**MEN**

**Choose one of the 2 options below:**

1. **Follow the more detailed chart and menu by following CHART I, CHART I INDEX, and FOOD INDEX for reference when stated.**

**OR…**

1. **Piece together your own menu by using CHART II & FOOD INDEX.**

***Each option provides approximately the same amount of protein, carbohydrates, and fat as well as approximately 1900-2000 calories. Feel free to mix it up and use both options. For an example, follow Option 1 for a couple of days or weeks then switch to option 2 if you’d like. Each option is effective.***

**CHART I**

|  |  |  |
| --- | --- | --- |
| **BREAKFAST** | **Choose from Options A or B** | ***If you choose a meal from option A for breakfast then choose a meal from option B for snack or vice versa*** |
| **SNACK**  ***Have your snack either:***  ***In between breakfast and lunch or in between lunch and dinner*** | **Choose from Options A or B** | ***If you choose a meal from option B for snack then choose a meal from option A for breakfast or vice versa*** |
| **LUNCH** | **Choose from Options C** |  |
| **DINNER** | **Choose from Options C** |  |
| **DESSERT** | **Choose from Options D** |  |

**CHART I INDEX:**

**Option A- *Choose one meal below for breakfast or snack***

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| **GRAB-N-GO:**  **MORNING FAST OR UPGRADED TEA/COFFEE:**  On busy days you may choose to fast in the morning. Either skip breakfast all together or have one of the following:  *Note: Skipping breakfast every morning is not recommended.*   * BULLETPROOF COFFEE *(RECIPE 1A)* * MATCHA LATTE *(RECIPE 1B)* * HERBA MATTE LATTE *(RECIPE 1C)* * HOT CHOCOLATE *(RECIPE 1D)*   **EPIC BAR COMBO:**  1 *Epic* Bar, 1 cup sliced zucchini, cucumber, celery or any other non-starchy vegetable *(see Food Index)*, 1 *Siete* brand tortilla or rice tortilla, and ½ fresh avocado sprinkled with sea salt and pepper.  **MEAT, HUMMUS &VEGGIES:**  1 *Epic* Bar or 4-5 slices of Nitrite/Nitrate free turkey or ham, 2 Tablespoons of hummus drizzled with 2 teaspoons of olive oil, 1 cup chopped cucumbers, celery, bell pepper or any other non-starchy veggies for dipping *(see Food Index)*, one of the following: 1 *Siete* brand Tortilla, 1 Rice tortilla or 1 slice *Canyon Bakehouse* Bread with1 teaspoon butter.  **CHEESE & VEGGIES:**  1 square inch or 1.5 slices of grass-fed cheese, ¼ avocado, 12 rice crackers and 2 cups of sliced red, green, orange or yellow bell peppers or any other non-starchy vegetables *(see food index).*  **HUMMUS AND VEGGIES:** 6 Tablespoons of hummus drizzled with 3 teaspoons of olive oil, 12 rice crackers or *Beanito* chips and 2 cups of sliced red, green, orange or yellow bell peppers or any other non-starchy vegetable (see food index) | **WHEN THERE IS TIME TO PREP/COOK:**  **OMELET:**  2 Egg Omelet with sautéed onion, bell pepper, spinach or any other non-starchy vegetables, 1 medium baked sweet potato ***(RECIPE 2)*** with 1 teaspoon butter, salt, and pepper.  Note: use 2 teaspoons of coconut oil or avocado oil to coat the pan for sautéing veggies.  **EGGS, BACON, and PLAINTAIN PANCAKES:**  1 Egg cooked any-style, 2 slices of nitrite/nitrate free bacon, ham, or turkey. 1 plantain pancakes ***(RECIPE 3)*** drizzled with 1 teaspoon of 100% maple syrup or raw honey. Note: try to incorporate some non-starchy vegetables into this meal i.e. sautéed spinach or mushrooms *(see food index).*  **SUNNY SIDE UP OR SCRAMBLED EGGS:**  1 Sunny Side up or Scrambled Egg with 2-3 slices nitrite/nitrate free bacon, sautéed spinach, and 1 slice of *Canyon Bakehouse* Bread with 2 teaspoons of butter.  **BREAKFAST BURRITO:**  2 scrambled eggs topped with 1/3 cup black beans, sautéed onions and tomatoes or 4 Tbsp. store bought no-sugar-added salsa, and ¼ diced avocado. Wrap all ingredients in 1 *Siete* Brand Tortilla, or rice tortilla. |

