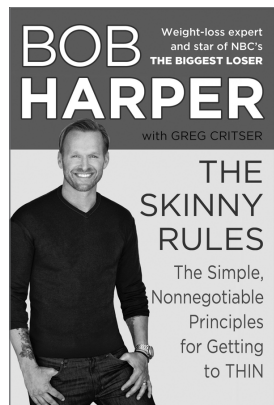


THE SKINNY RULES

- RULE 1:** Drink a Large Glass of Water Before Every Meal—No Excuses!
- RULE 2:** Don't Drink Your Calories
- RULE 3:** Eat Protein at Every Meal—or Stay Hungry and Grouchy
- RULE 4:** Slash Your Intake of Refined Flours and Grains
- RULE 5:** Eat 30 to 50 Grams of Fiber a Day
- RULE 6:** Eat Apples and Berries Every Single Day. Every. Single. Day!
- RULE 7:** No Carbs After Lunch
- RULE 8:** Learn to Read Food Labels So You Know What You Are Eating
- RULE 9:** Stop Guessing About Portion Size and Get It Right—For Good
- RULE 10:** No More Added Sweeteners, Including Artificial Ones
- RULE 11:** Get Rid of Those White Potatoes
- RULE 12:** Make One Day a Week Meatless
- RULE 13:** Get Rid of Fast Foods and Fried Foods
- RULE 14:** Eat a Real Breakfast
- RULE 15:** Make Your Own Food and Eat at Least Ten Meals a Week at Home
- RULE 16:** Banish High-Salt Foods
- RULE 17:** Eat Your Vegetables—Just Do It!
- RULE 18:** Go to Bed Hungry
- RULE 19:** Sleep Right
- RULE 20:** Plan One Splurge Meal a Week



THE SKINNY RULES FOR VEGETABLES

AS MUCH AS YOU WANT, ANYTIME VEGGIES:

- Artichokes
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Broccoflower
- Broccoli romanesco
- Wild broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chard
- Chinese cabbage
- Collard greens
- Cucumbers
- Daikon
- Eggplant
- Ethiopian mustard
- Fennel
- Garden cress
- Green beans
- Horseradish
- Jicama
- Kale
- Kohlrabi
- Komatsuna (Japanese mustard spinach)
- Leeks
- Lettuces
- Mizuna
- Mushrooms
- Mustard greens
- Onions
- Bell Peppers
- Radishes
- Spinach
- Tomatoes
- Yellow summer squash
- Watercress
- Zucchini

NO MORE THAN ½ CUP, AND ALWAYS BEFORE 2 P.M.:

- Beets
- Carrots
- Butternut squash
- Parsnips
- Pumpkin
- Rutabaga
- Turnips
- Yams

