


Cereal

The following cereals can be eaten with an approved liquid base.

- Egg Whites International
- Kroger CarbMaster Milk
- Hood Calorie Countdown Unsweetened Milk
- Oh Yeah RTD
- Hemp Bliss Original Milk
- REAL Milk Protein Shake
- ¼ cup of any milk

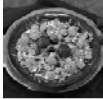




Cereal


Best Cereals for Weight Loss

•Brands:

- Kay's Natural Cereal
- Hi-Lo from Nutritious Living
- Advanced Health Systems Cinnamon Crisp Cereal



•Portions: ¾ up to 1 ½ cups of cereal.
•2 Weight Loss Meter





Cereal

Good weight loss and detoxifier


•Brands:

- Chia Goodness



You can add egg whites for a potent meal, or Hemp Bliss for a good detoxifier.


•Portions: 2 tablespoon
•Weight Loss Meter: -1




Cereal

Another good cereal option

•Brands:
•Dr. Sear's Zone Cereal




•Not as good as the others, high in calories.
•Portions: ¾ of a cup
•Weight Loss Meter (0 to -1)




Cereal

Kashi Brand Cereals

•Brands:




•Portions: 1 cup
•Weight Loss Meter - (0 to -1)



Cereal


Don't say 'Oh no, say oh yes!'

•Brands:



•Only ONE cup!

•Portions: 1 cup
•Weight Loss Meter (0 to -1)



Cereal

Special K Brand

•Brands: Special K Cereal. You can have all Special K Cereals as long as you use approved liquid bases.



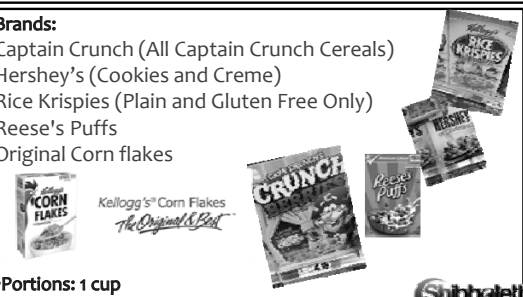
•Portions: 1 cup
•Weight Loss Meter (0 to -1)




Cereal

Other options for the kids

Brands:
Captain Crunch (All Captain Crunch Cereals)
Hershey's (Cookies and Creme)
Rice Krispies (Plain and Gluten Free Only)
Reese's Puffs
Original Corn flakes




•Portions: 1 cup
•Weight Loss Meter (0)




Cereal

Healthy options... not really! Read the label well!

Brands: This cereal, while appearing healthy is NOT! It will not work while you're trying to lose weight. It has over 60 grams of carbs for 1/4 a cup!



•Portions: NOT APPROVED!





Cereal


Healthy options... not really! Read the label well!

Brands: Here are additionally disguised cereal that will take you out of efficient fat burning.

There are 40 carbs and too many simply carbs.





•Portions: NOT APPROVED!




Cereal

Healthier options... that do work!

Brands:






•Portions: 1cup
•Weight Loss Meter (o)




Cereal

Surprising but works!

Brands: Fruit Loops can work, simply watch your portions!
Great option for the kids! So can Lucky Charms!




•Portions: 1 cup
•Weight Loss Meter o




Cereal

Weight Loss Options with other benefits

Brands: Crispy -O's. Kosher certified and for Passover.




•Portions: 1 cup with ¼ of Golden Flow Fat-Free Milk
•Weight Loss Meter (0 to -1)



Cereal

Good cereal for kids with other benefits!

Brands: Gluten Free and Wheat Free for Kids



•Portions: 1 cup
•Weight Loss Meter (0)

