

THE Arrow Sheet

Fat Foods to Enjoy during Step One (and All Other Steps of the Metabolism Miracle)

Light or whipped butter
Light or tub margarine
Light sour cream
Light mayonnaise
Light creamer
Light half-and-half

Oils
*Light salad dressing
Olives
Avocados
Nuts
Seeds

Protein Foods to Enjoy during Step One (and All Other Steps of the Metabolism Miracle)

Lean meat
Skinless poultry
Fish and shellfish
Low-fat cheese
Low-fat cottage cheese
Eggs
Egg substitutes

Natural peanut butter
Nut and seed butters
Tofu
*Unsweetened soy milk
*Other soy products
*Vegetarian meat substitutes
*Low-carb protein shakes

Although meats and cheeses are primarily protein, they vary tremendously in their fat content. The recommended protein sources in the Metabolism Miracle program will be heart healthy and lean. You can feel free to enjoy them liberally.

Liberal Veggies to Enjoy during Step One (and All Other Steps of the Metabolism Miracle)

Artichokes and artichoke hearts
Asparagus
Green or wax beans
Bean sprouts
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Dill Pickles
Eggplant
Onions and scallions
Greens (collards, kale, mustard, turnip, spinach)

Kohlrabi
Leeks
Mushrooms
Okra
Peppers (all varieties)
Lettuce and other salad greens
Radishes
Spaghetti squash
Sauerkraut
Tomatoes (maximum 1/meal)
*Tomato salsa
*Tomato juice
*Vegetable juice
Turnips
Zucchini and summer squash

Bread
Bread products
Pasta
Rice
Crackers, pretzels, chips
Cereal and granola bars
Cereal (hot or cold)
Other grains
Fruit
Fruit juice
Potatoes and sweet potatoes

Carrots
Parsnips
Beets
Legumes (beans and peas)
Winter squash
Pumpkin
Milk
Yogurt
Sweetened beverages
Sweets and desserts
Foods that fail the 5x5 net carb test

Carbs to Avoid in Step One

5X5 Carbs (In step One only, have no more than 5 grams of net carb in a 5-hour period) for Step One and All Other Steps of the Metabolism Miracle

*Low-carb bread
*Low-carb tortillas
*Low-carb wraps
*Low-carb crackers
*Low-carb ketchup
*Select sugar-free puddings
*Select sugar-free yogurts

*Select sugar-free smoothies
*Select low-sugar juices
*Low-carb milk
*Carb-controlled protein drinks
*Foods or recipes that contain 5 grams or less of net carb per serving

*All of these items must be put through the net carb formula and must fit into the 5X5 rule (see "Easy Carb Counting," page 54).