



Phase 1: Alternative Plan

To Be Followed Until 90% of Your Weight-Loss Goal Is Achieved.

| Mandatory Daily Intake | Breakfast | Lunch | Dinner | Snack |
|---|---|---|--|---|
| <ul style="list-style-type: none"> • 64 oz. of Water (minimum) • 1-2 Teaspoons of Olive Oil or Grape Seed Extract Oil • Ideal Protein Supplements <ul style="list-style-type: none"> • (2) Natura Multi-Vita (with food) • (4) Natura Cal-Mag • Note: Natura Omega III, Anti-Oxy & Enzymes are strongly recommended in all phases. | <ul style="list-style-type: none"> • Begin Drinking Water • 1 Ideal Protein Food • PLUS <ul style="list-style-type: none"> • 1 Group Choice ** • IP Supplements <ul style="list-style-type: none"> • (1) Natura Multi-Vita • Optional <ul style="list-style-type: none"> • Coffee (1 oz. Skim Milk permitted) • Tea (Sweetener permitted) | <ul style="list-style-type: none"> • Continue Drinking Water • 1 Ideal Protein Food • PLUS <ul style="list-style-type: none"> • 1 Group Choice ** • PLUS <ul style="list-style-type: none"> • 2 Cups of Select Vegetables • Unlimited Lettuce | <ul style="list-style-type: none"> • Continue Drinking Water • 8 oz. Whole Food <ul style="list-style-type: none"> • Fish, Seafood, Beef, Poultry, Pork, or Veal • PLUS <ul style="list-style-type: none"> • 1 Group Choice ** • PLUS <ul style="list-style-type: none"> • 2 Cups of Select Vegetables • Unlimited Lettuce • IP Supplements <ul style="list-style-type: none"> • (1) Natura Multi-Vita • (2) Natura Cal-Mag | <ul style="list-style-type: none"> • Continue Drinking Water • 1 Ideal Protein Food • IP Supplements <ul style="list-style-type: none"> • (2) Natura Cal-Mag |

* Serving size must be respected with no more/no less than indicated. *

* Make sure to eat every 4-5 hours during the day and do not skip any meals. *

* Measure whole food portions (meat, vegetables) after they are prepared for consumption. *

**** IMPORTANT: Choose one item from a different "Group" at each meal. You must consume 1 choice from each 3 Groups per day. You may not substitute one group to choose an additional food from another group. ****

GROUP 1: 2 slices of toast (whole grain, pumpernickel, rye, multigrain sourdough, stone ground whole wheat, oat bran, sprouted grain), 150g whole-wheat pasta, 150g brown rice (non-instant), 1 sweet potato or small boiled potato, 60g oatmeal (non-instant), 150-200g couscous, 50g unsweetened cereal (bran, oat, whole grain, barley), 150g cooked legumes (chick peas, lentils, green peas, kidney beans), 150g corn

GROUP 2: Fresh fruit (e.g. - 1 grapefruit, 1 apple, 2 kiwis, 150g pineapple, 1 banana, 200g strawberries, blueberries, blackberries, raspberries)

GROUP 3: 1 sugar-free yogurt, 1 6oz glass of milk (2% M.F. or less), 30g cheese (about 20% M.F.), 120g cottage cheese, 60g feta cheese

RESTRICTED IDEAL PROTEIN FOODS: (Only 1 restricted IP food is permitted per day. Only 2 during entire first week.)

All Bars, Soy Puffs, Chili, Oatmeal, Pancakes, Soy Nuts, Salt & Vinegar Ridges, BBQ Ridges, Southwest Cheese Curds, (Spaghetti is only permitted a maximum of 2 times per week)

DINNER PROTEIN WHOLE FOOD: (No frying or breading permitted.)

FISH: Anchovy, Bass, Catfish, Cod, Grouper, Haddock, Halibut, Hake, Mahi-Mahi, Monk Fish, Perch, Red Snapper, Redfish, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tilapia, Tuna (Red Tuna only 1 time per week), Trout, Turbot, Whiting, Walleye, (Wild Salmon only 1 time per week)

SEAFOOD: Crab, Crawfish, Clams, Lobster, Mussels, Oysters, Shrimp Scampi, Scallops (4 large), Squid

BEEF (extra lean): Flank Steak, Ground Beef, Rump Steak, Roast, Sirloin, Round, Tournedos, Tenderloin

VEAL: Breast, Cutlet, Inside Round Steak, Rib, Shank, Shoulder, Tenderloin

POULTRY (skinless prior to cooking): Chicken, Fowl, Quail, Turkey, Eggs (2 whole + 2 egg whites), Wild Birds

PORK: Fat-Free Cooked Ham, Pork Tenderloin

OTHER: Bison, Deer, Elk, Frog's Legs, Kidney, Liver, Ostrich, Rabbit, Tofu (plain)

VEGETABLES:

SELECT: Algae, Alfalfa, Asparagus, Arugula, Bell Peppers, Broccoli, Bean Sprouts, Cauliflower, Cabbage (red, pak choi, bok choy), Celery, Celeriac, Chlicory, Collards, Cress, Cucumbers, Dill Pickles, Endive, Fennel, Field Salad, Green Onions, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Hot Peppers, Radicchio, Radish, Rhubarb, Rutabaga, Sauerkraut, Sorrel, Spinach, Swiss Chard, Turnip, Watercress, Zucchini

