

## **PLENTY**

Fruit  
Vegetables  
Legumes  
Whole grains  
Low-fat dairy

## **MODERATION**

Fish/ Eggs/ Poultry  
Vegetable oils  
Light desserts  
Refined grains

## **RARELY**

NO red meat  
Spices (Herbs are ok,  
including: dill, parsley,  
basil, tarragon, thyme)  
Cream  
Butter  
Rich desserts

## **BREAKFAST**

LIGHT breakfast.

Coffee, tea, or red clover tea (small amount of honey is ok)

-Wait 4 hours between breakfast and lunch

## **LUNCH**

LIGHT lunch.

Large green salad with clear dressing

Cooked vegetables

Egg or low fat dairy food

Serving of whole grains

Skim milk

Piece of fruit \ Coffee, tea, (red clover is best)  
(small amount of honey is ok)

-Wait 5 hours between lunch and dinner

## **DINNER**

SUBSTANTIAL dinner - poultry, fish, or eggs

Steamed vegetables

Serving of whole grains

Piece of fruit, skim milk

-AVOID LATE NIGHT SNACKING!