**Option B- *Choose a meal below for snack or breakfast***

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| **GRAB-N-GO**  **FRUIT, MILK & NUTS:**  1 cup almond milk, 2 serving of nuts (i.e. 30 Almonds),  1 serving of fruit (i.e. 1 cup blueberries).  *See meal template for milk, fruit and nut options*  **FRUIT, YOGURT & NUTS:**  ¾ cup of unsweetened yogurt, 2 serving of nuts (i.e. 12 macadamias), 1 serving of fruit (i.e. 1 cup strawberries). *See meal template for fruit and nut options*  **FRUIT & BAR:**  Pair one of the following bars with 1 serving of fruit (i.e. 1 apple, 1 cup berries) *See Food Index for other fruit options.*   * *BULLETPROOF BAR i.e.* Upgraded Chocolate or Vanillamax * *Designs for Health Paleo Bar* * *\*KIND Bar (with 5 grams of sugar or less)* i.e. Dark Chocolate Nuts and Sea Salt, Caramel Almond and Sea Salt * *NO COW BAR* * *\*OATMEGA BAR* * *\*Perfect COOKIE* * *\*Primal Kitchen Bar* i.e. Coconut Cashew or Dark Chocolate Almond   *Note: all bars can be found online; \*can find at whole foods*  **FRUIT & NUTS:**  1 serving fruit (i.e. 1 cups strawberries), and 1 serving nuts and seeds (i.e. 15 Almonds), 1 cup unsweetened almond or coconut milk.  *See Food Index for other fruit and nut options*  **FRUIT, SHAKE & BAR:**  1 Iconic Shake, 1 *KIND BAR* (with 5 grams of sugar or less) and 1 serving fruit (i.e. 1 cups blackberries)  **FRUIT, SHAKE & YOGURT:**  1 Iconic Shake with 1 serving fruit (i.e. 1 cups grapes), and ¾ cups yogurt | **WHEN THERE IS TIME TO PREP/COOK:**  **YOGURT PARFEIT** ***(RECIPE 4)***  **CHIA SEED PUDDING** ***(RECIPE 5)***  **SMOOTHIES:**   * **GREEN** ***(RECIPE 6)*** * **BERRY DELICIOUS** ***(RECIPE 7)*** * **CHOCOLATE COVERED STRAWBERRY *(RECIPE 8)*** * **VANILLA ALMOND *(RECIPE 9)***   **TROPICAL PARADISE *(RECIPE 10)*** |

**Option C- *Choose a meal for lunch and a meal for dinner from the options below***

|  |  |
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| **GRAB-N-GO**  **CANNED SEAFOOD, HUMMUS, VEGGIES & CRACKERS:**  1 can of Sardines or Smoked Oysters  (Recommended Brands: Crown Prince or Wild Planet), 4 tablespoons of hummus, 1 cup Sliced cucumber or celery, 12 rice crackers, ½ avocado  **HUMMUS, VEGGIES & CRACKERS**:  ½ cup hummus drizzled with 2 teaspoons of olive oil, 12 rice crackers or 12 *Beanito* chips, and 1 cup of raw cucumber, zucchini, celery, or bell pepper for dipping.  **EPIC BAR, HUMMUS & CRACKERS:**  1 Epic Bar, ¼ cup hummus drizzled with 3 teaspoons of olive oil, 1 cup of sliced raw cucumber, zucchini, celery, or bell pepper, and 12 rice crackers.  **CHEESE & CRACKERS:**  1 ounce of cheese (approx.1 square inch piece or 1.5 slices), 12 rice crackers, 4 Tablespoons of hummus or ½ avocado, 1 cup sliced cucumber, ½ cup sliced tomatoes drizzled with 1-teaspoon olive oil and the juice of ¼ lemon. | **WHEN THERE IS TIME TO PREP/COOK:**  **BUNLESS BEEF BURGERS:**  An 8 ounce Beef Patty ***(RECIPE 11),*** 1 cup Baked Green Beans with 1-teaspoon butter ***(RECIPE 12),*** 1 Medium Baked Sweet potato ***(RECIPE 2)*** with 2 teaspoons butter or ½ cup cauliflower mash ***(RECIPE 13)***  **BEEF TACOS & SALSA (PICO DE GALLO):**  8 ounces taco beef (approx. 1 cup) topped with Pico de Gallo ***(RECIPE 14)*** or store bought salsa with no sugar added, and 1 serving of tortillas (1-2 tortillas depending on type/brand) *See Food Index for options*.  **BAKED FISH:**  8-10 ounces Baked Fish ***(RECIPE 15)*** with ½ cup baked carrots ***(RECIPE 16)***, and 1 cup riced cauliflower ***(RECIPE 17)*** with 1 tablespoon of butter.  **MUFFALETTA TACOS:**  Muffaletta Tacos ***(RECIPE 18)*** & Side Salad: 2 cups Mixed greens topped with cucumbers, 3 teaspoons of olive oil, 1 teaspoon vinegar or lemon, and 12 baby carrots.  **BAKED CHICKEN:**  2 pieces of baked chicken ***(RECIPE 19)***, 1 cup baked broccoli ***(RECIPE 20)***, 1 medium baked sweet potato ***(RECIPE 2)*** and 1 Tablespoon of butter.  **BEANS & RICE:**  1.5 cups Beans ***(RECIPE 21 A, B or C)***, ½ cup rice ***(RECIPE 21 D)*** and a Side salad: 2 cups Mixed greens topped with tomato and cucumber, 1 Tablespoon of olive oil, 1 teaspoon vinegar or lemon.  **PROTEIN SALAD:**  3 cups of mixed greens topped with 8 ounces of chicken, beef or fish, any combination of non-starchy vegetables *(see Food Index)*, ½ cup sliced or shredded carrots or beets, and one of the following: 1 slice of *Canyon Bakehouse* Bread, 12 Gluten-free Rice Crackers, or 12 *Beanito* chips.  Dressing: 1 Tbsp. olive oil +1 tsp. vinegar, lemon, or lime + sea salt & pepper. |

