

Mediterranean

Low Carb

Ketogenic

Low Calorie

Vegetarian

Vegan

1. **Eat** whole foods and minimally processed foods
2. **Prioritize** protein at every meal, whether from animal or plant sources
3. **Eliminate** ultra-processed foods & added sugars
4. **Avoid/reduce** foods that rapidly digest to sugar, such as high glycemic carbs, refined grains
5. **Eliminate** sweet beverages including pop, fruit juice, sports drinks, and sweet tea or coffee
6. **Eat** plenty of colorful vegetables for adequate fiber and nutrients
7. **Include** healthy fat sources such as olive oil, butter, ghee or nut oils
8. **Consume** little to no alcohol and eliminate intake of sweet alcoholic drinks