

Direct Carbs

As we write in the book, these should be minimized if fat loss is a goal!

Sweet potatoes & yams

Potatoes

Yucca

Parsnips

Turnips

Rutabagas

Rice

Honey & sugar – except in small amounts

Yogurt – avoid mass produced, sweetened yogurt

Kefir – avoid sweetened kefir

Coconut water – it's still sugar

Chocolate – even dark can be a calorie bomb

Minimize These

These next foods aren't necessarily bad, but are not satiating for many people, contain a lot of calories, are easily overeaten and/or stimulate appetite. Use them in moderation.

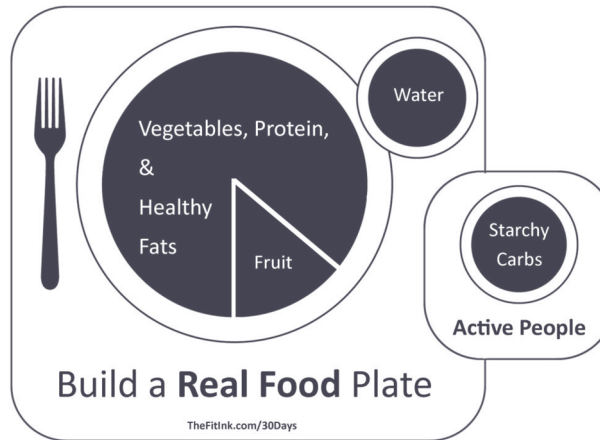
Direct Carbohydrates (above)

Nuts and seeds— tip, shell them yourself

Sugar and sweeteners—including honey, agave, raw sugar, coconut sugar, & pretty much anything sweet

Stevia, artificial and zero calorie sweeteners – can stimulate appetite

Yogurts – can be a sugar and calorie bomb, beware and choose wisely



For more information

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The Real Food Reset

Pocket Guide & Fridge Poster

by

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These diet and food suggestions are not designed or meant to treat any diseases, conditions, or illnesses. Always check with your doctor or health practitioner before beginning any diet, health, exercise, or nutrition program.

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Protein Sources

Beef – any type or cut
Pork – any type or cut
Lamb – any type or cut
Game meats – any type or cut
Chicken – any type or cut
Turkey – any type or cut
Game birds and other fowl – any type or cut
Bacon & sausage – yes, we know they are made of meat, but people always ask
Fish and shellfish
Whole eggs
Protein powders – whey, casein, milk, egg, etc.
Cottage cheese
Greek yogurt

Vegetables

Green leafy vegetables (lettuce, spinach, kale, etc.)
Broccoli
Cauliflower
Brussels sprouts
Cabbage
Asparagus
Artichokes

Green beans, snow peas, sugar snap peas
Zucchini & Summer squash
Squash
Eggplant
Tomato
Pepper
Onion and green onion
Garlic, leeks, shallots
Beets, golden beets, beet greens
Carrots
Jicama
Radish
Mushrooms
Fermented vegetables like kim chi, sauerkraut, pickles, other pickled veggies

Fats

Butter or ghee
Bacon fat
Coconut and palm oil
Olive oil (any 100% olive oil variety)
Coconut milk (not the ‘milk carton’ one)
Bacon
Avocado
Olives
Nuts & seeds, shell yourself, when possible

Drinks

Water & sparkling water
Unsweetened ice tea or hot teas
Kombucha – plain, unsweetened
Coffee and tea – plain, black or with milk, cream, half and half, etc.

Fruits

Berries
Papaya
Pineapple
Pomegranate
Apple
Citrus fruit
Lemon
Lime
Limited amounts of other fruits

Herbs, Spices, Etc.

Salt, sea salt and Himalayan salt
Pepper, garlic pepper, pepper blends
Fresh herbs, dried spices and natural spice mixes
Fresh lemon juice and vinegar
Mustard & horseradish – but beware high calorie sauces filled with sugars!