

## 70/20/20

This is a high complex carbohydrate, low protein, low fat eating strategy. Plan your food intake to include an abundance (70%) of complex carbohydrates. A complex carbohydrate is defined as ANY fresh, whole, raw fruit or vegetable and whole grains. Good quality animal source protein should account for about 20% of the food you eat. Good quality protein is defined as chicken, turkey, fresh fish, beef and lamb. These proteins are best when eaten in their whole (non-ground) form and not overcooked. And finally, include about 20% good quality fat in your diet. A good quality fat is defined as (flaxseed oil, if attainable) safflower, or olive oil, butter, raw nuts and seeds, range eggs, dairy products.

### Some Sample Menus

(But use your imagination - the variety is endless)

Breakfast	Mid Morn/After Snack	Lunch	Dinner	Mid-Evening Snack
Fresh fruit of choice* 1 slice whole grain toast w/butter water/juice/coffee -or- range eggs to order turkey bacon 1 slice whole grain toast w/butter Water/juice/coffee	Fresh or dried fruit Fresh vegetable sliced Raw seeds or nuts	Vegetable salad of choice Soup Rice Fruit Salad of choice water/juice/coffee	Animal source protein Steamed vegetables Potatoes (not fried) -or- Whole grain rice Whole grain bread w/butter water/juice/coffee	Popcorn Fresh fruit dessert Gelatin dessert Ice cream Frozen yogurt Raw seeds or nuts

Between meal snacks are \_\_\_\_\_ necessary for you  
 \_\_\_\_\_ optional for you  
 \_\_\_\_\_ water only

\*Use citrus fruits and juices with extreme moderation.  
NO cow's milk as such.