

TO LOSE A JEAN SIZE, STOCK THESE KIRSCH STAPLES ...

LEAN PROTEIN

Skinless chicken breast, hormone-free
Fresh roasted turkey
Turkey bacon
Wild salmon, Tuna, Halibut, Striped bass, Crab/shellfish
(consult mbayaq.org for what is fresh/mercury-free/sustainable)
Lean sirloin
* Egg (whites)
* Edamame
* Protein powder
* Canned Tuna, Wild salmon, Sardines

LOW-STARCH & FIBER-RICH VEGGIES

Choose organic/local whenever possible
Leafy greens, Spinach
* Celery, Broccoli, Cauliflower, Cucumber
Tomatoes, Asparagus, Cabbage, Brussels sprouts, Kale,
Mushrooms, Red Bell Pepper, Radish, Scallions
Lemons, Limes
Garlic, ginger

HEALTHY FATS

* Almonds
Olive oil

ENERGIZNG DRINKS

Tea: Green, White, Black, Peppermint, Vanilla and other unsweetened herbal teas
Seltzer water, spring water
Vitamin Super Juice, Energy Bubbles, Thermo Bubbles

OTHER

Spices including red pepper
For dressings: Dijon mustard, Red wine vinegar, Rice wine vinegar, Sesame oil, Worcestershire sauce, Low-sodium soy sauce, Chicken broth

ADD ON'S DURING MAINTENANCE MODE ...

HIGH FIBER CARBS

Beans, Lentils
Sweet potatoes
Quinoa
Steel-cut, slow cook oatmeal
Whole grains (Trans-Fat Free)

FRUITS

* Apples, Blueberries, cranberries, blackberries, strawberries, cantaloupe, kiwi, apples, pears

HEALTHY FATS

Avocado
Olives
Walnuts
Almond butter

* GREAT FOR LAST MINUTE MEALS/SNACKS!

FOODS TO AVOID

A ■■■ ALCOHOL. Only drink on occasion when in maintenance mode.

B ■■■ BREADS, bagels, crackers, croutons, pizza crust, tortillas. Some whole grain, trans fat-free products ok when you are in maintenance mode.

C ■■■ COFFEE and CARBS -- starchy/processed carbs, packaged goods made of white flour and sugar. Chips, cereal, potatoes, corn, carrots, instant rice, pasta. Wholesome carbs like quinoa, beans, lentils ok when you are in maintenance mode.

D ■■■ DAIRY, milk, yogurt, cheese, cream, ice cream, mayo, thick dressings. Low/nonfat milk and yogurt ok when you are in maintenance mode.

E ■■■ EXTRA Sweets -- anything with added sugar, corn syrup, or synthetic sugars including fruit juice, soda, diet drinks, honey, molasses, desserts, candy.

F ■■■ FATS (saturated/trans fats) from red meat, pork, bacon, processed deli meats, breaded/fried poultry/meats. Plus, FRUIT including dried fruits. Low carb/low cal fruits ok when you are in maintenance mode. Plus, Most FATS --