

Simple Healthy Eating  
For  
Health and Weight Control

No processed foods

No refined carbohydrates

No grains

No dairy

No alcohol

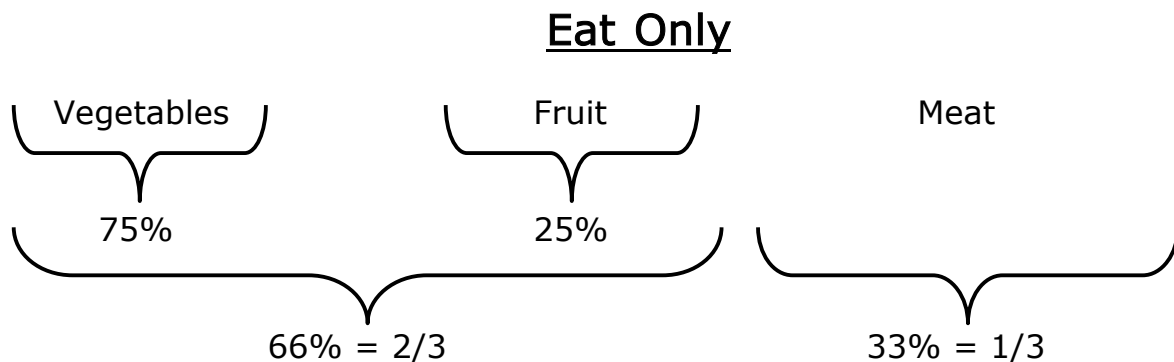
No between meal snacks

No eating after dinner

Eat only when hungry

Do not overeat

No high fructose corn syrup, no trans fats, no glutamate (MSG), no aspartame, no sodium benzoate, no artificial colors



Ideally, the vegetables and fruits are organic, pesticide free

Ideally, the meat is grain free with no hormones or antibiotics