



Arizona Prohealth

The Health Improvement Company

Foods to Avoid for 21 days

- Wheat (Rice and rice based products are OK)
- Oats
- Barley
- Rye
- Corn
- Sugar (refined and raw; candy, cakes, pies, cookies, etc).
- Alcohol (except that which may be found in recommended or prescribed items).
- Caffeine (coffee & black tea). Green tea and herbal teas are OK.
- Soymilk
- Soda Pop and other carbonated beverages (diet and non diet forms).
- Fruit juices & drinks that contain sugar, fructose or high fructose corn syrup.
- Pork (bacon, ham, pork chops, etc).
- Cold Cuts/Lunch meats.
- Tomatoes (unless fresh).
- Dairy (milk, cheese, yogurt). Butter is OK in moderation.
- Foods that contain margarine, butter substitutes, shortening, refined oils and anything that contains Partially Hydrogenated Oils or Hydrogenated Oils.

What can I eat???????

Anything that is not on the above list!

- Fish (wild is best, try to avoid farmed fish).
- Beef, Turkey, Chicken (best if grain fed, free from growth hormones, antibiotics, etc.).
- Beans
- Fruit
- Vegetables (think variety, best if steamed or boiled, not raw).
- Eggs (poached or soft boiled are best).
- Water
- Juice (100% pure juice).
- Protein powder shakes (without sugar or artificial sweeteners).