

Suggested Food Plan

This is a suggested food plan, especially for those who find that sugar or wheat flour causes an increase in hunger, appetite, cravings or food thoughts. This food plan is a springboard. No two people have the same exact food plan any more than two people have the same exact wardrobe. So individualize this plan for YOU. Ask us for help and support, and definitely ask us questions! We are with you and remember you would give up before we'd give up!

3 meals to include the following:

PROTEIN:

- Serving size = size of your fist or your flat hand
 - Options = chicken, fish, meat-low fat, no fat / low fat dairy with no added sugar (i.e. milk, cheese, Greek yogurt), tofu, eggs, beans (ok, but not great amount of protein).
 - Ok to add protein drinks to boost protein as long as the sweetness is not a personal trigger for you.
 - **Protein Scale** (How to know if a protein source is good):
 - 0 - 5 grams protein/100 calories = POOR source of protein
 - 5 -10 grams protein /100 calories = FAIR
 - 10-15 grams protein/100 calories = GOOD
 - 15-20 grams protein/100 calories = VERY GOOD
 - 20-25 grams protein/100 calories = EXCELLENT
 - 25 + grams protein/100 calories = GOLD STANDARD because protein has 4 cal/gram x 25 grams = 100 calories
- ~ Check for yourself: Broccoli is a better source of protein than hummus and peanut butter. Surprise!

VEGETABLES (Non-Starchy)

- Serving size = size of your fist when cooked; 1-2 fists when raw
- OK to substitute V8 juice if needed.

STARCHES / WHOLE GRAINS / STARCHY VEGETABLES

- Serving size = size of fist for rice, corn, potato, quinoa, barley, oats. Bread = size of flat hand
- WHOLE wheat - with caution: Can be a trigger to appetite for some people.

FRUIT:

- Serving size = Size of fist
- Canned ok, if you rinse it
- NO fruit juice (unless sweetened with non-nutritive sweetener like Ocean Spray 5 Calorie 'Diet' juice)

FATS:

- Serving size = 1-2 Size of your thumbs per meal (at most)
- Options = oils, dressings, butters, full fat dairy, avocado, hummus, olives, nuts, nut butters, seeds
- Use as little of all of these as possible, as these are high in calories.

SUGARS & NON-NUTRITIVE SWEETENERS:

- These are probably one of the most controversial areas
- NO sugar / NO non-nutritive sweetener (if you can do it) is obviously the safest way.
- The controversial question is given my cup of tea or coffee do I put sugar or non-nutritive sweetener? Ultimately you are going to have to decide because it is such a controversial area. But if you have any inkling that you have a sugar or carb addiction then non-nutritive sweeteners are probably a better choice for you. You may find you are even triggered by non-nutritive sweeteners. Agave nectar, molasses, honey, brown sugar, cane sugar, maple syrup, evaporated cane juice are all **sugar**. If you look at grams of sugar on the label and you can't account for those from fruit, milk or vegetable then it is sugar that may increase hunger, appetite, and cravings and thus I would recommend keeping that sugar to zero or close to zero.

SPECIFIC IDEAS:

Notice what you are and are not eating and how this affects your hunger, appetite, food thoughts or cravings. If you have questions about any of this, please come in and ask me!

Quick & Easy VEGETABLES

- Sugar Snap Peas
- Snow Peas
- Cherry Tomato
- Cut up Bell Pepper
- Baby Carrots
- Cut Broccoli & Cauliflower

PROTEIN (Beyond Chicken)

- Canned Tuna
 - Deli Chicken/Turkey
 - Egg Salad
 - Cottage Cheese
 - Plain Greek Yogurt
 - Turkey Pepperoni
 - Meatless Protein
- (Example: Morningstar's breakfast sausage patties).

STARCHES / GRAINS

As long as these are not a trigger for you:

- Potato
- Sweet Potato
- Corn
- Rice
- Rice Cakes (no sugar)
- Breads (see wheat notes below)
- Pastas (see wheat notes below)
- Crackers that do NOT have wheat flour unless it says WHOLE wheat flour. (i.e. Akmak crackers)

No grain is safest, gluten-free is next safest, Ezekiel sprouted grain breads and products are next and last is WHOLE wheat flour.

Wheat flour that is not whole wheat can cause an increase in hunger, appetite, cravings, food thoughts, etc., just like sugar.

For Cereal: Go to peapod.com (you may need to create an account, but you never need to place an order), search "cereal" and when you have the list, "sort by" sugar. Then choose cereals with 0 grams sugar, or if you are not addicted to sugar, you may choose cereals higher in sugar but know that at probably around 5 grams, they are likely to begin to cause increased hunger, appetite, food thoughts or cravings.

If you have questions, come ask me.

FRUIT

Warning: If you love a fruit too much and if a fist size leaves you wanting more then don't eat that fruit.

'No sugar' applesauce is a convenient option.

FATS

- Be aware that fats are very calorie dense so eat as little as possible.
- Lowest fat margarine ((i.e. I Can't Believe It's Not Butter Light)
- Olive Oil Spray
- Bolthouse Farms Dressing
- PB2 Peanut Butter (1g sugar)
- Low Fat Mayo
- When in doubt, leave it out.
- Try to eat the least processed choice with the least additives as possible.