

### Phase III & Forever Fit Diet Plan

40-50 grams complex carbohydrates per day (subtract total grams of fiber from total grams of CHOS = Total grams of CHOS)

45-60 grams (3 2-3 oz servings) Proteins/day – women

60-70 grams (4 2-3oz servings) Proteins/day – men

Fruits: 3 servings/day

Fruit servings: 4 apricots, 1 cup unsweetened apple sauce, 1 cup berries, ½ cup cherries, ¼ figs, 1 grapefruit, 1 kiwi, 1 orange, 1 peach, 1 pear, 1 plum, 1 apple, ½ papaya – avoid: melons, dates, raisins, grapes

Vegetables: 6 cups of low glycemic index vegetables/day – avoid: beans and legumes, beets, chicory root, corn, peas, yams, potatoes, pearl onions, and tomato puree.

Meats/Proteins: All whole natural meats, eggs, and fish are acceptable. Avoid: processed meats, hotdogs, breaded meats and meats with added sugar. ( ½ cup cottage cheese, 2 eggs, ½ plain yogurt = ~ 2 oz serving of meat)

Fats: 3-4 Tbsp fats/oils per day ( ~2 tsp/meal) ¼ cup nuts and seeds per day (avoid peanuts and cashews), ½ cup olives, 1-2 Tbsp salad dressing with no added sugar

Sugars: Stevia ONLY. Avoid: processed sugars, agave nectar, honey, pure maple syrup

Grains: Avoid all grains (breads, rice, oats, pasta, torillas, chips)

Dairy: 2 slices hard cheese (swiss, parmesan, cheddar, or ¼ cup shredded cheese, ½ cottage cheese, ½ cup plain yogurt, 2 Tbsp heavy cream, 1 Tbsp butter. Avoid: all other dairy.

#### TWO DAY SAMPLE MENU:

Day One:	Day Two:
Breakfast: 2 eggs with mushrooms, onions and peppers. Drinks: 6 oz. water/ coffee/ tea	Breakfast: ½ cup Greek Yogurt with 1 cup mixed berries Drinks: 6 oz. water/ coffee/ tea
Snack: 1 apple with ¼ cup almond butter	Snack: 2 cups cut up cucumbers and tomatoes marinade in red wine, balsamic or apple cider vinegar with spice mix.
Lunch: 3 Cups lettuce with sunflower seeds, tomatoes, cucumbers, and 2 hard boiled eggs with 3 Tbs. dressing	Lunch: 3 oz. chicken breast and 1 cup of non starchy vegetables.
Snack: ¼ Cup mixed almonds and 1 cup berries (or other fruit i.e. Grapefruit, apricots, cherries)	Snack: 1 cup celery and carrots with ¼ cup almond butter
Dinner: 3oz. protein with 3 cups of non starchy vegetables	Dinner: 3oz. protein with mixed lettuce, vegetables and 3 Tbs. dressing
Dessert: ½ sliced apple sprinkled with cinnamon bake for 10 minutes on low heat	Dessert: 1 cup strawberries

Proteins: Each of below portions represents approximately 15 grams of protein

Dairy: Low Fat Cottage Cheese	½ Cup
Low Fat Yogurt	½ Cup
Eggs:	2 Large
Egg Whites:	4 Large
Lean Meat (organic, free range are best):	2 Ounces
Whey Proteins:	1 Scoop (20 grams)
Fish: Salmon, Mackerel, Trout	3 Ounces
Tuna	2 Ounces

Oils/Fats: Each of below portions represents approximately 6 grams of lipid

Flax, Pumpkin, Walnut Oils (not to be cooked):	2 tsp
Olive, Grape seed, Coconut, Butter (for cooking):	2 tsp
Seeds (Flax, Pumpkin (omega 3 rich) Sesame, Sunflower (omega 6 rich)	1 Tbsp
Nuts: Walnuts, Hazelnuts (omega 3 rich), Almonds	1 Tbsp
Avocado	1 Tbsp
Butter	2 tsp

# FREE FOODS

## **# is carbohydrates in a 3.5 ounce portion**

Alfalfa seeds, sprouted	1.28	Sauerkraut	1.78
Arugula	2.05	Scallions (green onions)	4.74
Asparagus, cooked	2.63	Spinach, cooked	1.35
Bamboo shoots, cooked	.92	Squash, summer, cooked	2.91
Beans, green, cooked	4.69	Squash, zucchini, cooked	2.53
Beans, snap, green, cooked	4.68	Tomatillos	3.93
Beet greens, cooked	2.56	Turnips, cooked	2.9
Broccoli, cooked	2.16	Turnip greens, cooked	.86
Cabbage, cooked	2.16	Watercress	.79
Cauliflower, cooked	1.41	<b>FRUIT:</b>	
Celeriac (celery root), cooked	4.7	Avocados	2.39
Celery	1.95	Chayote (christophene)	2.20
Chard, swiss, cooked	2.04	Raspberries	4.77
Collards, cooked	2.1	Strawberries	4.72
Cucumber	1.8	Blueberries	
Dandelion greens, cooked	3.5	Blackberries	
Eggplant, cooked	4.14	<b>NUTS:</b>	
Endive	.25	Macademia Nuts	4.83
Fennel, bulb	4.19	Pecans	4.26
Hearts of palm, canned	2.22	Walnuts	
Jicama	3.92	Almonds	
Kale, cooked	3.63	<b>MEAT AND FISH:</b>	
Lettuce, iceberg	.69	All meat and fin fish	0.00
Lettuce, butterhead	1.32	Caviar	4.00
Lettuce, cos or romaine	.67	Crab	.95
Mustard greens, cooked	.1	Lobster	1.28
Mushrooms	2.94-3.57 (except shitake)	Shrimp	0.00
Olives, canned ripe	3.06	<b>EGGS AND DAIRY:</b>	
Okra, cooked	4.71	Butter	.06
Parsley	3.03	Cottage cheese, Dry Curd Only	3.63
Peppers, serano	3.00	Eggs	1.22
Peppers, jalapeno	3.11	Yogurt, plain, whole milk	4.66
Peppers, sweet green	4.63	<b>BEVERAGES:</b>	
Peppers, sweet red	4.43	Coffee or Tea (without cream or sugar)	0.00
Pumpkin, cooked	3.80		
Radicchio	3.58		
Radishes	1.99		
Rhubarb	2.74		

