

PLENTY

Eggs
Chicken
Fish and shellfish
Fresh Vegetables
Low-fat dairy
Raspberry leaf tea

MODERATION

Legumes
Whole grains
Butter and Vegetable
Oils
Fruit
Red Meat
Organ meat

RARELY

Sugar
Caffeine
Refined grains

BREAKFAST

2 eggs, any style
1 teaspoon of butter or oil
1/2 slice of whole grain bread
1 cup of decaf coffee or raspberry leaf tea
4 hours between breakfast and lunch

LUNCH

1 cupful of vegetables - at least
1 teaspoon of any clear diet dressing
1 teaspoon of butter or 4 ounces of poultry or fish
1 slice of whole grain bread or 1/2 cup of whole wheat, brown rice
6 hours between lunch and dinner

DINNER

4 ounces of chicken, turkey, fish, lamb, beef
(only allowed 2-3 times per week)
Raw or steamed vegetables
1 serving of whole grain
1 cup of skim milk - Raspberry leaf tea