

Approved Food List

Focus on fresh, organic foods to help you avoid sodium, unhealthy fats and processed foods that will spike your blood sugar, cause inflammation and slow down your weight loss.

Portion Sizes

Fruit = Palm

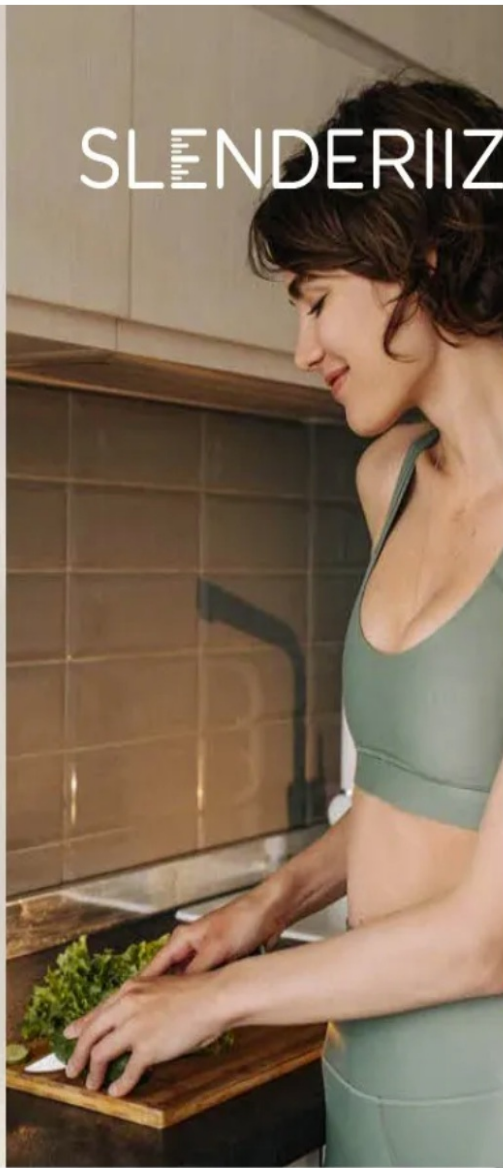
Protein = Palm

Fat = Thumb

Vegetables = 2 Fists

Carbohydrates = Tennis Ball

SLENDERIIZ



Palm = 3 oz.



Thumb = 1 oz.



Fist = 1 c.



Tennis Ball = ½ c.

Approved Food List

SLENDERIIZ

PROTEIN Animal-based

Best choices: grass-fed, free-range, raised without hormones, wild-caught, fresh, not preserved, nitrate-free

Beef:

Ground, Roast, Steak, Tips

Buffalo

Chicken

Duck

Eggs

Fish/Seafood*:

Anchovies
Any white fish
Cod
Crab
Crayfish
Flounder
Hake
Halibut

Lobster
Mackerel
Mussels
Red Mullet
Salmon
Seabass
Shrimp
Swordfish
Tuna
Trout
Lamb
Turkey

Turkey Bacon Venison

*Include Restorix as directed to help remove any potential heavy metal buildup.

Plant-based

Beans:

Black, Cannellini, Kidney, Lima

Chickpeas (Garbanzo Beans)

Lentils

Low-Carb Protein Bars
Quinoa

Raw/Sprouted Nuts

Tempeh

Tofu, Organic

Avoid highly processed meat alternatives due to added salt, preservatives, wheat and sugar.

VEGETABLES Anything green is generally good, so try something new!

