

# THE CORE DIET

## BREAKFAST

- 1 Protein Unit
- 1 Grain Unit

## LUNCH

- 3 Protein Units
- 1 Grain Unit
- Lo Vegetables

## DINNER

- 4 Protein Units
- 1 Hi Vegetable Unit
- Lo Vegetables

*Daily:* 1 Dairy Unit, 2 Fruit Units (1 citrus), and Flexi-Units.

*Any time:* Artificial sweetener, bouillon, coffee, diet beverages, 1 tablespoon diet dressing, diet gelatin, 2 teaspoons diet jelly, extracts, herbs, lemon, lime, Lo Vegetables, mustard, pepper, salt, soy sauce, spices, tea, vinegar, water, Worcestershire sauce.

The following are lists of the six food categories. An asterisk indicates the lowest-calorie foods in each category; a dagger indicates high fiber.

# Diet Workshop

**RJ Alexander**



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## **Table of Contents Diet Workshop**

1. Understanding the eBook Diet Workshop
  - The Rise of Digital Reading Diet Workshop
  - Advantages of eBooks Over Traditional Books
2. Identifying Diet Workshop
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Diet Workshop
  - User-Friendly Interface
4. Exploring eBook Recommendations from Diet Workshop
  - Personalized Recommendations
  - Diet Workshop User Reviews and Ratings
  - Diet Workshop and Bestseller Lists
5. Accessing Diet Workshop Free and Paid eBooks
  - Diet Workshop Public Domain eBooks
  - Diet Workshop eBook Subscription Services
  - Diet Workshop Budget-Friendly Options
6. Navigating Diet Workshop eBook Formats

- ePub, PDF, MOBI, and More
  - Diet Workshop Compatibility with Devices
  - Diet Workshop Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Diet Workshop
    - Highlighting and Note-Taking Diet Workshop
    - Interactive Elements Diet Workshop
  8. Staying Engaged with Diet Workshop
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Diet Workshop
  9. Balancing eBooks and Physical Books Diet Workshop
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Diet Workshop
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Diet Workshop
    - Setting Reading Goals Diet Workshop
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Diet Workshop
    - Fact-Checking eBook Content of Diet Workshop
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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