

Basic Principles

Eat between 15 and 25 grams of fat per day. All fat, whether plant or animal, saturated or unsaturated needs to be counted except for the following.

The following are free foods: All fruits (except for avocados, coconuts and nuts), All vegetables (including potatoes), Whole grains (including brown or white rice), Beans and Legumes, non-fat dairy, egg white, vinegar, spices and seasonings, soy sauce, mustard, pickles,

Eat mostly, Fruits, Vegetables, Whole grains, Beans and Legumes, and lean protein.

If you eat meat, limit yourself to chicken breast, turkey breast, and seafood (not fried).

Avoid or severely limit: butter, margarine, all oils (including olive oil), red meat (including pork), dairy (except for non-fat), egg yolk, nuts and nut butters, avocados, and sweets. A few nuts are okay, but you must count them out (approximately ½ gram fat per nut). If you eat any of these foods you must measure them accurately.

Do not eat fried foods. Grill, steam, broil, bake, poach, microwave or eat food raw.

Do not drink anything with calories except for small quantities of fruit juice, i.e., 4 oz. It is okay to use small amounts of skim milk in cereal or coffee.

Eat wheat flour only once per day. If you have toast or a bagel for breakfast, avoid having a sandwich for lunch. If you have a sandwich for lunch, avoid pasta for dinner.

Non-fat sweets, e. g., hard candies, jelly beans, or frozen yogurt are not free foods. Limit yourself to 100 calories of non-fat sweets per day.

Eat something every 2 – 3 hours. Graze-Graze-Graze. It may be as little as a few bites of a piece of fruit. Eating every hour is even better if you can manage it. This speeds up your metabolism so you burn through more calories. In order to eat this often it is essential to plan ahead. Schedule your grocery shopping so you don't run out of food. Before you go shopping fill out a menu plan so that you know what to purchase.

Eat out only on special occasions, not for convenience. Try and determine what you are going to order before stepping foot in a restaurant. When traveling, use grocery stores for your food as much as possible.

Allow yourself one free meal per month. At this meal you do not need to count fat grams. Alternatively you may allow yourself one feast day every other month. During feast days you may eat anything you want for 24 hours. Free meals or feast days can be holidays, special occasions or just when you are craving a steak or pizza.

Get some kind of exercise every day. Walking at your normal pace is as good as any other form of exercise. Constantly look for opportunities to get extra steps. Take the stairs. I strongly advise using a pedometer so that you know exactly how active or sedentary you are. Knowledge is power.