

# Sample Diet Menu for Health and Weight Loss

Here is a sample of some of the foods we recommend in our nutrition programs. Your personalized nutrition program will be based on body composition, lifestyle, and weekly exercise program.

<u>PROTEIN</u>	<u>CARBOHYDRATE</u>	<u>ESSENTIAL FAT</u>
Egg whites Chicken breast Turkey breast White fish Seafood Tuna fish Lean meat Cottage cheese	Steamed vegetables Vegetables Beans Oatmeal Sweet potato Brown rice	Extra virgin olive oil Flax seed oil Egg yolk Avocado Black olives Almonds cashews, Walnuts

- Eat low sugar high fiber carbohydrates at every meal to sustain blood sugar and energy levels.
- Add protein, fat, and fiber to every meal to slow down sugar consumption and feel fuller longer
- Try to choose organic foods when possible
- Drink plenty of water

## More Super Foods and Super Choices

When incorporated into your regular daily diet, the following foods can help stop some of the changes that lead to diseases such as diabetes, hypertension, Alzheimer's, and some cancers:

- Blueberries / all berries
- Broccoli
- Yams
- Salmon
- Soy
- Spinach
- Tea –green, black, or red
- Tomatoes
- Yogurt
- Flax seed and Wheat germ