

DIET Instructions:

- Mediterranean diet: Lean meats, oily fish twice weekly, olive oil, salads, avocado, whole grain food products.
- Whole grain food products: whole wheat bread, brown rice, whole grain pasta
- NO white food products: white rice, white bread, white pasta, potatoes.
- Beef once per month.
- Cheese substitute: Alpine Lace Swiss cheese
- Butter Substitute: Smart Balance spread.
- Oil Substitute: Extra virgin olive oil
- Eggs substitute: Egg beaters and egg white
- Sugar substitute: Splenda