

Low Carbohydrate Corrective Diet

Starting Weight: 270 lbs.

Target Weight: 180 lbs.

Calorie Restriction Tweak in Calorie/Carb grams: 1,600/80g (personal daily goal)

Exercise: Various strength/aerobic/flexibility routines via *Transcend*

Water intake: 64 oz. per day

<p>Eat in Limited Quantities</p> <p>Fruits Lowest in Sugar Small Amounts of Lemon or Lime Rhubarb Raspberries Blackberries Cranberries</p> <p>Fruits Low to Medium in Sugar Strawberries Casaba Melon Papaya Watermelon Peaches Nectarines Blueberries Cantaloupes Honeydew Melons Apples Guavas Apricots Grapefruit</p> <p>Eat Moderate Quantities Peas Beans Lentils Peanuts Walnuts Cashews Almonds Other nuts Other legumes</p>	<p>Eat in Unlimited Quantities Sprouts (bean, alfalfa, etc.) Lettuce Spinach Chard Collard Greens Mustard Greens Kale Radicchio Endive Herbs (parsley, basil, rosemary, etc.) Bok Choy Celery Radishes Sea Vegetables Cabbage Sauerkraut Mushrooms Avocado Cucumbers Pickles Asparagus Green Beans and Wax Beans Broccoli Cauliflower Peppers Green Bell Peppers Red Bell Peppers Summer Squash Zucchini Scallions or green onions Bamboo Shoots Leeks Brussels Sprouts Snow Peas Tomatoes Eggplant Artichokes Onions Okra Celery Root Carrots Water Chestnuts Pumpkin</p>	<p>Foods to Avoid White bread White flour products Pasta White rice Corn chips Sugar Jams and jellies Bananas Parsnips Honey Syrups Fruit drinks Sugar-cured meats Sugar-sweetened soft drinks</p> <p>Starchy Vegetables Beets Carrots Corn Parsnips Plantains Potatoes in all forms Winter Squashes - particularly acorn and butternut</p> <p>Fruits Fairly High in Sugar Plums Oranges Kiwifruit Pears Pineapple</p> <p>Fruits Very High in Sugar Tangerines Cherries Grapes Pomegranates Mangos Figs Bananas Dried Fruit</p>
<p>Good Sources of Protein Soy products 3-4 oz. Chicken 3-4 oz. Turkey 3-4 oz. Fish Egg whites</p>		