



Advanced Eating Plan Tips

1. Removing all grains and sugars is easiest when done cold turkey. In two to five days the cravings will be gone.
2. Eating more frequent meals will minimize symptoms related to glucose and insulin adjustments you may experience when removing grains and sugars. This also means no corn, which is a grain, and no potatoes of any kind, which are tubers, not vegetables.
3. Drink a lot of water- at least ten 8-ounce glasses a day.
4. Eat more vegetables! The ones that grow above ground. There's no limit to these.
5. Eliminate sugar, including corn syrup, fructose, honey, maltodextrin, dextrose, molasses, rice milk, fruit juices, maple syrup, dates, sugar cane, beet sugar, and lactose.
6. Sweeten with the herb stevia, or use xylitol.
7. The big plate now has vegetables, fats and proteins on it and not spaghetti, rice, cereal or bread.
8. Stay full. Always keep something handy that is good for you to eat or make one of these smoothies, but don't get hungry. You must plan and prepare! Don't get caught at work or on the road without having brought plenty of the good things to eat!