



Not Allowed on Phases 1 & 2

- No pasta, rice, potatoes, legumes, breads or carbohydrates
- No rooted vegetable of any kind, which includes beetroot, carrots, etc.
- No peas or corn
- No fruit or fruit juice
- No commercial vegetable juice
- No cheese or other dairy
- No nuts
- No soda
- No alcohol (Beer, Wine, Spirits etc.)
- No off-program supplements or additives
- No cheating!

Keep this reminder sheet handy and remember - these program restrictions are only temporary and are a small sacrifice to be made for a short amount of time. Once you have achieved your weight loss and wellness goal(s) you will once again enjoy them as part of your diet!

Good Luck!