



great foods

for the 24 Day Challenge (and beyond)

What food should I have in my home on a regular basis to make optimal choices for my health and wellness?

Looking and feeling healthy is created by a lifestyle you design for yourself to achieve your well being. It is an active process of becoming aware of and making choices ...

Organic if you can - Our world is becoming more and more tainted with cancerous chemicals. In an attempt to increase production and capture bigger market shares, the use of fertilizers, pesticides, food additives; such as dyes and preservatives has become so prevalent that "artificial ingredients" are now outnumbering "natural ingredients" on many food content labels. It is the opinion of many experts that this ever-increasing use of artificial fertilizers, pesticides, and chemical additives has a direct correlation to the ominous rise in cancer rates and other health problems.

Organic foods are rapidly becoming recognized as a logical alternative in this chemical-laden world. The focus on environmentally-sound agricultural methods and "sustainable" agriculture is getting the attention of many who are now concerned about what they're eating as well as the environment. Organic food is a reliable and safe alternative to the issues regarding conventionally grown, processed and packaged foods.

RECOMMENDED FOODS

recommended portion size at each sitting is in parentheses - ** is unlimited

Proteins

- Dry roasted or raw nuts like almonds, walnuts, hazelnuts etc. (1oz - about 12 almonds)
- Skinless, boneless chicken breast (3 - 4 oz for women, 4 - 6 for men, palm size, 1 inch thick)
- Lean red meat (3 - 4 oz for women, 4 - 6 oz for men, 1 inch thick)
- Fish (3 - 4 oz for women and 4 - 6 for men, palm size, 1 inch thick)
- Tuna canned in water (1 can)
- Turkey breast (3 - 4 oz for women, 4 - 6 oz for men)
- Lentils - any type of natural beans or legumes (1 - 2 cups prepared)
- Eggs (2 - 3 hard boiled)

Starches - these are the best suggestions but try to limit to 1 server per day
Avoid during Phase 1

- Oatmeal - Old Fashioned Rolled oats with no added sugars or flavors.
Try to limit during Phase 1 (1/2 cup dry)
- Brown rice (1/2 cup prepared)
- Quinoa (1/2 cup prepared)
- Yams/sweet potatoes (1/2 your fist)
- Whole grain (not whole wheat) bread (1 slice)
- Squash (1 cup)

Fresh or Frozen Fruits (not canned) - recommend you eat with protein

- Berries (1 cup)
- Apples (1)
- Bananas (1)
- Pineapple (1 cup)
- Oranges (1)
- Grapes (1 cup)
- Cantaloupe/honeydew (1 cup)
- Mango, kiwi and other tropicals (1 cup)

Fresh or Frozen Vegetables - recommend you eat with protein

- Avocado (1/2)
- Broccoli (**)
- Asparagus (**)
- Spinach (**)
- Tomatoes (**)
- Cucumber (**)
- Peas (3/4 cup)
- Carrots (1 large or 1 cup mini's)
- Lettuce and other leafy greens (**)
- Edamame - Soybeans (1/2 up to 2 cups)

Condiments, Herbs, Spices

- Olive oil, expeller pressed vegetable oils, sesame oil. (1 tbsp)
- All types of vinegars
- Splenda, sucralose or Stevia (not a lot, just enough to sweeten)
- An array of fresh and/or bottled herbs and spices for seasoning (**)
- Fresh mint, lemons, limes and 100% cranberry juice for flavoring water (**)
- Mustard, relish, pickles, low fat mayo (1 tbsp)
- Zero calorie butter spray

DO NOT EAT

- Margarine
- Anything fried
- Soda
- Palm, palm kernal or sunflower oils
- Nothing with bleached, unbleached or enriched flours - always whole grain
- Alcohol - okay when you are having a social gathering not for regular use
- Dairy - On occasion dairy is fine but not a staple - part skim mozzarella cheese is best
- Mayonnaise
- Fruit juices
- White sauces
- Table sugar
- Cereal
- No chips, donuts, pastries, or crackers
- No hydrogenated oils - fractioned is fine, that is totally different
- Never anything with high fructose corn syrup

REMEMBER TO

- Eat every 3 - 3 1/2 hours
- Have some protein with most meals
- Drink a lot of water

This is a life plan not a "start and finish" program. You're developing habits both inside and out that will pay dividends to your body for the rest of your life.

