

Rule of 3's Check List									
Food	Serving Size	x/week	Sun	Mon	Tue	Wed	Thrs	Fri	Sat
Fats [Never hydrogenated Oils]									
Cod liver oil or Omega 3	1 TBSP								
Olive	1 TBSP								
BUTTER	1 tso								
Other (Coconut, avocado)	1 tsp								
GRAINS [organic, 100% whole grain]									
Oatmeal	3/4-1c cooked, 2 pancakes, 1 reg. muffin								
Buckwheat	3/4-1c cooked, 2 pancakes, 1 reg. muffin								
Rice	3/4-1c cooked								
Wheat, whole	2 slices bread								
Other Grains									
MEATS [organic lean, meat]									
Turkey	4-6oz								
Chicken	4-6oz								
Red meat	4-6oz								
Fish	4-6oz								
Egg	1-2 egg								
Other low saturate fat meats									
Dairy	cheese, yogurt, ice cream ok, no milk								
NUTS [raw, unsalted]									
Walnut	1H or 1TBSP								
Pecan	1H or 1TBSP								
Almonds	1H or 1TBSP								
Other nuts	1H or 1TBSP								
Seeds/Legumes									
Peanut	1H or 1TBSP								
Humus	1 TBSP								
Other seeds/legumes									
FRUIT									
Grapefruit	1/2 peeled, white on								

Food	Serving Size	x/week	Sun	Mon	Tue	Wed	Thrs	Fri	Sat
Banana	1								
Cranberry juice Northland's	4-6oz								
Blueberry	1c								
Strawberry	1c								
Apple	1								
Tomato (fresh & cooked)	2 large slices, 3 cherry, 4TBSP sauce								
Other Fruit	cherries, pear, etc.								
VEGETABLES									
Celery	1 stalk								
Salad	2c compacted								
Carrot, squash	1 whole or 1c steamed								
Broccoli/Brussel sprouts	1c								
Onion	1 tsp								
Potato (1 can be swt pot)	1 medium								
Peppers	1/4-1/2 of whole								
Other Veggies	green bean, peas, radish								
SEASONING									
Garlic	1 tsp								
other	thyme, curcumin, etc								
WATER/FLUIDS									
	56-64oz; ~6oz w/ meal; rest btwn meals	DAILY							
Green Tea	Organic	3-4							
Coffee	2c (16oz) max	0-3							
Alcohol	Women 1g Men 2g	0-3							
Sugar	Sucrose, Honey, etc	0-3							
EXERCISE									
Walk	1 MI								

