

# What to Eat. What Not to Eat.

This chart is a good general guide to what to eat and what not to eat.



## A word about nuts:

For the first few weeks, skip the nuts. They tend to kick me out of ketosis, and I've heard reports from many others that they can't eat them either. As you start losing weight you might try adding them to your diet, but be careful. It's easy to over-eat them.