

# Group II Foods

## Fat Loss Program

### Fast Oxidizers / Parasympathetics

PROTEINS			CARBS			FATS
Meat	Seafood	Dairy	Grains	Veggies.	Fruit	Oils/Nuts
<i>All meats are OK, but emphasize dark meats</i>	<i>All are OK, but emphasize dark, oily fish</i>	<i>Full-fat dairy (cow/goat) (1-2 servings per day)</i>	<i>0-1 serving per day only (grains = 1/2 cup)</i>	<i>Emphasize the following</i>	<i>0-2 serving of fruit per day</i>	<i>4-6 tsp per day or 36 nuts</i>
beef buffalo chicken (dark) lamb liver/kidneys ostrich pork red meat (any) turkey (dark)	anchovies herring mackerel salmon sardines tuna (dark)  caviar/roe  crab lobster oyster shrimp other shellfish	yogurt (plain) cottage cheese cheese cream  <b>Misc:</b> eggs (2-3 /day) tofu tempeh	amaranth brown rice buckwheat millet quinoa  rye crackers flax crackers nut crackers (1-2 /day)	artichoke asparagus avocado cauliflower chard celery green beans green salads kale mushrooms olives spinach  <b>Limit:</b> (3 x /week) cucumber peppers radishes	apples (tart) Granny Smith Pippins berries (1/2 cup) pears (firm) Bosc D'Anjou	butter ghee  almond butter sesame butter / tahini (1 tablespoon)  almonds brazils macadamia pecans pumpkin seeds sunflower seeds walnuts  coconut oil olive oil
<b>Avoid (Misc):</b> breakfast bars chips juices margarine processed foods refined oils sodas sugar white flour products vinegar		<b>Limit:</b> (2-3 x /week) milk	<b>Avoid:</b> popcorn wheat & all by-products white rice	<b>Limit:</b> (1-2 x /week) beans (dried) broccoli carrots lentils mustard green peas squash (any) tomatoes  <b>Avoid:</b> Potatoes	<b>Avoid:</b> bananas citrus fruit dried fruit grapes sweet fruit tropical fruit  fruit juices	<b>Limit:</b> 1-2 x /week cashews  <b>Avoid:</b> canola oil corn oil safflower oil soy oil sunflower oil  vegetable shortening

- Eat 3 regular meals per day, with a couple of snacks as needed; try not to eat the same foods every day
- Eat protein with every meal; never eat carbohydrates alone (including as snacks)
- Eat organic/free range meats and produce whenever possible; avoid processed foods and refined oils
- Bake, broil, grill or poach animal foods; do not overcook or blacken; avoid processed luncheon meats
- Drink 2 cups of filtered water on arising; drink a total of 6-8 glasses per day
- Completely avoid fruit juices and sodas; limit alcohol to 1 glass of wine *or* 1 lite beer per day (before dinner)
- Avoid all sugars and artificial sweeteners (NutraSweet®, etc.); use stevia, xylitol or *SlimSweet (lo han)* instead
- Use unrefined (gray/beige) sea salt (such as Celtic, Eden, Mediterranean, or Real Salt) rather than regular salt