

# FIT FOR LIFE

## SUGGESTED FOOD COMBINATION ~ FOR MAXIMUM WEIGHT LOSS

NEVER combine a	<u>PROTEIN</u>	with a	<u>STARCH</u>
<u>For Example:</u>	Poultry (chicken, turkey, etc.)		Pasta (with tomato sauce)
	Fish		Rice
	Beef, veal, lamb		Potato
	Eggs, omelet		Bread
	Tofu		Cereal
	Yogurt		Corn (high in starch)
	Cheese (avoid, if possible)		Peas (high in starch)

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### MAIN MEAL OF THE DAY:

1. Choose **EITHER** one (1) Protein **OR** one (1) Starch (See Above List).
2. Add two (2) Vegetables of your choice from the following selection.  
Have as much as you wish of the vegetables and / or a Salad.

### VEGETABLES:

Asparagus	Beans	Brussel Sprouts	Lettuce
Broccoli	Beets	Alfalfa	Onions
Cauliflower	Fiddleheads	Radishes	Celery
Carrots	Spinach	Pepper	Tomatoes
Cabbage	Zucchini	Mushrooms	Cucumbers

### FRUIT:

**ALWAYS eat fruit fresh and alone** (without other foods). Fruit is an excellent aid for digestion . . . *IF eaten on an empty stomach.* Try to wait at least 3 hours after eating anything at all, before eating a fruit. The best time is in the morning. This helps to complete digestion of the meals from the day before. It is recommended to eat naturally-occurring fruit, e.g., apples, oranges, pineapple, melon, berries, etc.

### SEASONING and DRESSING:

Use Low-Cal dressings or lemon juice and / or vinegar on your salads. Use as little salt as possible. Salt can contribute to fluid retention in the tissues which can mask weight loss. Use your favorite herbs for seasoning, e.g., garlic, rosemary.

### BEVERAGES:

**Water ~ as much as you can drink (filtered).** Low-Cal Soft Drinks (within reason and NO aspartame). "Decaf" is best for your Coffee and / or Tea (within reason).

***Wishing You Success and Good Health !***