



### LEGUMES

- The following legumes are acceptable: lentils, kidney beans, adzuki beans, split peas, garbanzo beans, and mung beans.
- Rotate your intake.



### SWEETENERS

- Use sweeteners sparingly. Acceptable sweeteners include real maple syrup, brown rice syrup, raw honey, and stevia. Avoid Splenda, other artificial sweeteners, and sugar (also called cane syrup, evaporated cane syrup).



### BUTTER AND OILS

- You may use olive oil, coconut oil, sunflower seed oil, pumpkin seed oil and other nut oils (except peanut).
- If using butter, please ensure that it is organic and from pasture-raised cows.
- Avoid trans fats, hydrogenated fats, and partially hydrogenated fats.
- Avoid fried foods.



### DRINKS

- Drink plenty of water: 8-10 glasses a day, or ½ your body weight in ounces per day. Filtered water is ideal. Also try herbal teas, seltzer water, and small amounts of rice milk, coconut milk, or hemp milk.
- Avoid coffee, soda, commercially processed juice, alcohol.

## NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

### HEALTH CARE PROFESSIONAL NOTES:

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# WEIGHT



## SUPPORT GUIDE

Created by



**NUTRITIONAL FRONTIERS**

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# THE SUPPLEMENTS

## BERRY TONE

Take 2 capsules before breakfast and 2 capsules before lunch or dinner.

## GARCINIA CAMBOGIA

Take two (2) capsules daily.

## TONE & LEAN CLA

Take 1 softgel, 1-2 times daily.

## CONTROL

Take 1 capsule three times per day.

## NET-O KETO

Add one level scoop to 8 oz. of water. Shake vigorously and enjoy.

# THE FOOD



## FISH

- Fish may be eaten once a day as long as it is wild caught and free from PCB's, mercury, and other heavy metals and environmental contaminants. Below is a list of preferred fish to eat, based not only on risk of contamination but also on sustainability. Please refer to [www.nrdc.org](http://www.nrdc.org) for the most updated information on safe fish consumption.
- Prepare fish by steaming, baking, broiling, or poaching. Not fried!



## MEAT

- Avoid meat and poultry for the most part. These foods are high in arachidonic acid, which increases inflammation.
- If you do eat meat, make sure it is organic, free range, and red meat, **MUST BE "grass-fed and grass-finished."**
- Prepare by broiling or baking, not frying!
- With chicken, avoid eating the skin.
- No pork.
- Wild game meats, lamb and bison are also acceptable choices.



## VEGETABLES

- Vegetables, along with permissible grains, will make up the bulk of your diet for the time being.
- Prepare by steaming, mostly. You may also eat your veggies raw, baked, or roasted.
- Variety is great. Some especially healthy veggies are dark greens like kale, collards, chard, dandelion leaves, spinach, beet greens, and rapini. Also don't forget about broccoli, cauliflower, squashes, turnips, radish, beets, cabbage, artichokes, parsnip, cucumber, napa, etc.
- Some people feel healthier avoiding vegetables from the nightshade family: tomato, eggplant, mushrooms, potato, bell peppers.



## GRAINS

- Cooked grains may include: amaranth, quinoa, millet, steel-cut oats, barley, brown rice, rye, teff, and buckwheat.
- You may eat up to 2 cups per day.
- For variety (and crunch!), you can add in the occasional rice cracker, rice cake, Finn Crisp, or Wasa cracker (any cracker made from rice or rye).
- Avoid wheat. Minimize or avoid corn as it is a common allergen.



## NUTS AND SEEDS

- Walnuts, soy nuts, pumpkin seeds, sunflower seeds, almonds, Brazil nuts, sesame seeds are permissible in moderation.
- About ½ a cup of nuts or a few tablespoons of nut butter is ok.
- Rotate the nuts daily.
- It is preferable to buy raw and organic nuts. Store in your fridge and either eat raw, or toast them yourself prior to eating. However, peanuts should only be eaten roasted, not raw.



## FRUIT

- Other fruits: You can eat 1 or 2 pieces per day, or ¾ cup. However, if you have diabetes, pre-diabetes, or insulin resistance, discuss fruit intake with your healthcare practitioner, as you may be required to minimize fruit intake. People with blood sugar dysregulation would do well to eat berries rather than other fruits, as berries contain more bioflavonoids which are beneficial to microcirculation.