

# 0,1,2,3

## Diet Foundation Rules



DR. BECKY FITNESS



## 0, 1, 2, 3 Daily Checklist

- 0 ADDED SUGAR.** Avoid foods and drinks with sugar listed as one of the first three ingredients. [Results Booster: Sugar goes by many names. Avoid sugar aliases like dextrose, maltodextrin, high-fructose corn syrup, and sucrose.]

---
- 1 LARGE SALAD.** Include 2-4 cups of salad greens and assorted non-starchy vegetables, such as celery, cucumbers, onions, peppers, and tomatoes. [Results Booster: Improve hunger and blood sugar control by adding protein and fat, such as chicken, salmon, hard-boiled eggs, avocados, nuts, and seeds.]

---
- 2 CUPS COOKED NON-STARCHY VEGETABLES.** Any vegetables mentioned above, as well as asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, eggplant, green beans, mushrooms, okra, snow peas, spaghetti or summer squash, swiss chard, and zucchini. [Results Booster: For added craving control, serve alongside a protein-rich entree, such as meat, fish, or chicken (vegetarian options: tofu, tempeh, beans, and lentils).]

---
- 3 HOURS BEFORE BED, STOP EATING.** Determine your usual bedtime and count back three hours. [Results Booster: When 3 hours feels comfortable, extend your nighttime fast to 4+ hours to enhance fat burning as you sleep.]



DR. BECKY FITNESS

DrBeckyFitness.com