



EAT THE BUTTER



TOP 10

FOOD RULES

- 1 Eat real food. Eggs, meat, vegetables, nuts... BUTTER, not margarine.
- 2 ADD natural fat -- butter, coconut oil, olive oil, and the fat in meat.
- 3 Avoid vegetable oil and shortening (corn, soy, canola, cottonseed oils).
- 4 RETHINK breakfast. Exchange carbs for protein and fat.
- 5 Cut out SUGAR. (Some substitutes like stevia are okay.)
- 6 Minimize grains including whole grain products such as bread, pasta, crackers, pretzels, and cereal.
- 7 Eliminate low-fat and fat-free engineered foods.
- 8 Snack on nuts, cheese, olives, and avocados.
- 9 Drink only WATER... well, maybe some tequila or wine in moderation ;-)
- 10 Enjoy dark chocolate as your go-to treat. >70% cacao.