

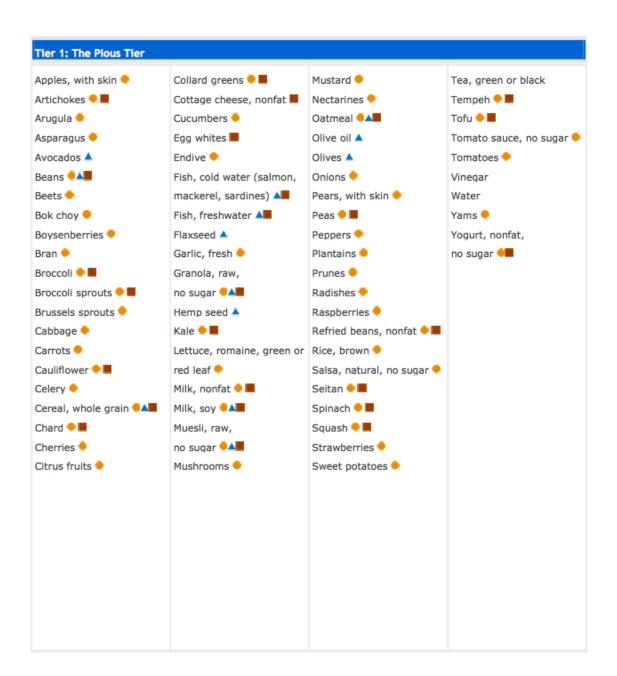
Michi's Ladder



Michi's Ladder is a guideline, not a diet. Rather, it is a simple substitution plan. To lose weight, try swapping foods you eat with similar foods in Tier 1 and 2. The more you eat in tiers 1 and 2, the more you'll increase your chances of losing weight. If you only ate from Tiers 1 & 2, you would have a near-perfect diet!

There are some healthy foods in lower tiers, but they're either calorie dense or nutrient deficient. To lose weight, you want to maximize the nutrients in every calorie you consume.

Note on frying: Foods should be eaten raw, steamed, grilled, poached, baked, or broiled. Frying automatically drops even the best foods into tier 5.



Tier 2: The Happy Tier			
Apples, skinless 🔸	Cream cheese, nonfat ■	Milk, 1% ●▲■	Sunflower seeds
Bananas 🐤	Duck, free-range ▲■	Nuts, raw •	Tortillas,
Blueberries 🔶	Eggplant •	Ostrich A	whole wheat 🍑 💵
Bread, whole grain 🔴	Fish, farmed	Pancakes, buckwheat 👊	Turkey breast
Cantaloupe 🔸	Granola or energy bar	Papayas •	Vegetable juice
Cheese, nonfat	Grapes 🔸	Peaches •	Veggie burger ●▲■
Chicken, skinless white	Hummus •	Pineapple 🔸	Venison, free-range
meat	Juice, fresh-squeezed with	Plums •	Watermelon •
Coffee, black or	pulp, no sugar 🔍	Raisins 🔸	Yogurt, no sugar •
cappuccino with nonfat	Kiwifruit •	Ricotta cheese, nonfat ■	Zucchini •
milk 🔴 🔳	Mangoes •	Soy nuts	
Corn 🔸	Meal replacement	Soy sauce •	
Cottage cheese,	bar •	Squid	
low-fat 🖊	Melon, honeydew •	String beans	



