

DR. GRIFFIN'S DOWN AND DIRTY DIET PLAN

STOP:

1. Sweets
2. Sweetened juices/concentrated juices
3. Dried fruits (raisins, etc)

LIMIT: STARCHES & STARCHY FOODS. No more than ONE starch at a meal:

1. ALL breads, cornbread, biscuits
2. Noodles, Pastas
3. Rice
4. ALL cereals
5. Corn, Potatoes and starchy vegetables

OK TO DRINK:

1. Water
2. Unsweetened coffee, tea (may add splenda)

NO LIMIT-EAT WHAT YOU WANT:

1. LoFat Meat Products ("protein")
2. LoFat Dairy Products (skim milk, low fat yogurt and frozen yogurt, margarines, cottage cheese, Parmesan cheese, <5 eggs/week)
3. Nuts (peacans, walnuts, peanuts, etc..)
4. Non "Starchy" Vegetables
Almost everything except Corn & Potato products
(green beans, onions, tomatoes, squash, etc...=ALL FINE=NO LIMITS on these)
5. Fresh Fruit
6. Salads

FOR WEIGHT REDUCTION: Limit to TWO STARCH SERVINGS/DAY!

EXAMPLE:

1. Breakfast: 1 Starch (cereal, skim milk, fruit, egg, NO toast)
2. Lunch: 1 Starch (Sandwich (bread), vegetable, fruit, salad but
NO Potatoes etc...)
3. Dinner: No Starch (grilled lean meat, tomatoes, green beans, salads,
Fruit, frozen yogurt for desert= all no starches)

SNACKS: (don't really recommend-no more than one snack /day)

Protein + Vegetable (example: grilled chicken/lowfat mozzarella cheese or hand full of nuts or tomato/carrots etc..) or Protein +Fruit (Cottage Cheese+peach, or Milk+apple)