



Miracle Skinny Drops

Healthy Loading Food

- Greek Yogurt
- Avocados
- Flaxseed Oil
- Olive Oil
- Whole Butter
- Coconut Oil
- MCT Oil
- Cheese
- Almond Butter
- Peanut Butter & Jelly
- Coconut Butter
- Mac Nuts
- Heavy Creams
- Guacamole
- Bacon
- Alcohol
- Mexican Food
- Big Fat Steak (Rib Eye)
- Heavy Whipping Cream

Bad Loading Foods

- Pizza
- Ice Cream
- Fried Chicken
- Deep Fried Meats
- Candy
- Chocolate
- French Fries
- Mac and Cheese
- Ding Dongs
- Twinkies
- Cheeseburgers
- Pasta
- Donuts
- Bread Sticks
- Fast Food
- Snack Cakes
- Chips
- Cookies
- Soda
- Funnel Cake
- Honey Buns
- Blueberry Muffins
- Brownies
- Chocolate Shake