

## DIET PLAN

Food Group	Use recommendations beginning <i>24hrs</i> prior to scan
Protein	Non-breaded beef, chicken, turkey, fish, pork, lamb, ham (without honey), hot dogs, lunch meats, fish, shellfish, crab, peanut butter (1 or 2 servings total), most nuts and sunflower seeds (2 ounces total) and eggs
Dairy	Low-fat cottage cheese, cheese, 1 serving light yogurt with artificial sweetener (Dannon light or Yoplait light), sour cream, butter, half & half
Vegetables	Green beans, asparagus, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, radishes, spinach and zucchini
Condiments	Mayonnaise, salad dressing & barbeque sauce (those with 3g or less per serving of carbohydrates), oil, vinegar, mustard, hot sauce, tarter sauce, olives, dill pickles
Beverages	Diet soda, black coffee or tea (may add artificial sweetener and half & half), water (diet flavored o.k.), sugar free crystal light
Snack	Celery and peanut butter, light yogurt or cottage cheese

Menu Suggestions		
Breakfast	Lunch	Dinner
Bacon/sausage and eggs Ham and cheese omelet Light yogurt Veggie & cheese omelet	Egg salad Chef salad (no tomato) Ham & Cheese wrapped in lettuce leaves Cottage cheese	Veggie/meat soup made with canned broth Cheeseburger no bun Chicken with barbeque sauce

<p style="text-align: center;"><b><u>Foods to Avoid</u></b></p> <p>*All foods containing sugar and most processed foods even "Low-carb" items.</p>	<ul style="list-style-type: none"> <li>• Potatoes</li> <li>• "Veggie" burger</li> <li>• Corn</li> <li>• Carrots</li> <li>• Legumes</li> <li>• Squash</li> <li>• Ketchup</li> <li>• Tomatoes</li> <li>• Peas</li> <li>• Fruit</li> <li>• Juices</li> <li>• Milk</li> <li>• Chips/pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Bread-all types of grains</li> <li>• Breaded foods</li> <li>• Rice (brown and white)</li> <li>• Pasta/Noodles</li> <li>• Sauces and Gravies</li> <li>• Candy/Gum</li> <li>• Soybeans (Edamame)</li> <li>• Syrups and Jams</li> <li>• Crackers</li> <li>• Breath Mints</li> <li>• Rice Cakes</li> </ul>
--	---	---