

Food Preparation & Rotating Tips

EASY PROTEINS: NO COOKING REQUIRED

LETTUCE WRAPS|SALADS

Add Your Favorite Toppings For Flavor: Refer To Your Foods List

Tomatoes | Onions | Peppers | Mushroom | Cucumber | Pink Salt | Lime | Protein

Add Your Favorite Dressings For Flavor: Refer To Your Dressings List

Balsamic Vinaigrette | Raspberry Vinaigrette | Italian Vinaigrette | Bac'n Ranch

DELI TURKEY|DELI CHICKEN|DELI ROAST BEEF

It is recommended to use a high-quality deli meat like Boars Head

CANNED ALBACORE TUNA

Mix With Your Favorite Approved Dressings Or Spices

Lemon | Onion | Garlic | Tomato | Cilantro | Pink Salt

Try it with cucumber slices as "chips"

FULLY COOKED SHRIMP

Season With Your Favorite Herbs And Seasonings

Old Bay | Lime Juice | Garlic and Herb Seasoning | Pink Salt

Cocktail Sauce: Sugar Free Ketchup | Horseradish

JARRED CRAB MEAT

Stuff in peppers with celery and your favorite veggies, a lettuce wrap, or salad

ROTISSERIE CHICKEN

Avoid eating the skin, as it is high in fat

BOILED EGGS

4 oz = 2-3 eggs

Have boiled eggs peeled and ready in the fridge to grab and go

Add Pink Salt and Lime for taste

COTTAGE CHEESE

Low Fat or Fat Free

Season with pink salt and pepper OR mix with your favorite approved fruits

VEGGIE ROTATION:

Lettuce Wraps:

Choose your protein and add your favorite approved toppings & dressings

Broccoli:

Steamed or microwaved

Cauliflower:

Try microwaved Cauliflower rice

Eat raw or steamed

Tomato:

Eat diced or mixed with diced cucumber

Add Balsamic Vinegar & Pink Salt

Eat sliced on top of a burger patty

Pickles:

Great on lettuce wraps or burger patty

Spinach | Lettuce | Kale:

Try with Balsamic Vinegar, Apple Cider Vinegar, & Pink Salt like a salad

ROTATING FRUITS:

Eat raw or substitute for 4oz of wine. Approved desserts are in recipe book

EATING OUT:

Option 1

Order a house salad: Veggies and fruit only (no cheese or croutons)

Add a protein: Shrimp, steak, or chicken (cooked without oil)

Dressing: Balsamic Vinegar, lemon juice, salt & pepper

If no fruit options are available- order a glass of wine, bring a fruit, or eat a fruit later in the day (do not skip your fruit or wine)

Option 2

Order a protein without oil/butter & get steamed veggies on the side