

Low Carb Diet – Cut down on the following foods

- Sugar

- Flours
 - Cookies

 - Candies

 - Cakes

 - Muffins

 - Bagels

 - Toast

 - Roti

 - Paratha

- Rice

- Potatoes/Pasta

- Juice/Pop

ALLOWED:

Allowed to eat 3 fruits per day, but no juices.

Eat lots of Vegetables