



This diet does not require counting calories or measuring portions. You should be able to lose a good deal of weight without being hungry, simply by eating approved foods.

Many diets can be effective. The following diet is a version of "Clean Eating". We hope that the following information serves as a starting point to help you with your weight control.

COOKING GUIDELINES:

No oils or butters, No Deep Fried/Air Fried, Skim Milk Only, No FATS, No sugars of any kind

SUGGESTED CONDIMENTS

Lemon Juice, Vinegar, Pureed Tomatoes, and Hot sauce

** Many Condiments contain sugar such as Ketchups, Steak sauces, mustards, BBQ sauce, No Broths etc. Ranch is an absolute NO*

TECHNIQUES

- #1- Meal prep a head of time for the whole week.
- #2- Allow yourself only ONE cheat meal a week. (Typically, people do this when they go out to eat)
- #3- Only buy grocery items on this guide, "If you buy it, you will eat it."

DR. STEWART'S GUIDE TO CLEAN EATING

VERY LIMITED CARBOHYDRATES

No Breads, No Potatoes (Except Sweet Potatoes), No Pasta (Can be made from Vegetables if need be), NO SUGAR- as an additive or ingredient, Slow whole grains are ok (Example: Plain Cheerios)

PROTEIN

Chicken with No Skin (Chicken breasts), Beef with no bone, Pork with no Fats (NO BACON), Fish, Salmon, Shrimp, Crab, Lobster- Baked (Only in very little oil, NO Butter), Eggs (Only skim milk can be used for scrambled eggs, Whey Protein, Peanut Butter/Almond Butter (No Sugar).

VERY LIMITED DAIRY

Skim Milk only, Plain Greek Yogurt is ok but no other types, No Creams, No Butters, No Ranch sauces, No Cheese,

VEGETABLES

Broccoli, Cauliflower, Carrots, Lettuce, spinach, Celery, peppers, etc. Green beans only, other beans are considered a carbohydrate. *Corn is **NOT** a vegetable; it is also considered a carbohydrate.

FRUITS

Bananas, Watermelon, and Lemons

***All other fruits are unacceptable and contain natural sugars!**

NUTS

Salted or unsalted, No Candied Nuts

DRINKS

Black Coffee, Water, Carbonated waters, Plain Tea. No Alcohol, No Juices, No Sodas including diet or otherwise