

REBOOT with a Focus on Weight Loss Support

If you are focusing on Weight Loss Support during your REBOOT Program, we suggest being mindful of the following information

Vegetables

3% or Less Carbs

Asparagus	Cabbage	Endives	Mustard Greens	Summer Squashes
Bamboo Shoots	Cauliflower	Escarole	Parsley	Turnip Greens
Bean / Broccoli	Celery	Garlic	Radishes	Water Cress
Sprouts	Chard	Kale	Salad Greens	Yellow Squash
Beet Greens	Chicory	Kohlrabi	Sauerkraut	Zucchini Squash
Bok Choy Greens	Collard Greens	Lettuces	Spinach	
Broccoli	Cucumber	Mushrooms	String Beans	

6% or Less Carbs

Bell Peppers	Eggplant	Okra	Rhubarb	Water Chestnuts
Bok Choy	Green Beans	Olives	Sweet Potatoes	Yams
Chives	Green Onions	Pimento	Tomatoes	

7-9% or Less Carbs

Acorn Squash	Beets	Carrots	Onions	Turnips
Artichoke	Brussels Sprouts	Jicama	Pumpkins	Winter Squashes
Avocado	Butternut Squash	Leeks	Rutabegas	

Protein & Meat

Each of your meals must include some protein and fat. Remember, from Days 1-10, peas, quinoa, and beans are excellent sources of protein. From Day 11 onward, the easiest high quality sources are organic grass-fed meat and fish. We prefer you eat cold-water fish primarily, such as cod, salmon, and sea bass. Remember, protein portions should be about the size and thickness of your palm, or our suggestion would be half your weight in grams per day as a maximum. Our suggestion for healthy fats is to focus on B.A.C.O.N. (Butter, Avocado, Coconut, Olives, & Nuts). A good goal for fat is 100 grams of healthy fat per day.

Miscellaneous

- Butter, Raw
- Caviar
- Lentils: 1 cup/day
- Dressing - Olive Oil & Apple Cider Vinegar or See recipes!
- Oils - Olive, sesame or flax oils (Cold-Pressed)

Beverages

- Spring Water OR filtered, Mineral Water
- Green Tea (All you want!)

Tips

- Foods are best eaten closest to their raw state. Be careful not to overcook your food!
- Limit water intake with meals to < 4 oz.
- Focus on drinking liquids 1 hour before, or more than 2 hours after, meals to maximize digestion.
- Remember, no margarine, processed grains or cereals, white flour, sugar, fruit juices, or sugar substances