

Modified Green Faces (First 8 weeks diet Plan)

Green Faces

First 21 days just the food shown on the table 1 to the right.

After that add 1 or 2 meals a day from the table 2

This should be eaten with protein and water whilst continuing to follow the "green faces diet".

Notes

1 **Only eat the food on the recommended food chart**

2 Eat a wide variety of food

3 Different foods each day

4 No Processed foods

5 Eat protein at every meal and a variety of proteins

6 **at least 5 meals a day.**

7 No dairy (eggs are ok)

8 Only carbs from the recommended list

9 **No Bread or other refined carbs**

10 Use fats and oils freely

11 **No alcohol**

12 Only water when thirsty

13 No sugar

14 Multivits and fish oil as sups

15 Take Creatine Monohydrate

16 Make sure you have at least a gram of protein per pound of bodyweight. 1.5 to 2 grams if putting on muscle

Table 1

Beef	Chicken	Duck
Bacon	Fowl	Goose
Kidney	Liver	Lamb
Spare Rib	Lean Pork	Turkey
Veal	Wild Game	Shellfish
Salmon	Tuna	Other Fish
Eggs	Ham	Cod
Flounder	Halibut	Whey Protein

Carbs		
Eggplant	Squash	Brocoli
Asparagus	Spinach	Collan Greens
Lettuce	Zucchini	Sprouts
Cabbage	Cucumber	Celery
Leafy Greens	Green Peppers	Green Beet
Cauliflower	Mushroom	Onions
Artichoke		

Fats -use freely		
Olive Oil	Almond Oil	Flax Oil
Peanut Oil	Sesame Oil	Sunflower Oil
Walnut Oil	Coconut Oil	

Table 2

Pick one of the following one to two times a day		
Oatmeal	Cottage Cheese	Yogurt with less than 20g of sugar
Small Apple	Grapefruit	Cheese
Milk	Beans	Handful of Nuts
Pineapple	Apricot	Peach
Plum	Grapes	Berries
Cherries	Citrus	Whole Grain Bread (1 piece)
Sweet Potato	Baked Potato	Avocado
Carrots	Protein Bar	