

## ***Phase 1 Guidelines***

### ***2 weeks only!***

- **Glycemic index:** the degree to which a certain food raises your blood sugar (1-100). Foods are low, medium or high in glycemic index. When blood sugar rises rapidly with foods high in glycemic index, the insulin level rises rapidly to metabolize the sugar. Insulin sends the body a signal to make and store fat, so the higher the insulin level then the more fat you will store. Also once the insulin level rises then the sugar level drops which causes a sensation of hunger or “carb craving.” This leads you to eat more. It’s a vicious cycle.
- **DETOX!!** Foods higher in glycemic index you will give up for this first 2 weeks: all fruits, all starches (breads, rice, pasta, cereal, oatmeal, sweets, and a few high starch vegetables), and alcohol. Its only 2 weeks! It will be well worth it. This time gives your body a chance to “rest” from the simple sugars found in higher glycemic index foods which will stabilize blood sugar and insulin levels and lead to weight loss. Average weight loss in this phase is 7 – 13 lbs.
- **Foods to eat:** lean protein (unlimited), most vegetables (unlimited), low fat dairy (certain limits), unsaturated fats (certain limits) and sugar-free treats. These foods are low in glycemic index.
- There should be 6 times to eat: 3 meals, 2 snacks, and 1 dessert daily
- Do not ever skip breakfast. Eating breakfast gets your metabolism running at the start of your day, it is essential.
- Your meals should be of “normal” size, enough to satisfy your hunger, but no more than that. You should never feel hungry, and if you do, it’s possible that you’re being too stingy with your portions.
- Drink 8 to 10 glasses (8oz) water every day. Your body cannot metabolize food efficiently or break down fat cells if you are dehydrated. Also many people misinterpret thirst as hunger and this leads to overeating.
- Remember to take your vitamins as directed!
- **MOVE** your body. We recommend at least 30 minutes of an activity such walking, swimming, or biking 3 days per week at a minimum. Weight training can also rev up your metabolism (can use light weights). Stretching is also a healthy habit as it lengthens and strengthens muscles.

## Food Allowed in Phase 1 - unlimited

<p><b>Protein: BEEF</b> - Lean, &lt;10g of fat per 100g</p> <ul style="list-style-type: none"> <li>• Eye of round</li> <li>• Bottom round</li> <li>• Extra lean ground beef</li> <li>• T-bone</li> <li>• Tenderloin, Sirloin</li> <li>• Top loin</li> <li>• Top round</li> <li>• Flank steak</li> <li>• London broil</li> <li>• Lean pastrami</li> </ul> <p><b>Protein: LAMB</b></p> <ul style="list-style-type: none"> <li>• Leg, center cut</li> <li>• Loin, chop or roast</li> </ul> <p><b>Protein: PORK</b></p> <ul style="list-style-type: none"> <li>• Boiled ham</li> <li>• Canadian bacon</li> <li>• Loin</li> <li>• Tenderloin</li> </ul> <p><b>Protein: POULTRY - skinless</b></p> <ul style="list-style-type: none"> <li>• Cornish hen</li> <li>• Turkey bacon or sausage (2 per day)</li> <li>• Turkey and chicken breast</li> </ul> <p><b>Protein: SEAFOOD</b></p> <ul style="list-style-type: none"> <li>• All types of fish and shellfish</li> </ul> <p><b>Protein: TOFU</b></p> <ul style="list-style-type: none"> <li>• Use soft, low-fat or lite varieties</li> </ul> <p><b>Protein: VEAL</b></p> <ul style="list-style-type: none"> <li>• Chop</li> <li>• Cutlet, leg</li> </ul>	<p><b>VEGETABLES</b> - may use fresh, frozen or canned without added sugar, try to have 4 cups daily or more</p> <ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Beans, all types allowed</li> <li>• Refried beans, fat-free</li> <li>• Chickpeas or Garbanzo Beans</li> <li>• Soy Beans</li> <li>• Split Peas</li> <li>• Broccoli</li> <li>• Bok Choy</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collard Greens, Turnip Greens</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Lettuce, all types</li> <li>• Vegetable juice</li> <li>• Mushrooms</li> <li>• Mustard Greens</li> <li>• Okra</li> <li>• Onion</li> <li>• Peppers</li> <li>• Pickles, dill or sugar-free</li> <li>• Radishes</li> <li>• Rhubarb</li> <li>• Sauerkraut</li> <li>• Snow peas</li> <li>• Spinach</li> <li>• Sprouts, alfalfa, brussel sprouts</li> <li>• Squash, yellow, summer, spaghetti, zucchini</li> <li>• Tomato</li> <li>• Garlic</li> <li>• Kale</li> <li>• Scallions</li> <li>• Water chestnuts</li> <li>• Watercress</li> <li>• Peas, snap, snow</li> <li>• Shallots</li> </ul> <p>*****KEY CONCEPT – it is important to balance veggies with proteins to keep the pH balance of your body most favorable for health and weight loss. You need at least 50% of food consumed to be veggies.</p>
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**Protein: EGGS**

- The use of whole eggs is not limited unless otherwise directed by your doctor. Use egg whites and egg substitute if desired.

