

# Do Not Eat.

## Do Not Eat These Foods On SlimPlanG

### ✗ No Refined Sugar Of Any Kind and In Any Form

No candy bars. No ice-cream. No gummy bears. No maple syrup. No honey. no agave. No artificial sweeteners. No soda. Nada. During SlimPlanG do not have sugar of any kind. Sugar is by far one of the leading causes of obesity and illnesses. It's absolutely a poison to our bodies yet it's found in so many foods. And it's addictive too! Make sure to read your labels because companies sneak sugar into products in ways you may not recognize.

### ✗ No White, Refined Flour Products

No white bread, white rice, white pasta, crackers, cereal, etc. White refined flour acts like refined sugar in your body. It spikes your blood sugar levels to astronomical levels and just plain wrecks your system. Choose from only to the grains section on your Yes Food List.

### ✗ No Junk Food With "Approved" Ingredients

No baked goods, packaged chips, "healthy" treats, etc. Recreating or buying sweets, treats, and packaged foods (even if the ingredients are technically ok) is not allowed on SlimPlanG and will compromise your life-changing results. These foods trick us into thinking they are "health foods" but really, junk is junk. No matter how you slice it. A "healthy" chocolate chip cookie is still a cookie, even if it's organic and made with coconut flour.

### ✗ No Pork

No ham, pork bacon, pork sausage, pork chops, etc. Pigs are scavengers, often eating anything they can find including bugs, carcasses of sick animals and other rotten things. Pigs also have an extremely fast digestive system, usually four hours. Because a pig's digestive system works rather basically, many toxins remain in their system and are not dispelled properly. Also, pigs do not have sweat glands and therefore can not rid toxins as well as other animals.

### ✗ No Fried Foods

No french fries, tempura vegetables, fried chicken, sweet potato fries, fried...well, anything. Sorry but fried foods are just a big, fat no.

### ✗ No Processed Deli Meats

No cold cuts, hot dogs, salami and other processed meats are extremely bad for your health. Studies have shown that processed meats raise the risk of heart disease and diabetes. The added salt and horrible chemical preservatives are what make these meats a real health concern and are a no for the next six weeks. When buying deli meat, it must be all natural and non-GMO.

### ✗ Limit Alcohol To One To Two Drinks Per Week