



YOUR NUTRITION PLAN

1. Your carbohydrates

| INITIAL 4 WEEKS | SECOND 4 WEEKS |
|---|--------------------------------|
| No bread | Darkest brown, grainy breads |
| No rice | Brown rice |
| No noodles | Whole grain noodles |
| No potatoes | Sweet potatoes, including skin |
| No corn | No corn |
| No juice (OKAY to eat 2 fruits per day) | No juice |
| 1 small glass of milk | 1 small glass of milk |

2. When you have carbs

- They must be NO bigger than 25% [1 quarter] of your plate.
- No food should be more than 1 inch above the plate.

3. Other food tips

- Drink a tall glass of sugar free liquids before any meal or snack
- No eating or drinking 2 hours prior to bedtime
- Avoid drive throughs
- No food on kitchen table except for what is on your plate
- Watch your portions when snacking; pour into a small cup or plate
- Avoid screen time during meals/snacks
- Limit alcohol to 1 beverage per 24 hours
- Decrease all portions by 25%

4. Exercise is a drug, you have to do it every day

- Ultimately the goal is to work up to 30 minutes of exercise before dinner and 30 minutes between dinner and bedtime everyday
- Start with 5 minutes before a morning shower, at lunch, before dinner, and at bedtime.
- Can also start with 10 minutes of walking after every meal