

Check the labels! Get acquainted with what you are putting into your body. Do your best to have only top grade fuel for the next 3 weeks. Key words do your best.

Absolutely ELIMINATE!

- Soda!
- Candy ANY AND ALL!
- Butter/Margarine
- Everything with HIGH FRUCTOSE CORN SYRUP → Check the labels!!!
- Everything that says “ENRICHED” or “BLEACHED” on the label
- Packaged foods with 10g or > of sugar (10g or > might as well be a candybar)

Foods To Avoid

- Chips! But if you must, I'd recommend “Food Should Taste Good” brand
- Fast Food & Restaurants (see see pg.70 of your Fix Eating plan, Restaurant Food)
- Sugary bottled drinks (see pg.13 & 38 of your Fix Eating plan, The Water Bar)
- Alcohol/Liquor/Beer (see pg.9 of your Fix Eating plan, Wine)
- Pastries & desserts (see pg.60 of your Fix Eating plan, Treats)
- Most condiments (see pg.37 of your Fix Eating plan, Free Foods)
- All salad dressing other than DIY (see pg.56 of your Fix Eating plan, Dressings)