

# BASIC FOOD GUIDELINES

Below are all the foods you can enjoy on the program. Daily meals should be kept to about 600 calories. Snacks should be 100 – 150 calories. Add sea salt, pepper, lemon, lime, organic herbs and spices and a tad of olive oil for additional flavor.

## INCLUDE:

Green Apples	Almonds (1/4 cup = 160 calories)
Berries	Sea and Himalayan Salt
Vegetables, excluding peas/carrots/corn	Avocado
Tomatoes (in moderation)	Beans and Legumes
Olive, Coconut and Avocado Oil	Balsamic Vinegar
Chicken/Fish/Seafood/Turkey	Brown Rice Sushi
Tofu	Eggs and Egg Whites
Brown Rice	Sweet Potatoes
Quinoa	Ezekiel Bread/Pasta/Wraps
Quinoa and Brown Rice Pasta*	100% Whole Grains (Farro, Barley, Oats)
Mary's Gone Crackers	Suzie's Thincakes
Stevia (organic, liquid leaf is best)	Hummus

\*check pasta/bread labels for corn, white rice

## ABSOLUTELY AVOID:

Alcohol	Most bottled/boxed foods*
Coffee (except Isagenix coffee)	Soy (use Coconut Aminos instead of Soy Sauce)
Sugar/Artificial Sweeteners	Red Meat
Iodized Salt	Dairy
Processed Foods	Fruit (other than above)
Soda/Carbonation	Corn, Carrots, Peas
Caffeine/Energy Drinks	White Potatoes/Rice/Flour
Flavored Water	Peanuts
Cold Cuts	Bread that isn't <u>100% Whole Grain</u>

\*Look for preservatives, natural flavors, other chemicals in ingredients list

## RESTAURANT OPTIONS:

Sushi with Brown Rice	Sashimi (no soy sauce)
Fish w/ steamed vegetables	Rotisserie or Baked Chicken
Sweet Potato	Vegetable Omelet

## SNACK IDEAS:

½ an Isalean Bar	Suzie's Thincakes
Fiber Snacks	Mary's Gone Crackers
Slimcakes	Hummus
Green Apple	Hard Boiled Egg
Roasted Chickpeas	Veggies (unlimited)