

**SOMERSIZING ESSENTIALS ON ONE PAGE...**

- 1- Eliminate all Funky Foods.
- 2- Eat Fruits alone and on an empty stomach OR 2 hours after any meal.
- 3- After eating fruit wait 20 minutes before eating a Carbo meal or 1 hour before eating a Proteins/Fats meal.
- 4- Eat Proteins/Fats with Veggies.
- 5- Eat Carbos with Veggies and no Fat.
- 6- Wait three hours between meals **IF** switching from a Proteins/Fats meal to a Carbo meal, or vice versa.
- 7- Do not skip meals. Eat three meals a day, plus snacks, and eat until you feel satisfied. Eat slowly.
- 8- Drink **plenty** of water.

<b>FRUITS</b>	<b>PROTEINS/FATS</b>	<b>VEGGIES</b>	<b>CARBOS</b>
apples	meat	artichokes	beans
nectarines	beef	lettuce	brown rice
apricots	fish	asparagus	mushrooms
oranges	lamb	bamboo	okra
berries	pork	shouts	onions
cherimoya	poultry	bean	peppers
passion fruit	seafood	sprouts	pickles
cherry	dairy	broccoli	dill
fig	butter	brussel	kosher
peaches	cheese	sprouts	dill
pears	cream	cabbage	radishes
grapefruit	eggs	cauliflower	rhubarb
grapes	sour cream	celery	sauerkraut
persimmon	mayonnaise	chervil	snow/snap
pineapple	oil	cucumber	peas
plums	protein/whey powder	daikon	spinach
pomeranate		eggplant	sprouts
prickly pear		fennel	squash
pommelo		green	crookneck
quince		beans	spaghetti
star fruit		greens	zucchini
lychee		herbs	tomato
tamarind		jalapeno	turnips
tangerine		kale	zucchini
watermelon		kohlrabi	
		leeks	
			cheese
			ricotta cheese
			milk
			rice milk
			soy milk
			sour cream
			yogurt
			rice
			brown
			wild
			tabbouleh
			wheat germ
			whole-grain
			bread
			cereals
			crackers
			pastas
			phyllo

**FUNKY FOODS**

<b>SUGAR</b>	<b>STARCHES</b>	<b>COMBO PROTEINS/FATS AND CARBOS</b>	<b>CAFFEINE AND ALCOHOL</b>
beets	bananas	avocados	alcoholic beverages
carrots	corn	buttermilk	caffeinated
corn syrup	parsnips	coconuts	coffees
honey	popcorn	liver	teas
maple	potatoes	low-fat or whole	sodas
syrup	semolina, durum or	milk	cocoa
molasses	white flour pasta	nuts	
sugar	sweet potatoes	olives	
	white flour	tofu	
	white flour bread		
	white rice		
	winter squashes (acorn, butternut)		