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DO NOT EAT THE FOLLOWING FOODS:

- FRIED FOODS
- FAST FOODS (NO MCDONALD'S, PIZZA, WENDY'S, ETC...)
- PASTA
- POTATOES
- RICE
- BREAD
- ANY AND ALL SWEETS
- MILK AND MILK PRODUCTS
- YOGURT
- * EGGS YOLK

YOU MAY EAT THE FOLLOWING FOODS:

- LEAN MEATS
- LEAN CHICKEN
- FISH
- FRUITS (NO BANANAS)
- VEGETABLES (NO PEAS, NO CORN)
- SALADS (NO BEANS)
- EGGS (WHITE PART ONLY)
- LOW FAT HARD CHEESE
- COTTAGE CHEESE
- HANDFUL OF ALMONDS/WALNUTS
- * VEGETABLE OILS
- * CHILLI/PEPPER
- * GARLIC
- * ZINGER

Modified-Dr. AH Chakladar
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