



FAST TRACK

FIVE WEEK FAT LOSS

PILATES 1901 | [tschool](#)

YES FOODS

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| Vegetables: | <i>All leafy greens, peppers, broccoli, cauliflower, celery, carrots, kale, garlic, ginger, onions, mushrooms, parsnips, radishes, rutabega, snow/snap peas, spinach, tomato, spaghetti squash, zucchini</i> |
| Fruit: | <i>Lemon/Lime</i> |
| Nuts/Seeds: | <i>Almonds, Brazil Nuts, cocoa nibs, coconut (unsweetened), chia/hemp/flax seeds, pumpkin seeds, macadamia nuts, hazelnuts, pecans, pistachios, walnuts, sesame seeds/tahini</i> |
| Fats/Oils: | <i>Animal Fats, butter, ghee, clarified butter, coconut oil, olive oil, avocado oil, sesame oil</i> |
| Beverages: | <i>Coconut and almond milk (unsweetened), coffee, espresso, mineral water, seltzer, club soda, teas, water</i> |
| Condiments: | <i>Any gluten/sugar free condiments with no added sugar, all homemade paleo/21 DSD dressings/broths/mayo, coconut amino, vanilla/almond extract, vinegars</i> |
| Supplements: | <i>Optional: Pure BCAA or Collagen Powder, Pure Green Tea, and Weight Loss Energizer for Metabolic support.</i> |

LIMITED FOOD

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| Vegetables and Starches: | <i>Acorn squash, beets, butternut squash, green peas, pumpkin, winter squash (After Cardio or HIIT workouts)</i> |
| Fruit: | <i>Bananas (green tipped), Grapefruit, Green/Granny Smith Apples, Berries</i> |
| Beverages: | <i>Coconut juice/water (no added sweeteners), Kombucha</i> |

NO FOOD

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|--------------------------------|---|
| All refined carbs: | <i>Pastas, crackers, cereals, breads, rice cakes, popcorn, pizza, tortillas, cupcakes, muffins, etc.</i> |
| Vegetables and Starches | <i>Corn, soybeans/edamame, tapioca, taro</i> |
| Fruits | <i>All fruit/dried</i> |
| Grains/Legumes | <i>All beans, spelt, wheat, flours made from grains, buckwheat, arrowroot, barley, Lentils, Quinoa, millet, rice, rye</i> |
| Nuts/Nut Butters: | <i>Cashews and peanuts</i> |
| Dairy | <i>Cheese, cream cheese, cottage cheese, Milk, half and half, heavy cream, sour cream, yogurt, artificial sweeteners</i> |
| Supplements | <i>Pre/post workout drinks, protein drinks with added sweeteners/sugar alcohols, anything containing soy, corn or wheat</i> |
| Beverages | <i>Alcohol, coffee "drinks", soda, milk (soy, rice, oat)</i> |
| Condiments | <i>Soy sauce, store bought ketchup, mayo, salad dressings</i> |
