

# ***Nutritional Recommendations / Guidelines For: “Healthy Weight Loss / Maintenance Program”***

*(Helps Lower Cholesterol and Blood Sugar Levels)*

- ❖ **Breakfast:** (Fiber and Protein) Half a cup of oatmeal with some type of berries (blue berries, strawberries...) ¼ tsp. cinnamon and one big tsp. of natural raw honey or a little stevia (for diabetic's). Two pouched or boiled eggs. Eggbeaters if problem with cholesterol.  
Or fresh ground peanut butter on a high fiber multi-grain bread (3 gm. fiber per slice).

Snack if needed – raw vegetables and or fruit (that drips on you).

- ❖ **Lunch:** Sandwich (high fiber bread) chicken, fish, brown rice, multi-grain pasta, sweet potato, steamed vegetables, salad with vegetables and protein (chicken, fish or eggs).  
NO turkey- has tryptophan (acts as mild sedative)

**Eat the carbohydrates when your body needs them, when you're active.**

Snack if needed – raw vegetables and or fresh fruit (that drips on you).

- ❖ **Dinner:** Chicken, turkey or fish skin off, not fried. Vegetables – fresh or frozen steamed or cooked in microwave with garlic, a little vege-cheese, and some balsamic vinegar if you choose (all you want).

**No carbohydrates – breads, potatoes, corn, rice or pasta.** (High in sugars)

**The additional sugar from these carb's if not burned up in activity will be stored and turned into fat (higher cholesterol / triglycerides and possibly blood pressure).**

- ❖ **Weekends:** Eat like you want, but everything in **MODERATION!**
- ❖ **Watch your Salt (<2400 mg.) and you're Sugars (<300 gm.)**

*{Also follow the nutritional recommendations on the Nutrition, Diet and You Sheet}*

- ❖ **Reminder these are only nutritional recommendations / guidelines.**  
**Something to help you get started to a “Healthier Lifestyle”.**

***“Good Health Is Your Choice”***