

GUIDELINES

AVOID

- ☼ Processed Foods
- ☼ Sugar
- ☼ Dairy
- ☼ Gluten
- ☼ Corn
- ☼ White Potatoes
- ☼ Red Meat
- ☼ Pork
- ☼ Alcohol
- ☼ Caffeine

ENJOY

- ☼ Nutrient Dense Whole Foods
- ☼ Vegetables
- ☼ Fruits (limit 2 per day)
- ☼ Whole Grains
 - ~ brown rice, quinoa, oats
- ☼ Proteins
 - ~ chicken, turkey, fish, beans
- ☼ Healthy Fats
 - ~ seeds, avocado, nuts*
- ☼ Lots and Lots of Water
- ☼ Detoxifying Tea

*No peanuts