**Protein: LUNCHMEAT**

- Fat-free or low-fat only

**Dairy: MILK/YOGURT (2 cups daily)**

- 1% or fat-free (skim) milk
- Soy milk – plain low-fat (<4g fat per serving)
- Yogurt – plain low-fat (you can flavor with calorie free sugar & extracts)
- Fat-free half & half, nondairy creamers with no sugar or fat
- Buttermilk – 1% or fat-free

**Dairy: CHEESE (reduced fat or fat-free, <6g fat per ounce, made with 2% milk or less; no specific restriction, eat within reason)**

- American
- Cheddar
- Cottage cheese
- Cream cheese, fat-free or light – 2 TBS
- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta, part skim
- String , part skim

**Fats: NUTS (Limit to one serving per day)**

- Almonds - 15
- Brazil Nuts - 4
- Cashews - 15
- Pecans - 15
- Macadamia - 8
- Peanut Butter - 1 tsp
- Peanut Butter, Natural - 2 TBS
- Peanuts, 20 small (dry roasted or boiled)
- Pine Nuts (Pignolia) - 1 oz
- Pistachios - 30
- Walnuts – 15
- Sunflower seeds – 1 oz
- Soy nuts – ¼ cup; edamame – ¼ cup
- Pumpkin seeds – 1 oz

**FAT CHOICES (with suggested serving sizes)**

The following Monounsaturated Oils are recommended to be consumed daily:

- Olive Oil – 2 TBS (daily)
- Canola Oil - 2 TBS

Other oil choices that may be used (Polyunsaturated or a blend with Monounsaturated):

- Avocado Oil – 1 TBS (daily)
- Walnut Oil (or any nut) – 1 TBS
- Sunflower Oil, Safflower Oil 1 TBS
- Coconut Oil – 1 TBS

**OTHER FAT CHOICES:**

- Avocado – 1/3 whole
- Guacamole - ½ cup
- Olives (Green or Black) - 15 small
- Margarine - choose those that do not contain Trans Fatty Acids such as Fleishmann's Premium Olive Oil or Smart Balance, 2 TBS
- Pam spray or I Can't Believe It's Not Butter!
- Mayonnaise - Regular, 1 TBS
- Salad Dressing - olive oil & vinaigrette, or with < 3 gms sugar per serving – 2 TBS

**TOPPINGS , SAUCES, SPICES - (low or no sugar)**

- Hot Sauce, Tabasco
- Mustard
- Salsa - sugar-free
- Soy Sauce
- Steak Sauce - 1 TBS
- Worcestershire Sauce
- Whipped topping, light or fat-free - 2 TBS
- Taco sauce
- Sour cream, light or fat-free – 2 TBS
- Miso
- Broths
- Vinegar
- Horseradish sauce
- Extracts (all varieties, almond, vanilla, etc)
- All fresh and dried herbs, spices
- Pepper of all types
- Sugar free, zero calorie ketchup

**DRINKS**

- Tomato juice
- Vegetable juice
- Milk, 1% or fat-free
- Tea
- Diet drinks or sodas
- Coffee
- Soy milk, low-fat plain or vanilla
- Calorie free powder mixers like Crystal Lite
- ANYTHING WITHOUT CAFFEINE CAN COUNT TOWARDS YOUR WATER INTAKE GOAL FOR THE DAY.

**SWEET TREATS** (Limit to 100 calories per day)

- Candies, hard, sugar-free
- Gum, sugar-free
- Chocolate powder, no added sugar
- Cocoa powder, baking type
- Chocolate syrup, sugar-free
- Fudgsicles, sugar-free or no added sugar
- Gelatin/Jello, sugar-free (w/ whipped topping)
- Popsicles or Creamsicles, sugar-free
- Crystal Lite sugar-free ice cups
- Liugi's Italian Ice no sugar added

**SUGAR SUBSTITUTES**

- Fructose (needs to be counted as Sweet Treats, Caloric Limit)
- Nutrasweet (Equal)
- Saccharin (Sweet & Low)
- Sucralose (Splenda)
- Stevia (Truvia)

**Foods *NOT* Allowed in Phase 1****VEGETABLES** (these have higher starch)

- Beets
- Carrots
- Corn
- Potatoes, white
- Potatoes, sweet
- Green Peas

**FRUIT**

\* Avoid ALL fruits and fruit juices in Phase 1

**STARCHES:**

- Bread, all types
- Crackers, any type
- Cereal
- Croutons, all types
- Matzo
- Oatmeal
- Rice, all types
- Pasta, all types
- Pastry and baked goods, all types
- Anything with added sugar

**MISCELLANEOUS**

- **No alcohol of any kind**
- **No regular ketchup or cocktail sauce**
- **No pork rinds - too high in saturated fat**

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|  | <ul style="list-style-type: none"><li>• <b>No jerky unless its sugar free</b></li></ul> |
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