Best choices: organic, in-season, fresh

Artichokes

Asparagus

Arugula

Bamboo Shoots

Beans:

Green, Runner

Bean Sprouts

Beet Greens

Beets

Bell Peppers

Black Kale

Bok Choy

Broccoli

Brussel Sprouts

Cabbage

Carrots

Cauliflower

Celery

Celeriac

Chard

Choi Sum Greens

Chicory Greens

Chili Peppers

Collard Greens

Cress

Sprouted Cress Seeds

Cucumbers

Dandelion Greens

Endive

Curly Endive

Green Beans

Kale

Leeks

Lettuce:

Green Leaf, Red Leaf, Romaine

Mushrooms

Mustard Greens

Okra

Onions

Parsnip

Peas:
Garden, Snap, Snow

Pickles:
Dill

Radicchio Greens

Radish:
Daikon, Garden

Red Cabbage

Rhubarb

Spinach

Sprouts

Shallots

Squash:

Butternut, Spaghetti, Summer, Yellow

Sweet Potato

Swiss Chard

Watercress

Yams

Zucchini

SEA VEGETABLES

Nori	Kelp
Dulse	Kombu
Hijiki	Wakame

FRUITS

Best choices: organic, in-season, fresh

Apples	Cherries
Avocados	Raspberries
Blackberries	Strawberries
Blueberries	Tomatoes

CONDIMENTS

Fermented condiments, such as kimchi or sauerkraut, are helpful for metabolism and digestion. Avoid condiments with sugar, artificial sweeteners and high amounts of sodium.

Horseradish, Pure
(not horseradish sauce)

Ketchup, Organic
(no sugar or sucralose)

Kimchi

Mustard

Olives: Packed in Vinegar, Sun-dried

Picante Sauce

Pickle Relish

Salsa
(read ingredients; often contains sugar)

Sauerkraut

Soy Sauce (wheat-free, low sodium)

Tabasco Sauce

Tamari (gluten-free)

Wasabi

HEALTHY FATS

Reserve 250-300 calories a day for healthy fats. Avoid vegetable, canola, corn, peanut, soybean, sunflower and cottonseed oils.

Coconut Oil (may be used for cooking;
1 spoonful = 100 calories)

Avocado

Avocado Oil

Borage Oil

Olive Oil, Extra Virgin, Cold-Pressed

Flaxseed Oil

50 mg Chia Seeds, Hemp Seeds, Raw Pumpkin Seeds, Raw Walnuts

(or 2 spoonfuls of their cold-pressed oils for salad dressing)

HERBS

Basil

Bay Leaf

Caraway Seeds

Cardamom

Cayenne Pepper

Chives

Cinnamon

Cloves

Chili Flakes

Cilantro/Coriander

Curry Leaves

Dill

Fennel

Garlic

Ginger

Lemongrass

Makrut Lime Leaves

Mint

Oregano

Nutritional Yeast

Paprika

Parsley

Rosemary

Sage

Saffron

Tarragon

Thyme

Turmeric

Vanilla Bean
(not essence with an alcohol base)

SPICES

Best choices: salt-free and sugar-free spices

Apple Cider Vinegar

Balsamic Vinegar

Black/Pink Pepper

Cayenne

Cumin

Curry Powder (all varieties, but check for no sugar)

Dulse Flakes

Garlic

Kelp Flakes

Lemon

Lime

Mustard

Onion Powder

Sea Salt

Turmeric

SWEETENERS

Liquid Stevia Drops/Powder
(should not contain maltodextrin)

Monk Fruit

AVOID

barley, bread, cereals, chemical sugar replacements chips, chocolate, commercial dairy products, couscous, flour, iodized table salt, jam, pasta, potatoes, pretzels, processed meats, rice, roasted/salted nuts, sodium-rich foods (i.e., canned soups), trans fats, vegetable oils

Sample Daily Menu

Simplify your meal routine with this easy-to-use menu that will help you stress less and lose more.

Breakfast

2 protein portions
1 fruit portion

Snack

1 fruit portion
½ avocado or
½ cup of nuts

Lunch

1 protein portion
2 vegetable portions
1 healthy fat portion

Snack

(no fruit after 1 p.m.)
1 vegetable portion
1 healthy fat portion

Dinner

1 protein portion
2 vegetable portions
1 healthy fat portion

Snack

1 protein portion

Pro tip

Consume a minimum of 1,200 calories a day. If you are exercising, replace the calories burned if daily calories drop below 1,200. Eat 80 g of protein a day. Stick to green vegetables as much as possible. Use oil, avocado or nuts as the fat.

