vegetables. Proteins are:

- Eggs •Lamb •Beef •Turkey
- Pork •Chicken •Fish

(Beans, dairy, and soy are not good sources of protein.)

#### 2. Vegetables

You can eat all the fresh vegetables you want, except potatoes.

#### 3. Fruit

You can eat all the **Fresh Fruit** you want.

- You can mix your fruits together, but don't mix fruit with other foods (i.e. protein and vegetables.)

• Eat fruit between meals at least one hour away from meals.

- Eat Fruit, not juice or dried fruit.

#### 4. Good Fats

- Unlimited butter and olive oil (best in dark bottles)
- No margarine, vegetable oil, Pam, trans fatty acids, soybean oil, or Crisco

#### 5. Water

Drink one liter of distilled water for every 50 pounds of body weight.

#### 6. Snacks

Try to eat every **TWO** hours (Fruits, vegetables, etc.

#### 7. Avoid: Wheat, Dairy, Soy, Corn &

**Sugar.** Eat none of the following:

- Rice, potatoes, cereal, pastries
- Ice Cream, candy, soda
- Cakes, Cookies, Pies
- Bread, Flour, Pasta
- Artificial or natural sweeteners

### So What Can I Eat?

**Sample Menus:** These are just suggestions.

Consult your cookbooks and use your imagination in incorporating dense protein and vegetables.

#### Breakfast:

- Fried eggs, bacon, and sliced tomatoes
- Sausage and sliced avocado
- Smoked salmon and poached eggs

#### Lunch:

- Salade Nicoise (baby greens, tuna, capers, green beans, hard boiled eggs, homemade vinaigrette of balsamic vinegar, olive oil, and Dijon mustard)
- Cobb Salad (baby greens, hard boiled eggs, turkey, chicken, bacon, tomato wedges, avocado, and homemade vinaigrette)
- Homemade split pea and ham soup
- Hamburgers (with no bun) with fresh guacamole and sliced red onion and tomato
- Chicken with grilled asparagus
- Taco Salad w/ out chips

#### Dinner:

- Poached salmon with dill butter and asparagus
- Rack of lamb with quinoa
- Chili con carne topped with diced red onion
- Fillet mignon with sautéed mushrooms, caramelized onions, and grilled eggplant
- Chicken Cacciatore
- Stuffed bell peppers
- Grilled Italian sausages with sautéed bell peppers

**Snacks (don't forget to eat every two hours!):**

- All fruits
- Sliced Turkey or ham
- Hard boiled eggs
- Chopped vegetables with hummus