

PLENTY

Beef

Lamb

Pork

Chicken

Organ Meats: liver,
kidneys, heart

Eggs

Fresh Vegetables

Fenugreek tea

MODERATION

Fruits

Legumes

Whole grains

Vegetable oils

RARELY

Dairy products

Refined CHO

BREAKFAST

MAIN MEAL - Substantial with some meat.

Lean beef, lean pork, dark poultry, lamb, liver,

1 Serving of whole grain bread

Decaf coffee, or tea, or fenugreek tea

4 hours between breakfast and lunch

LUNCH

MODERATE lunch with vegetables & protein

Fish, shellfish, or chicken

Serving of vegetables

Serving of whole grain

Small piece of fruit

Fenugreek tea

5 hours between lunch and dinner

DINNER

LIGHT dinner.

Poultry, fish, shellfish, or eggs

Serving of vegetables

Piece of fruit

Fenugreek tea

Avoid late night eating!