**Option D - *Choose one dessert option below***

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| **GRAB-N-GO:**  **DARK CHOCOLATE:** 1 square of Dark Chocolate (70%, 85%, 90% cocoa) with ≤7 grams of sugar per serving(Suggested Brands: *Lindlt, Taza, Alter Eco*)  **CHOCOLATE DIPPED BANNANA**  Suggested Brand: *Diana’s Bananas Banana Babies* | **WHEN THERE IS TIME TO PREP/COOK:**  **GRAIN FREE CHOCOLATE CHIP COOKIES:**  1 Cookie ***(RECIPE 22)***  **GUILTLESS FUDGE:**  1 square inch piece ***(RECIPE 23)***  **FRUIT JELLO & COCONUT WHIP CREAM:**  ½ cup Jell-O topped with 2 tablespoons of coconut whip cream ***(RECIPE 24)*** |

**CHART II**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Group** | **Protein** | **Dairy/Dairy Alternative** | **Nuts & Seeds** | **Non-Starchy Vegetable** | **Starchy Vegetables** | **Bread/Crackers/Cereal/Grains/**  **Tortilla** | **Fruit** | **Fat** | **Dessert** |
| **# Servings per day**  ***See Food Index for choices and serving sizes*** | **5** | **1** | **2** | **5** | **1** | **2** | **1** | **9** | **1** |

***\*Total Servings per day= approximately 2000 calories***

**FOOD INDEX**

**PROTEIN: 5 Servings per day**

1 serving = approximately 120-150 calories

**Animal Protein:** *Meat, fish and poultry should be baked, grilled, roasted, or poached.*

Serving size: 3-4 oz. cooked (the size of a deck of cards or approx. ½ cup), or as indicated.

* Grass-fed Beef, Wild Buffalo, Venison, or Elk
* Eggs (Pasture-raised): 2 whole eggs or 3 egg whites + 1 whole egg
* Chicken or Cornish Hen (Pasture raised)
* Deli Meat: Ham, Turkey, or Roast Beef (Nitrite/Nitrate & Hormone/Antibiotic Free): 4 ounces or approximately 4-5 slices
* Turkey (Pasture-raised)
* Wild-caught fish, shellfish: fresh or ¾ cup canned in water
  + *\*Limit tuna to no more than one serving per week, if not buying fresh look for vacuumed sealed pouches or non-BPA lined cans*
* Canned Sardines or Smoked Oysters in water or olive oil: 1 can (look for non-BPA lined cans)
* Leg of Lamb, lean roast (grass-fed/pasture raised)
* Cheese (grass-fed):1 ounce (approx. 1 square inch or 1.5 slices)

**Vegetable Protein:** *Beans should be soaked in water for 12 hours then strained before cooking*

Serving Size: 2/3 cup cooked, or as indicated

* Beans- black, cannellini, garbanzo, kidney, lima, mung, navy, pinto
* Bean soups, 1 cup
* Hummus, 4 Tablespoons
* Split Peas, Lentils, sweet green peas

