

REGULAR FOOD LIST

Your “Exclusive” food list.

Use this list only unless otherwise directed by Dr. Kolbaba

You are free to use this assigned food list to “supplement” your meal shakes.

REMEMBER your nutritionally balanced food shake **IS your meal** - three times a day.

Foods eaten from this list should be carefully considered because they will add calories to your daily intake. Do not eat more than you will burn during your daily walking or exercise.

- White Rice
- Celery
- Yams or Sweet Potatoes
- Green Beans
- Yellow Wax Beans
- Broccoli
- Cauliflower
- Squash (all types)
- Peaches
- Pears
- Kiwi Fruit
- Olive Oil
- Flax Oil
- Sunflower Oil

Eat the following foods in moderation, as they are higher in natural sugars.

- **Carrots**
- **Peas**
- **Melons (all types)**
- **Bananas**