

It's a Simple Diet

(you won't be hungry, but this will fail if you cheat)

1. Learn how to read and understand food labels.
2. Shop the outside aisles.
3. Avoid all:
 1. Grains
 2. Sugar
 3. Root vegetables
 4. Legumes
 5. Fruit
 6. Industrial seed oils
 7. Artificial sweeteners
4. Eat zero to three meals a day
 1. Eat until you're full – then stop eating
 2. Don't snack between meals
5. After two weeks – pick one day each week and eat only one meal on that day.

It is very low carbohydrates
It can be high in protein or fat

Grains: Wheat, rye, oats, corn, rice, quinoa, buckwheat and etc. (products like pasta, bread, cookies, biscuits, breakfast cereals, most chocolate bars, even licorice!)

Exceptions: NONE

Sugar: sugar, corn syrup, agave syrup, maltodextrin, dextrose, and about 50 others...

Exceptions: NONE

Root Vegetables: Potatoes, yams, carrots, beets, sweet potatoes, parsnips

Exceptions: Raddish, turnip, 1 thin slice of raw white potato

Legumes: kidney beans, soybeans, baked beans, black beans, pinto beans, peanuts, and etc

Exceptions: snap peas, green beans, yellow beans

Fruit: ALL fruit (fruit is “nature’s candy”)

Exceptions: Avocado, lime, lemon

Industrial Seed Oils: Soybean oil, Corn oil, rapeseed oil, cottonseed oil, safflower oil and etc. (like Mazola, Criso, any margarine or spread like “I can't believe its not butter” and Becel)

Exceptions: NONE; these oils are highly inflammatory.

Artificial Sweeteners: Aspartame, Cyclamate, Isomalt, Maltitol, Mannitol, Neotame, Saccharin, Sorbitol, Sucralose, and many dozens of others!

Exceptions: Pure monk fruit, erythritol, Stevia, BochaSweet®