

## **Nutrition Strategy – Eliminate foods that sabotage weight loss efforts**

The first phase of the program will last for 2 weeks. During this phase, you will eliminate all bread, rice, pasta, potatoes and cereals from your diet. Each week thereafter, you will add the healthier counterpart of one of these foods back into your diet. To stick to this phase, you must develop your plan. We delete these foods from our diets for several reasons:

1. To eliminate those foods that sabotage your weight loss efforts. These are the most common foods that cause bloating and lead to compromised energy levels.
2. To decrease calorie intake with very little effort. This program does not require you to count calories; however, following the program will lead to a calorie deficit (you'll burn more calories than you will take in). One easy way to do this is to stay away from breads, rice, pasta, potatoes and cereals.
3. To discover how your body responds to certain foods. As you add in these foods, you may notice some changes in your energy level and weight. This will help you to identify those foods that sabotage your energy and weight loss efforts.

### **Carb-Free Menu Options**

#### Breakfast:

- Spinach Omelet (omelet with eggs or egg substitute, spinach, onions, tomatoes and mozzarella cheese)
- Fiesta Omelet (omelet with eggs or egg substitute, salsa, and black beans – drained)
- Cottage Cheese with Fruit and Almonds
- Fruit Smoothie (orange juice with vanilla yogurt, bananas and strawberries)

#### Lunch and Dinner:

- Grilled Chicken and Fruit Salad (romaine lettuce or spinach, grilled chicken, mandarin oranges, almonds, balsamic vinaigrette)
- Taco Salad with Black Beans (romaine lettuce or spinach, ground turkey or beef with taco seasoning, salsa, black beans)
- Hamburger Patty with Salad and Green Beans
- Sauteed Chicken with Veggies (see recipe)
- Black Bean Soup (see recipe)
- Shrimp Kabobs (see recipe)

#### Snacks:

- Ham & Cheese Roll Up (lean ham with fat free cheese)
- Apples with Peanut Butter
- Grapes with String Cheese
- Yogurt with Almonds