

JOHN WARD DIET

You MAY eat:

- *Chicken
- *Fish
- *Pork
- *Veal
- *Fruit
- *Yogurt
- *Egg Beaters
- *Deer Meat
- *Fresh/Frozen Vegetables
- *Cereal (Cheerios, Special K, Wheaties)
- *Salads with Vinaigrette Dressing

NO DRESSINGS THAT ARE WHITE, YELLOW, PINK, ORANGE, OR HAZY!

Do NOT eat:

- *Red Meat
- *Real Eggs
- *White Bread
- *Pasta
- *Potatoes
- *Rice
- *Cakes
- *Pies
- *Cookies
- *Chips
- *Salsas
- *Cheeses
- *Nothing out of a bag, box, or can (Pretzels, Potato Chips, Canned Soup)

Food Preparation:

- *Grill
- *Bake
- *Broil
- *George Foreman

(NO Fried Food or anything in a Pan)