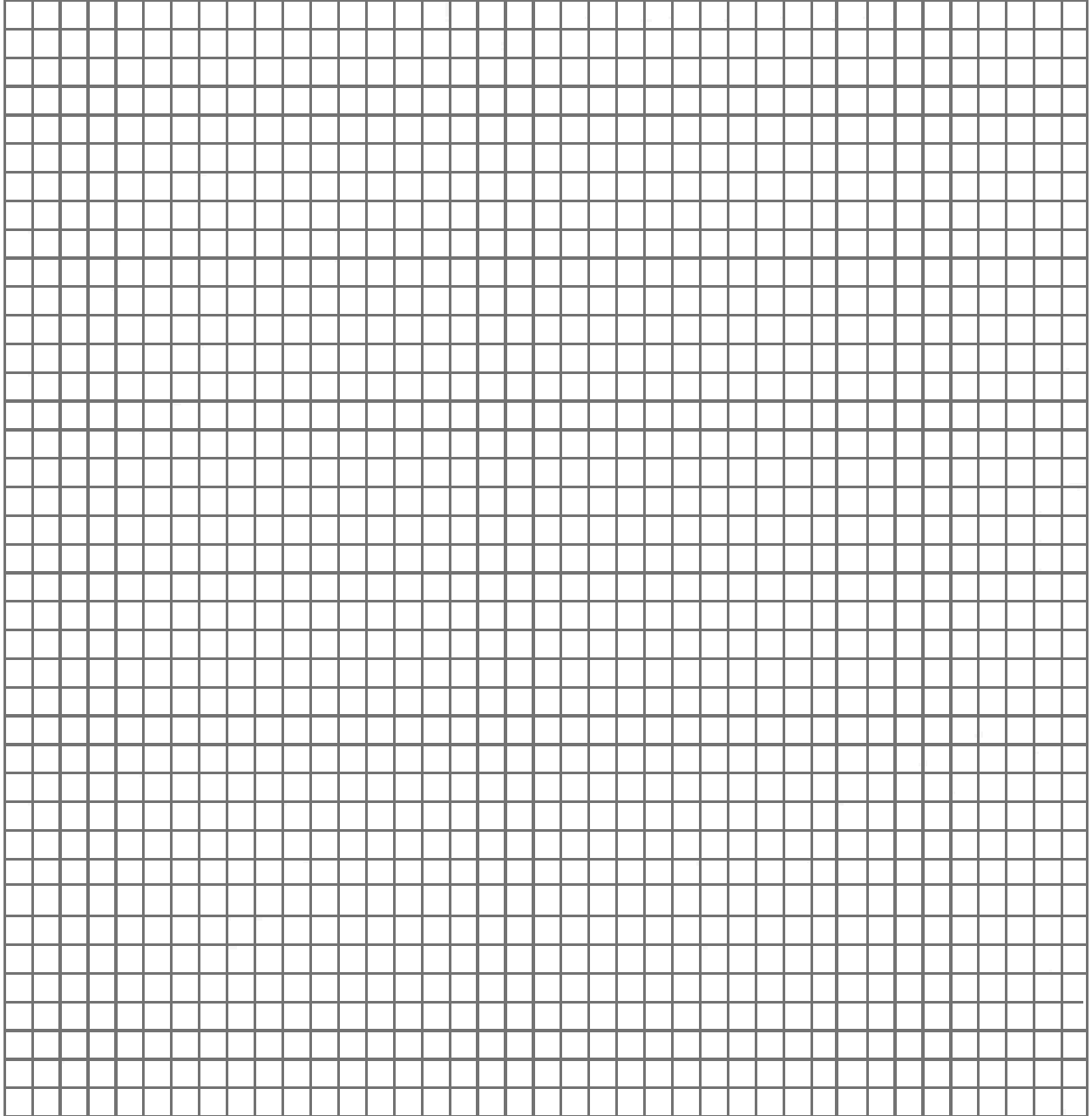
\*Based on the works of Dr. Mendosa's Glycemic Index



# Weight Loss Graph for

Starting Weight: \_\_\_\_\_ Starting Date: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

*Directions: Each box represents ½ pound of weight. Mark your starting weight at the top line. Weigh yourself each day at the same time. Mark the chart accordingly and watch your line fall*



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35