



SHOPPING LIST

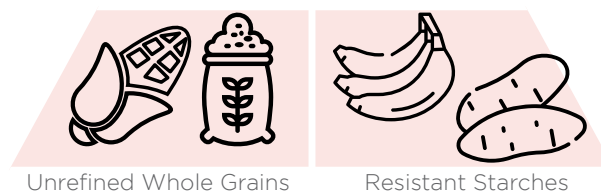
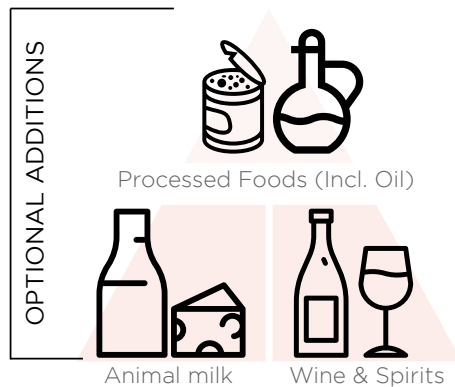
FOOD PYRAMID

THE NEW FOOD PYRAMID

- INSPIRED BY DR GUNDRY & PLANT PROOF

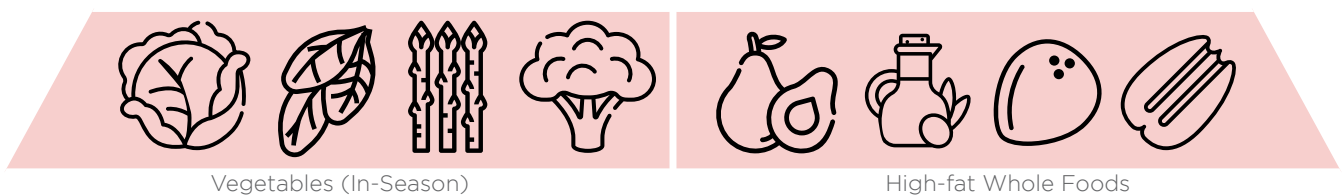
KEY

-  Eat very limited quantity, 1-2 per week
-  Enjoy in moderation
-  Ok to eat limited quantity per meal
-  Go nuts! Eat as much as you like!



INTERMITTENT FASTING

Skip 1 or 2 meals or a whole day's meals



FOODS TO LIMIT

- Refined Starchy Foods: Rice, bread, cereal, pastry, potatoes, flour & cookies
- Pumpkin seeds, sunflower seeds, peanuts & cashews
- Sunflower & canola oils

FOODS TO RECONSIDER

- Sugar, aspartame & most artificial sweeteners
- Soy, grape-seed, corn, peanut & cottonseed oils