**Protein SHAKES or BARS**

Serving Size: as indicated

* Epic Bars- all varieties: 1 bar
* *Iconic* Shake*-* all flavors: 1 bottle (11.5 ounces)
* *Designs for Health*, Pure Paleo Protein Powder or Paleo Meal Powder: 1 scoop
* *Designs for Health*, Pure Pea Protein Powder: 1 scoop
* *Designs for Health*, Paleo Bar: 1 bar
* *Bulletproof* Whey Protein: 4 Tablespoons
* Upgraded Chocolate or Vanillamax *Bulletproof Bar:* 1 bar(order from bulletproof.com)
* *Sunwarrior* Protein Powder- all flavors: 1 scoop
* *Perfect Cookie*-all types: 1 cookie
* *OATMEGA BAR*, all types: 1 bar
* *KIND Bar* (with 5 grams of sugar or less (i.e. Dark Chocolate Nuts and Sea Salt): 1 bar
* Coconut Cashew or Dark Chocolate Almond *Primal Kitchen Bar:* 1 bar(order from primalkitchen.com)
* *NO COW BAR, all types: 1 bar*

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**DAIRY/DAIRY ALTERNATIVE:****1 serving per day**

Serving size: as indicated; 1 serving = approximately 45-80 calories

* Almond, Cashew, Pecan or any other nut milk, unsweetened: 1 cup (Good brands: *CALIFA Farm, So Delicious, MALK)*
* Hemp Milk, unsweetened: 1 cup
* Coconut Milk, un-sweetened: 1 cup
* Yogurt, unsweetened: 6 ounces or ¾ cup
* Kefir, unsweetened: 6 ounces or ¾ cup
* *So Delicious* Coconut Yogurt (i.e. unsweetened vanilla, unsweetened plain): 6 ounces or ¾ cup

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**NUTS & SEEDS** **2 serving per day**

Serving Size: as indicated; 1 serving = approximately 100 calories

* Almonds or hazelnuts: 15 whole
* Brazil nuts: 3 whole
* Macadamia nuts: 6 whole
* Nut Butter, all types (excluding peanut), without added sugar: 1 Tablespoon
* Pine nuts: 1 ½ Tbsp.
* Pistachios: 20 kernels
* Sunflower/pumpkin/sesame seeds: 2 tablespoons
* Walnut or Pecan halves: 7-8 pieces
* Chia seeds: 1.5 Tablespoons
* Coconut, unsweetened, shredded: 3 tablespoons
* Flaxseed, ground: 1 Tablespoon
* Flaxseed, whole: 2 Tablespoons

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**NON-STARCHY VEGETABLES**

**Eat as much of this category as possible! Goal= a minimum of 5 servings per day**

Serving Size: ½ cup, or 1 cup for raw greens; 1 serving = approximately 10 calories

* Artichokes, asparagus, bamboo shoots
* Bean sprouts
* Bell peppers or other peppers
* Broccoli, broccoflower, Brussels sprouts
* Cabbage (all-types), cauliflower, celery, cucumber
* Eggplant, garlic, green beans
* Greens- bok-choy, escarole, Swiss chard, kale, collards, spinach, dandelion/mustard/beet greens
* Leeks, chives, onions, scallions, garlic
* Lettuce/mixed greens—Romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
* Mushrooms, okra, radishes
* Salsa (no sugar added), 4 Tbsp.
* Sea vegetables (kelp, seaweed, etc.)
* Snow peas, snap peas
* Squash—zucchini, yellow, summer, spaghetti
* Tomatoes
* Water chestnuts, 5 whole
* Shirataki noodles

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**STARCHY-VEGETABLES Choose 1 servings per day**

Serving size: as indicated; 1 serving= approximately 75-100 calories

**Starchy Vegetables:**

* Beets: 2 cups sliced
* Carrots: 1 ½ cups cooked, or 24 baby carrots
* Parsnips: 1 cup cooked
* Plantain (technically a fruit): ½ of a plantain (approx. ½ cup sliced)
* Rutabaga: 1 ½ cups cooked
* Squash:
  + Acorn: 1 cup cubed
  + Butternut: 1 cup cubed
  + Spaghetti: 1 cup
* Sweet potatoes or yams: 1 medium baked
* Yukon Gold potato: 1 medium
* Red Potato: 1 small
* White potato: ½ medium
* Turnips: 2 cups cooked
* Cassava (Yuka root): ¼ cup

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**BREADS-CRACKERS-CEREAL-GRAINS-TORTILLA: Choose 2 serving per day**

