

Foods to Enjoy

Meats

- Beef Lean cuts like sirloin, tenderloin, top round
- Poultry (skinless) turkey breast 2 slices per day, chicken breast, turkey breast, etc
- All types of seafood
- Pork
 - Boiled ham
 - Canadian bacon
 - Tenderloin
 - Lean chops
- Veal chops
- Lunchmeat (low sodium, low fat)

Nuts (Under a 100 calories a day/buy 100 cal pack)

- Almonds
- Walnuts
- Pistachios
- Almond Butter (2Tbsp max per day)

Eggs

Whole eggs, egg whites, or egg substitute

Dairy/Milks

- Cheese
 - Low-fat
 - String Cheese, Laughing Cow
- Yogurt, plain fat free
- Milk low-fat, almond unsweetened

Vegetables

- Artichokes, asparagus, broccoli, cabbage, cauliflower, celery, collard greens, cucumbers, eggplant, lettuce (all types), mushrooms, snow peas, spinach, sprouts summer squash, tomatoes, turnips, water chestnuts, zucchini
- Frozen vegetable (Steam fresh brand is best, but with no added sauces), Use Frozen "Riced Cauliflower", Mashed Cauliflower. Etc (get plain in the frozen section)

Legumes (these provided much needed fiber) It's also a source of carbs so be careful

- Black, White, Red beans
- Garbanzo, lentils

Fats

- Oil, coconut, olive, avocado

Spices and Other

- All spices that contain no sugar
- Extracts
- Mustard
- Light or avocado mayo
- Sugar free maple syrup*
- Broth
- Sugar free jello
- Cocoa powder
- Fudgsicles (no sugar added) *
- Sugar free popsicles *
- Gum sugar free*

*limit to under 100 total calories from these other

Supplements: IsoPure 100% Whey or Vega Clean Protein (any 100% whey is good that doesn't have added sugar), Stevia, Fish/Krill Oil, Fiber Pills,

Tips: Meal Prep, Keep it Simple, Stick to it. Plan for the unexpected: parties, travel, family, etc.

Foods to Avoid

Beef

- Brisket, liver, other fatty cuts, ribs

Poultry

- Chicken wings and legs

Pork

- Bacon, sugar added, honey-baked

Cheese

- Brie
- Edam
- Nonreduced Fat

Vegetables

- Beets, carrots, corn, potatoes, yams, yuca, malanga

Fruit

- avoid all fruit during the first 14 days of the 21 day challenge, after limit your fruit to berries and apples only after WODs
- NO fruit juices

Starches

- avoid all starchy foods, breads, cereals, matzo, oatmeal, pasta, rice, pastry, and baked goods

Dairy

- Ice cream (includes Halo top), frozen yogurt, whole milk

Miscellaneous

- Alcohol of any kind
- Ketchup
- Halo Top (more than 75 calories a day)
- Quest Bars
- Protein Bars
- Chips of any kind

If you want to lose weight YOU need to eat whole foods and stay away from Protein bars, protein packed health snacks, and other processed foods. These foods are designed to be marketed as “healthy” but DO NOT help you lose weight in the short term. Later on, you will learn to indulge in them occasionally as a “Treat.” Using them, as part of your everyday eating not recommended.

Next week you will receive a updated list of new foods to add. For now your carbs should be coming from vegetables, legumes, low-fat dairy.