

HEALTH AND WELLNESS-METABOLIC PLAN

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I. AVOID SIMPLE CARBOHYDRATES COMPLETELY!

Breads	Cereal	Pastry	Beer
Potatoes	Corn	Bakery Products	Wine
Rice	Beets	Candy	Liquor
Pasta	Carrots	Chocolate	Fruit Drinks
Cookies	Oatmeal	Ice Cream	Soft Drinks
French Fries	Pizza	Crackers	Soup

Avoid anything with sugar or glucose added to it. Read the labels.

II. ONE-HALF PORTIONS FOR ALL MEALS!

Meats	Diet, Caffeine free drinks	Splenda
Vegetables	Unsweetened tea or coffee	Equal
Fruits	Water	Sweet-n-Low
Eggs	Cheese	Nuts

III. MEDICATIONS!

Follow instructions for your medications. Do not skip or changed the dosing.

IV. GUIDELINES:

- 1.) You must clear all simple carbohydrates from your pantry, refrigerator and work place.
- 2.) Split meals when you eat out- NO deserts or bread.
- 3.) Shop twice a week for fresh fruits, vegetables and meats.
- 4.) Plan your meals in advance.
- 5.) No fast food meals – EVER.
- 6.) Reduce all portions by one/half.
- 7.) Commit to changing your eating habits and behaviors for the rest of your life.
- 8.) All family members eat the same meals.
- 9.) Teach your children proper eating habits.
- 10.) Keep your appointments and stay focused