

Group I Foods

Fat Loss Program

Slow Oxidizers / Sympathetics

PROTEINS			CARBS			FATS
Meat	Seafood	Dairy	Grains	Veggies.	Fruit	Oils/Nuts
<i>Eat lean, light meats & avoid dark meats</i>	<i>Eat white fish & shellfish only</i>	<i>1-2 servings of low or non-fat (cow or goat) /day</i>	<i>1-2 servings per day only (grains = 1/2 cup)</i>	<i>Emphasize the following</i>	<i>2-3 servings per day</i>	<i>3-4 tsp daily or 24 nuts</i>
buffalo chicken breast lamb ostrich pork turkey breast	catfish cod flounder haddock perch scrod sole trout tuna (light) crab crayfish lobster shrimp other shellfish	yogurt (plain) cottage cheese cheese Swiss Cheddar feta/goat mozzarella string eggs (1-2 x/day)	amaranth brown rice buckwheat millet quinoa protein bread/ low-carb bread (1-2 slices) rye crackers (1-2)	bok choy broccoli cabbage cucumber garlic leafy greens lettuce/salad greens parsley peppers radish sprouts (any) squash (soft) tomatoes zucchini	apples berries (1/2 cup) cherries kiwi melons oranges/citrus peaches pears pineapple plum	almonds cashews sesame seeds sunflower seeds pumpkin seeds almond butter sesame butter (1 tablespoon) coconut oil olive oil
Avoid (Misc.): avocado breakfast bars chips fatty foods juices margarine organ meats processed foods red meats refined oils salty foods sodas sugar	Limit: (1 x/week) oily/dark fish	Limit: (2-3 x/week) milk	Limit: (1-2 x/week) oats (1 cup) Avoid: popcorn white flour products white rice	Limit: (1-2 x/week) artichoke asparagus beets Brussels sprouts carrots olives onions peas/beans spinach turnip yam	Avoid: bananas dried fruit fruit juice	Limit: (2-3 x/week) butter Avoid (Misc.): canola oil corn oil safflower oil soy oil sunflower oil vegetable shortening

- Eat 3 regular meals per day; do not eat the same foods every day
- Eat organic/free range meats and produce whenever possible; avoid processed foods and refined oils
- Eat some protein with each meal; emphasize a variety of dark leafy greens and salad vegetables
- Bake, broil, grill or poach animal foods; do not overcook or blacken; avoid processed luncheon meats
- Drink 2 cups of filtered water on arising; and 6-8 glasses per day; add lemon juice, if desired
- Avoid fruit juices and sodas; limit alcohol to 1 glass of wine *or* 1 lite beer per day (before dinner)
- Avoid all sugars and artificial sweeteners (NutraSweet®, etc.); use stevia, xylitol or *SlimSweet (lo han)* instead
- Restrict salt intake; use unrefined (gray/beige) sea salt (such as Celtic, Eden, Mediterranean, or Real Salt)