

List of Simple Carbs

Do Not Eat

All Carbs:

Potatoes (all kinds)
Bread (all kinds)
Flour (all kinds)
Pasta (all kinds)
Rice (all kinds)
Beans (all)
Grains (all)
Cereals (all)
Oatmeal (all)
Sugar (all)
Sweeteners (all)
Juices (all)
Syrup
Molasses
Pop
Diet drinks
Low fat or skim Milk
Alcohol (all)
Cake
Pies
Cookies
Donuts
Pastries
Baked goods
Casseroles
Sweets
Candy
Fruits (all)
Carrots (cooked)
Corn (cooked)
Tomatoes (cooked)
Thick Dressings
Yogurt

List of Proteins Eat

All Meats:

Beef (lean cuts)
Eggs
Chicken
Turkey
Fish
Steak (lean cuts)

List of Complex Carbs Eat

All Green Veggies:

Broccoli
Spinach
Kale
Lettuce
Arugula
Asparagus

List of Fats Eat

Healthy Fats:

Any Liquid Oils (all)
Avocados
Nuts

(saturated)

Solid Fats: Do Not Eat

Butter
Bacon
Sausage
Cheese
Chicken skin
Steak fat
Animal fat
Coconut Oil
Hydrogenated Oils
Milk
Cream
Dairy

Follow this until you get to your goal body weight. Then you can slowly add back small amounts of Simple Carbs. If you start gaining weight again, go back to eliminating those items.

Disclaimer: Please check with your doctor to see if this is healthy for you. We will not be held responsible for any adverse outcomes.