

Medium Carbohydrate Corrective Diet

Starting Weight: 276 lbs.

Target Weight: 195 lbs.

Calorie Restriction Tweak in Calorie/Carb grams: 1,600/80g-1,900/95g (personal daily goal)

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

Water intake: 64 oz. per day

Eat in Limited Quantities

Fruits Lowest in Sugar

Small Amounts of Lemon,
Lime, Rhubarb
Raspberries
Blackberries
Cranberries

Fruits Medium in Sugar

Strawberries
Casaba Melon
Papaya
Watermelon
Peaches
Nectarines
Blueberries
Cantaloupes
Honeydew Melons
Apples
Guavas
Apricots
Grapefruit

Eat Moderate Quantities

Peas
Legumes
Lentils
Nuts
Walnuts
Cashews
Almonds
Whole grain breads
Whole grain pastas

Good Sources of Protein

Soy products
3-4 oz. Chicken
3-4 oz. Turkey
3-4 oz. Fish
Egg whites

Eat in Unlimited Quantities

Sprouts (bean, alfalfa, etc.)
Lettuce
Spinach
Chard
Collard Greens
Mustard Greens
Kale
Radicchio
Endive
Herbs
Bok Choy
Celery
Radishes
Sea Vegetables
Cabbage
Sauerkraut
Mushrooms
Avocado
Cucumbers
Pickles
Asparagus
Green Beans and Wax Beans
Broccoli
Cauliflower
Peppers
Bell Peppers
Summer Squash
Zucchini
Scallions or green onions
Bamboo Shoots
Leeks
Brussels Sprouts
Snow Peas
Tomatoes
Eggplant
Artichokes
Onions
Okra
Celery Root
Carrots
Pumpkin

Foods to Avoid

White bread
White flour products
Pasta
White rice
Corn chips
Sugar
Jams and jellies
Bananas
Honey
Syrups
Fruit drinks
Sugar-cured meats
Sugar-sweetened soft drinks
Starchy Vegetables
Beets
Carrots
Corn
Plantains
Potatoes in all forms
Winter Squashes
-- particularly acorn and
butternut

Fruits Fairly High in Sugar

Plums
Oranges
Kiwifruit
Pears
Pineapple

Fruits Very High in Sugar

Tangerines
Cherries
Grapes
Pomegranates
Mangos
Figs
Bananas
Dried Fruit