

# Food Guide

## Full-Fiber Foods

Enjoy these low-caloric density / high nutrition foods on the 2-meal-per-day plan in abundance! Satisfy hunger but not appetite!



● fruits



● whole grains



● vegetables and greens



● roots



● legumes

## Concentrated Foods

Set yourself limits on these natural and healthy, but more calorie-dense, foods. What a delightful gift from God!



● natural sweetener



● dried fruit



● nuts & seeds



● nut butter

## Weight Gainer Foods

It's difficult to maintain your weight-loss goals when partaking of these refined\* foods. Better to avoid altogether.



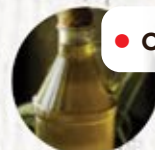
● meat



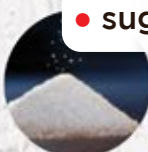
● cheese, milk\*\* and butter



● eggs



● oil\*\*\*



● sugar



● refined grains



● plant-based products made of oil

\* We use the term "refined" to refer to that which has had some or all of the fiber removed. Refined sugar, refined grains - of course. But free oil also is refined - not sugar, but oil is refined fat. Likewise, meat and dairy are the product of the animal first eating the full fiber food, then we eat the fiberless flesh/dairy/egg from that animal; so these animal products are also a refined food of sorts. Bottom line, research supports that the more you move away from all of the above and toward whole plant foods, the better the results on the scale and around the waistline.

\*\* Drink a liberal supply of water instead... 30+minutes before a meal; little or no water at the meal; chew thoroughly.

\*\*\* Using as little oil as humanly possible will help tremendously! Doesn't matter what kind; all oil is refined fat.