

## **SPRING & SUMMER DIET**

Starve the Fat Feed the Muscle

### **Eat No Wheat**

#### **MONDAY-FRIDAY**

##### **Breakfast**

1 protein drink (1 piece of fruit or fruit juice with 2 tbs. protein powder, 1 tbs. lecithin granules, 1 tbs. psyllium husks, and (optional) 2 raw fertile eggs.

Eating breakfast is important when on a weight loss diet. The calories from the meal keep the metabolism up. It's best to eat the largest meals at breakfast and lunch time; then a lighter, easier-to-digest meal at least three hours before bedtime. Eat regularly to keep the metabolic rate up.

##### **Mid-Morning Snack**

A piece of fruit or non fat yogurt

##### **Lunch Options**

- Warm spinach salad
- Chinese chicken salad
- Alfalfa sprout salad with tuna
- Grilled chicken and fresh vegetable salad
- Grilled fish or chicken breast with brown rice or dry baked potato

##### **Mid-Afternoon Snack Choices**

- Bowl of soup, preferably tomato
- Piece of fruit
- 2 hard boiled egg

##### **Dinner Choices**

(with fresh vegetables, brown rice or dry baked potato)

- Chicken teriyaki
- Poached salmon
- Ahi tuna
- Any soup (as long as there is no cream base)
- Any of the lunch selections

Note: All meat and fish are to be baked or broiled without the addition of butter or oil unless other recommendations are made.

##### **Evening Snack**

One cup crudités of fresh carrots of celery or  
Diced cucumber/onion/tomato salad in balsamic vinegar or  
Baked potato spiced w/mustard or Worcestershire sauce or salsa or  
three corn tortillas heated and sprinkled w/parmesan cheese or  
Up to five plain rice cakes

##### **Beverages**

Coffee, tea, water, diluted fruit juices (one half)

**FROM SATURDAY MORNING UNTIL SUNDAY AT 6 P.M.** you are free to have anything you like, with a limit of four alcoholic beverages.

##### **SUNDAY AFTER 6:00 P.M. eat only fresh vegetables.**

To maintain percent body fat use a combined program of diet and exercise. Modify your diet to reduce foods that are high in fat such as meats, oils, legumes, whole grain bread and potatoes. Perform moderate intensity aerobic exercises 3-5 days/week for 20-30 minutes per day. The optimum exercise program includes continuous activities that engage the large leg muscles like walking, jogging, jump rope and cycling. The human body needs at least 1100 to 1200 calories a day to carry out basic bodily functions like heartbeat, breathing, maintaining constant temperature, etc. Men usually need more calories for these functions than women do.

*continued*

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### VEGETABLES

(according to carbohydrate content)

<u>Best Choices for fast results</u>		<u>Moderate Results</u>	<u>Poor Results</u>
3%	6%	15%	20-25%
Asparagus	String beans	Artichokes	Lima beans
Bean sprouts	Beets	Kidney beans	Dried beans
Beet greens	Carrots	Hominy	Corn
Celery	Chives	Parsnips	Potatoes
Swiss chard	Collards	Peas	Boiled rice
Cucumber	Dandelion greens		Sweet potatoes
Endive	Eggplant		Yams
Lettuce	Kale		
Mushrooms	Leeks		
Radishes	Okra		
Sauerkraut	Onions		
Spinach	Parsley		
Squash	Peppers		
Tomatoes	Pimento		
Watercress	Pumpkin		
	Turnips		

### FRUIT

<u>Best Choices-for fast results</u>		<u>Moderate Results</u>	<u>Poor Results</u>
3%	6%	15%	20%
Cantaloupe	Apricots	Apples	Bananas
Rhubarb	Blackberries	Blueberries	Figs
Strawberries	Cranberries	Cherries	Prunes
Watermelon	Currants	Grapes	Dates
	Grapefruit	Kumquats	
	Guava	Mangoes	
	Melons	Mulberries	
	Lemon	Pears	
	Limes	Pineapple	
	Oranges	Pomegranates	
	Papaya		
	Plums		
	Raspberries		
	Tangerines		

PORTIONS: 2 pieces daily - not with meals. Any variety of fruit except from 20% column. Supplements such as amino acids, multi-vitamin/mineral may be taken with fruit.

**Top Ten Animal Proteins (Less than 5% Fat):** Cod (grilled), Sole or flounder (grilled), Halibut(grilled), Scallops (grilled), Lobster(steamed), Crab (all species, steamed), Cottage cheese (low fat), Mussels (steamed), Turkey breast (roasted, no skin).

**Best Protein Sources** (over 20% protein, under 20% fat): Soybeans, Split peas, Kidney beans, Dried whole peas, Lima beans, Black-eyed peas, Lentils, Black beans, Navy beans

NOTE: Eat 3 meals a day. Avoid snacks. Do not eat after 8 p.m. Stress reduction plays an important role in body fat loss. Fat and alcohol are the two highest calorie groups to eliminate. For women, if the body receives fewer than 1800 calories per day, it will automatically slow its metabolism to conserve the available calories necessary to carry out its functions. Thus weight loss is not possible. In order to lose fat, no less than the minimum daily intake calories must be consumed to keep the metabolism rate high