How to eat healthy

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- Stop eating between meals, there is no more snacking. <u>This is the single most important thing we can do</u>
- Drink only water and maybe some plain tea or coffee. (4 to 8 glasses) No pop, juices, milk, or alcohol.
- Limit your eating window to 1 or 2 meals within a six hour period (8 hours max)
- With your meals eat until you are comfortable stuffed, do not portion control or count calories.
- <u>Eat lots of</u> Meat (especially beef), eggs, liver, fish, bacon, butter, fats, and proteins (fat is our friend)
- <u>Eat some of</u> Vegetables (but no potatoes or corn), lettuce salads, cheese, pecans, walnuts, mustard.
- <u>Eat little or no</u> Carbohydrates and sugars of any kind, bread, breaded meats, vegetable oils, fast food, wheat, any grains, pancakes, oatmeal, french fries, pizza, spaghetti, pasta, rice, potatoes, corn, fruits, beans, chips, crackers, cereals, candy, pop, juices, milk, ketchup, barbecue sauce, honey, alcohol, artificial sweeteners, and any manufactured food product labeled "Keto" "Keto friendly" or "Low carb"
- Cook with real butter, never use margarine, shortening, or vegetable oils.
- Exercise daily, get more sleep, relax more, get more sun exposure, be good to yourself and think positive. If you can afford it buy organic foods and pasture raised grass fed meats and eggs, but this is not required.