

BestChoiceChanges

Carbs Do Not Eat List

Eat no carbs except those naturally occurring in fresh fruits and vegetables for 21 days after your BestChoiceChanges Plan Phase 2 protocol. You will be re-setting your metabolism and the way in which your body handles dietary fats and carbohydrates during this Phase 3. **While in Phase 3 Stabilization, your metabolism is extremely sensitive to the combination of fats and carbs.**

Carbohydrates are very dangerous during Phase 3 because they quickly turn back into the unwanted abnormal fat that you just removed during your BestChoiceChanges Phase 2 diet protocol. Carbohydrates are especially dangerous in combination with dietary fats.

Carbohydrates that are naturally occurring in whole foods such as fresh fruits and vegetables are not the carbs that lead to weight gain. You will only avoid fruits that are high in sugar such as grapes. Bananas are very high in carbohydrates as well. We will NOT return bananas to our diet during the 21-day period.

Each item in this list contains approximately 15 grams of carbohydrates and 80 calories (for the serving size listed). We tend to eat carbs in much higher quantities. While carbs are considered a part of a healthy, balanced diet, they will not be added until we have fully set and stabilized your new weight.

After Phase 3 Stabilization you will re-introduce these foods slowly, watching the scale to remain a good student of your body noting how certain foods affect you and your weight. You can remain in total control from now on. And remember to always apply the Steak Day or Modified Apple/Steak Day immediately, the day following any weight gain over 2 lbs.

***you may choose to keep your 2 daily allowable Melba toast from Phase 2.**

Cereals/Grains/Pasta

Bran cereals, concentrated*(such as Bran Buds, All Bran)
Bran cereals, flaked
Bulgur (cooked)
All cooked cereals
Cornmeal (dry)
Grape-Nuts
Grits (cooked)
Other ready-to-eat unsweetened cereals
Pasta (cooked)

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Puffed cereal
Rice, white or brown (cooked)
Shredded wheat
Wheat germ

Dried Beans/Peas/Lentils

Beans and peas (cooked) (such as kidney, white, split, black-eyed)
Lentils (cooked)
Baked beans

Starchy Vegetables

Bananas
Corn
Corn on cob
Lima beans
Peas, green (canned or frozen)
Plantain
Potato, baked
Potato, mashed
Squash, winter (acorn, butternut)
Yam, sweet potato, plain

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Breads

Bagel
Bread sticks, crisp
Croutons
English muffin
Frankfurter or hamburger bun
Pita
Plain roll
Raisin, unfrosted
Rye, pumpernickel
Tortilla
White (including French, Italian)
Whole wheat

Crackers/Snacks

Animal crackers
Graham crackers
Matzo
Melba toast
Oyster crackers
Popcorn
Pretzels
RyKrisp
Saltine-type crackers

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Whole-wheat crackers, no fat added (crisp breads, such as Finn, Kavli, Wasa)
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Starch Foods Prepared with Fat

Biscuits
Chow mein noodles
Corn bread
Crackers, round butter type
French fried potatoes
Muffins
Pancakes
Stuffing, bread (prepared)
Taco shells
Waffles
Whole-wheat crackers w/ fat added (such as Triscuit®)