

Gonadal Diet

Plenty of: Vegetables (90% cooked)
Complex carbohydrates
Dairy products (low fat, no cream)
Fresh fruit
Water and herbal tea

**Moderate
Amounts of:** Fish
Poultry

Some: Cold pressed oils (olive, safflower) keep refrigerated
Eggs (no more than 3 yolks per week)
Raw nuts and seeds, keep refrigerated
Fruit juices, watered down

Avoid: Red meat (beef, lamb, and pork)
Spices (jalapenos, curry, Indian, etc.)
Cream (esp. ice cream)
Sugar and refined carbohydrates (pasta, white bread)
Coffee, tea, alcohol, Cokes
Fried and oily foods
Butter, margarine, Crisco, hydrogenated oils

Schedule: Light breakfast
Light lunch
Larger dinner

Diet Outline: Breakfast
Fresh fruit or soaked dried fruit
Yogurt (low fat)
Complex Carbohydrates
Water, milk or herbal tea

Lunch
Vegetables (as much as desired)
Complex carbohydrates
Fish or Poultry, small portion, if desired
Nuts, seeds, or cheese
Water, milk or herbal tea

Dinner
Fish or poultry (3-5 times per week)
Complex carbohydrates
Vegetables
Cheese
Fresh fruit
Water, milk or herbal tea

**For Weight
Loss:** No snacking between meals
Take five hours between breakfast and lunch
Take six hours between lunch and dinner