

Tier 1 - No Brainers

Fast Food, Alcohol, Starvation

Cookies Cakes Chips Candy Chocolate

Bagels, Crackers, Chips

Cheeses, Heavy Fat Dressings, Butters, Added sugars, syrups

Tier 2 - Re-Educating

Salted Nuts, Tempura Sushi, Breaded chicken, processed meats

Non fat yogurt, cold cereals, splenda, diet cokes

Tier 3 - Fine tuning

Increasing water, increasing vegetables, adding supplements