

# Robbins Natural Health

10131 S Yale Ave, Suite 202 Tulsa, OK 74137

(918) 488-0444

Fax (918) 488-0470

## LOW CARB DIETARY PROGRAM

### BREAKFAST

- Fruit** (fresh) (grapefruit best option) or **Fruit Juice** (freshly made) or **Smoothie** upon rising; then, 30 or more minutes later, have:
- Eggs** (soft boiled or poached)

### LUNCH

- Raw Vegetables** (salad or vegetable sticks)
- May add **Steamed Vegetables** (but you must have raw vegetables)
- AND may add **ONE** of the following:
  - Artichokes or Spinach Pasta (can melt butter on or get sauce from health food store; mix in steamed vegetables)
  - Avocado (avocado sandwich acceptable)
  - Raw Nuts and Seeds (handful)
  - Chicken (organic only)
  - Fish
  - Turkey (organic only)

### OR

- Vegetarian sandwich on non-wheat bread (such as soy bread, Ezekiel bread) with lettuce, tomato, cucumber, sprouts, etc.  
If desired, can add one of the below proteins on the sandwich
  - Avocado (avocado sandwich acceptable)
  - Almond butter
  - Chicken (organic only)
  - Fish (not fried)
  - Turkey (organic only)

### SUPPER

- Same as lunch**

### **OR**

- Smoothie

## **SNACKS**

**If desired, can snack on any of the following:**

- grapefruit
- vegetable sticks
- raw nuts (max one handful per day; this can be in addition to nuts had at meal time)
- raw vegetable juice
- smoothie

## **OTHER**

- drink plenty of pure water with fresh lemon juice squeezed in
- herbal teas (non-caffeine)
- can use Braggs Aminos and/or Mrs. Spike-type of seasonings
- butter ok
- health food store salad dressing preferable

## **AVOID TOTALLY**

- sugar, refined flour
- wheat and any foods containing wheat
- dairy, all except butter
- dried fruit
- red meat (beef, pork)
- fried foods, foods high in fat
- caffeine
- salt
- any known allergic foods