

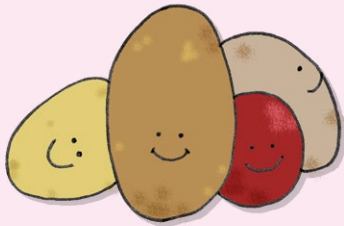
THE POTATO RESET

Guidelines at a Glance

UNLIMITED

POTATOES

Any variety such as red, yellow, gold, white, russet, sweet, purple, yams, etc. Eat until satisfied but not uncomfortably full.

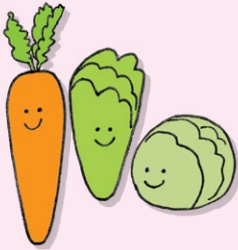


DRINKS

Water, unsweetened soda water and herbal tea. To flavor to your water try adding sliced cucumbers, fresh lemon or lime.



NON-STARCHY VEGETABLES



TIP: load up on the veggies to speed up weight loss!

Artichoke
Artichoke hearts
Arugula
Asparagus
Baby Corn
Bamboo Shoots
Bean Sprouts
Beets
Brussels Sprouts
Broccoli
Bok Choy

Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cucumber
Daikon
Eggplant
Green Beans
Hearts of Palm
Jicama

Kale
Kohlrabi
Leeks
Mushrooms
Mustard Greens
Okra
Onions
Pea Pods
Peppers
Radishes
Romaine

Rutabaga
Spinach
Sprouts
Summer Squash
Sugar Snap Peas
Swiss Chard
Tomato
Turnips
Water Chestnuts
Yard-Long Beans
Zucchini

LIMITED



Homemade sauces, fat-free condiments with the least amount of sugar & sodium, maple or date syrup (max 2 tbsp per day), unsweetened non-dairy milk, coffee, black tea, kombucha and green tea.

AVOID



Oil, nuts, seeds, avocado, dairy products such as milk/butter/cheese/sour cream, eggs, meat, fish, processed sugar and artificial sweeteners.