

Tuscaloosa Weight Loss

Focused on your Wellness

STEP 2 MEAL PLAN & GUIDE

Guide (Continued)

- Drink eight 8oz glasses of water each day.
- Eat everything on the menu plan.
- Eat fresh fish at least once a week.
- No more than 1 sugar-free diet beverage per day.
- The secret to success is strict portion control (1 portion = 1 cup)
- Avoid fruit juices, fried foods, salad dressings, butter, margarine & other condiments.
- Choose fresh fruits & vegetables.

VEGGIE SELECTIONS

- Okra
- Artichokes
- Brussel Sprouts
- Eggplant
- Green Beans
- Broccoli
- Cucumbers
- Mustard Greens
- Turnips
- Carrots
- Green Onions
- Watercress
- Cauliflower
- Green Peppers
- Tomatoes
- Cabbage
- Collard Greens
- Radishes
- Asparagus
- Chicory
- Onions
- Escarole
- Celery
- Mushrooms

FREE FOODS

- Decaffeinated coffee or tea
- Sugar-Free Jell-O
- Vinegar
- Lettuce (green leafy)
- Crystal Light
- Best Life Buttery Spray
- Artificial Sweeteners (Splenda or Sucrose)
- Lemon Juice
- Mustard
- Ken's or Wishbone Spray Salad Dressing
- Special K Protein Water