Serving size: as indicated; 1 serving= approximately 75-100 calories

* **Breads:** 
  + *Canyon Bakehouse-* 7 Grain, Cinnamon Raison, or Mountain White: 1 Slice
* **Crackers:** 
  + Gluten Free Crackers:
    - *Blue Diamond Almond Nut Thins*: 12 crackers
    - *Mary’s Gone Crackers* **(***Herb or Black Pepper)***:** 10 crackers
    - *Back to Nature Rice Thin Crackers:*12 crackers
  + *Flackers:* 6 pieces
* **Cereal:**
  + *Columbia County* Flax-Granola: 2 Tablespoons
  + *Erewhon Organic Corn Flakes:* ¾ cup
  + *Nature’s Path Q’ia Super food Chia, Buckwheat & Hemp Cereal (Original):* 1.5 tablespoons

*Purely Elizabeth Ancient Grain Granola Cereal:* 1/4 cup

* **Grains:**
  + Rice (white or brown): ½ cup
* **Tortillas:**
  + *Siete* Brand: Almond, 1 Tortilla
  + *Siete* Brand: Cassava and Chia, 1 Tortilla
  + *Siete* Brand: Cassava and Coconut, 2 Tortillas
  + Organic Corn: 2 Tortillas
  + Rice: 1 Tortilla

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**FRUIT 1 serving per day**

Serving Size: as indicated; 1 serving= approximately 80 calories

* Apple, 1 medium
* Apricots, 3 medium
* Banana, ½ medium or large
* Berries- Blackberries & blueberries, 1 cup; Raspberries and Strawberries, 1 ½ cups
* Cantaloupe, ½ medium or 1 ½ cups cubed
* Cherries, raw, 15 whole
* Figs, fresh, 2 whole
* Grapefruit, 1 whole
* Grapes, 15 whole
* Honeydew melon, ¼ small or 2 wedges
* Kiwi, 2 medium
* Mango, ½ medium
* Orange, 1 large; nectarines/tangerines, 2 small
* Papaya, 1.5 cups cubed (1 inch)
* Pear, 1 small
* Peaches/plums, 2 small
* Persimmon, ½
* Pineapple, 1 cup chunks or 3 small slices
* Watermelon, 2 cups

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**FATS 9 servings per day**

Serving Size: 1 teaspoon or as indicated; 1 serving= approximately 40 calories (Side note: 3 teaspoons= 1 tablespoon)

* Avocado (fruit): 1/8 avocado
* Avocado oil (*High heat cooking)*
* Butter (made from grass-fed cows)
  + *Low-med heat cooking*
* Coconut milk (canned), regular: 1 ½ Tablespoons
* Coconut oil (cold-pressed, extra virgin)
  + *Low-med heat cooking*
* Coconut oil (Refined)
  + *High heat cooking*
* Flaxseed oil (cold-pressed)
  + *Do not heat; refrigerate*
* Grass-fed Ghee (clarified butter)
  + *High heat cooking*
* Mayonnaise (Made with avocado oil)
  + *Good Brand= Primal Kitchen*
* Olive oil (cold-pressed, extra virgin)
  + *Do not heat*
* Rendered animal fat (grass-fed, pasture-raised)
  + *High heat cooking*
* Sesame oil (cold pressed)
  + *Do not heat*

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**CONDIMENTS (Free Foods)**

* Cinnamon, Carob
* Fresh or Dried Herbs- any (i.e. dill, sage, basil, rosemary, thyme, mint, chives, parsley, etc.)
* Natural Extracts (i.e. vanilla or almond)
* Lemon, lime
* Mustard, horseradish
* Coconut Aminos (soy sauce replacement; gluten free & soy-free)
* Worcestershire sauce (Gluten free variety)
* Stevia (limit to 1 packet/ day)
* *Swerve* (Erythritol)
* Tabasco sauce
* Crystal sauce (limit to 2 tsp. per day)
* Red or green tomato sauce or salsa, unsweetened (organic)
* Raw and unfiltered Apple Cider Vinegar (organic)
* Other unsweetened Vinegars, in moderation

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**BEVERAGES**

* Caffeinated beverages
  + Limit to 8-16 ounces (1-2 cups)
    - Coffee, Green Tea, Black tea & other caffeinated teas
  + 2 oz. Espresso (limit to 4 oz./day)
* Water & Decaf-Tea
  + (Filtered, goal= 48-64 ounces daily or ½ your body weight in ounces)
    - Mineral Water
    - Herbal teas (chamomile, hibiscus, mint, etc.)

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**DESSERTS Choose 1 per day**

*Approximately 75-100 calories; Serving size as indicated*

* Homemade grain-free cookies (RECIPE 22) 1 cookie
* *Lindt* Dark Chocolate*, 70%, 85%, 90%, 1 square*
* Homemade no-sugar fudge (RECIPE 23); 1 square inch piece