

FOOD LIST



Fruit One

Banana, 1/2
Blackberries, 3/4 cup
Blueberries, 3/4 cup
Boysenberries, 1 cup
Raspberries, 1 cup
Strawberries, sliced, 1 cup

Fruit Two

Apple, 1 medium
Grapefruit, 1/2 large
Grapes, 1 cup
Kaki, 1 medium
Mango, 1/2 small
Melon, 1 cup
Nectarine, 1 medium
Orange, 1 medium
Papaya, 1/2 small
Pear, 1 medium
Peach, 1 medium
Pineapple, 1 cup
Plums, 2 small
Tangerines, 2 small

Salad

Endive
Lettuce (any except iceberg)
Spinach

Salad Ingredient One

Arugula
Celery
Chopped green onions
Cucumber
Parsley

Salad Ingredient Two

Asparagus
Bell pepper
Broccoli
Carrot
Cauliflower
Green string beans
Mushrooms
Radish

Leafy Green Vegetable

Bok choy
Brussels sprouts
Cabbage
Chard
Collard
Kale



Grain

Cereal (less than 7 g of
sugar per serving)
Oatmeal, (cooked) 3/4 cup
Whole-grain bread
(no enriched flour), 1 slice
Flourless bread, 1 slice

Meat

Chicken breast (skinned)
Fish
Lean lamb
Lean steak
Pork tenderloin
Turkey

Meat Substitute

Beans, lentils, or legumes
(cooked), 3/4 cup
Hummus, 1/4 cup
Egg whites, 6
Egg substitute (plain), 3/4 cup
Cottage cheese (nonfat), 1/2 cup
Low-fat cheese, 3 slices
Plain yogurt (nonfat), 1 cup
Veggie burger (less than 5 g
of fat per serving)

Tofu
Tempeh
Seitan

Fat One

Ground flaxseed
(recommended), 1 Tbsp.
Flaxseed oil
(capsule okay), 1 Tbsp.
Fish oil (capsule okay)
Any omega-3 supplement
Olive or canola oil, 1 Tbsp.
Safflower, borage, flax,
evening primrose, sunflower, or
hemp oil, 1 Tbsp.

Fat Two

Olives, 16
Avocado, 1/4
Peanut or almond butter, 1 Tbsp.
Almonds, peanuts, or walnuts,
2 Tbsps. (1/8 cup, raw)
Sunflower, sesame, or pumpkin
seeds, 2 Tbsps. (1/8 cup, raw)

Slim In 6 Food Guide

B Lingard



Slim In 6 Food Guide:

Walk Your Butt Off! (Enhanced Edition) Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention's practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten *Walk Your Butt Off* will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone

Diet And Weight Loss Guide

Volume 1 Speedy Publishing, 2014-07-23 It is very common to struggle with weight loss and it can be common to not fully understand where to start to meet any weight loss goals Diet and weight loss guides can be very helpful in providing a process on how to lose weight This will allow someone to have a reference and this can be very encouraging and positive in the process A guide should be catered to specific needs in order to help those that need to lose weight to finally discover the right solution

Dietary Guidelines and Your Diet, 1987

Walk Your Butt Off! Sarah Lorge Butler, 2013-02-26 Offers a simple walking program that can be completed in thirty minutes a day and will increase weight loss help break plateaus and accelerate fitness levels

Nutrition Education Materials Holly Berry Irving, 1987

Unleashing the Power of

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Shellfish Culture, 1979-1986 Deborah T. Hanfman, 1987

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1954 United States. Internal Revenue Service,2001

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