OCCASIONAL (You may choose two items only per week from this list): Brussels Sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Snow Peas, Swede, Tomato

NOT PERMITTED: Artichoke, Avocado, Beets, Carrots, Chick Peas, Corn, Olives, Parsnips, Peas, Potatoes (all), Pumpkin, Sweet Corn, Squash, Yams

SEASONINGS:

Apple Cider Vinegar, Fine Herbs, Garlic, Ginger, Lemon, Lemon Grass, Hot Mustard, Hot Sauce, Soy Sauce, Spices (MSG-Free/No Carbs), Tamar Sauce, White Vinegar (NO BALSAMIC or REDWINE VINEGAR)

IMPORTANT - Anything that is not included on this sheet must be zero carb, zero fat and zero sugar.

Weight Loss Plan Science Experiments Near Me

Ying Liu



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The Hunger Hero Diet: How to Lose Weight and Break the Depression Cycle - Without Exercise, Drugs, or Surgery (Australian Edition) Kathryn M James, 2022-06-17 The HUNGER HERO DIET is an invaluable resource for anyone who is overweight obese unable to exercise or challenged by depression LOSE WEIGHT WITHOUT EXERCISE Foods that trigger allergies and inflammation are replaced by FUNCTIONAL FOODS that protect against cellular damage With remarkable efficiency these core ingredients support the GUT BRAIN AXIS feed the gut microbiome and strengthen neural pathways NUTRITION MEETS NEUROSCIENCE This book provides an introductory refresher course in human nutrition and food science as a leadup to presenting the latest theories in nutritional science research The development of the HUNGER HERO DIET is explained to the reader so they can fully understand how the diet works and why the rules are so important This revolutionary diet plan is nutritionally balanced and portion controlled with foods to curb the appetite and lift the mood These HUNGER HEROES are foods that keep the mouth happy satisfying any desire for sweet savoury sour salty crunchy smooth creamy or spicy We offer NEW fascinating insights into WHY WE GET SO FAT and simple strategies to re train your brain and gut the perfect blend of nutritional biochemistry and neuroscience **The Every Other Day Diet** Krista Varady, Bill Gottlieb, 2014-01-09 Lose weight without giving up the foods you love with the Every Other Day Diet Featured on BBC's Horizon Eat Fast and Live Longer this diet programme could not be easier to follow or to sustain Unlike many traditional diets that restrict both calories and food groups the idea behind this radical regime is simple eat less every other day Deprivation doesn't work the minute you forbid yourself from eating something that's all you're going to crave That's why this diet is so effective On your fast days you can eat anything as long as it doesn't go over your calorie allowance yes anything Then on your feast days you can eat as much as you like It almost sounds too good to be true Based on research from the leading expert in alternate day fasting Dr Krista Varady tells us how by restricting your calorie intake to 500 calories every other day you can both lose weight and gain health **The Flex Diet** James Beckerman, 2010-12-28 SMALL CHANGES YIELD BIG RESULTS Many diet books present readers with a single inflexible program which forces them to stay on that diet or risk another dieting failure Rather than teaching you just one way to lose ten or twenty or even fifty pounds The Flex Diet shows you how to lose a single pound in 200 different ways A medically proven approach to weight loss from WebMD's heart expert The Flex Diet allows you to create your own customized weight loss plan one that fits your lifestyle is full of tasty and nutritious meals boosts energy levels and keeps the weight off for good Start TODAY to lose five pounds The Flex Diet begins with a two week phase called Today when you begin to make small changes to your diet and lifestyle that will help you lose weight right now and create a blueprint to a new you It's as easy as keeping a food diary taking a multivitamin and getting more sleep Do it EVERY DAY and lose ten more pounds Next three weeks of Every Day Solutions introduce meal plans for breakfast lunch and dinner with dozens of tasty recipes and complete nutritional information Heart

healthy exercise and lifestyle options let you retool your life Get yourself started on positive Every Day habits like storing leftovers before you eat switching to skim milk and walking during breaks at work Have it YOUR WAY to keep inches off your waist The Your Way phase offers nearly 100 more lifestyle changes and solutions that you can use to take things to the next level and continue a lifetime of slim and healthy living The Flex Diet is an exciting new approach to a new you your way

The Wellspring Weight Loss Plan Daniel S. Kirschenbaum, 2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a Healthy Obsession Make the Decision Know the Enemy Your Biology Eat to Lose Find Lovable Foods that Love You Back Move to Lose Self Monitor and Plan Consistently Understand and Manage Stress With and Without Food and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring's programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 From Wellspring Camps to Wellspring Academies the world's first boarding schools for overweight teenagers to Wellspring Vacations and Retreats eight day programs for adults Wellspring participants learn to master the 3 1 8 approach described in The Wellspring Weight Loss Plan Find out why this program works and use it to transform the lives of teens you know

Microbiome Diet Raphael Kellman, 2014-07-01 The groundbreaking program that connects the microbiome and gut health to healthy weight loss complete with a three phase plan and recipes Cutting edge science has shown that the microbiome is the key to overall mental and physical health and the secret behind healthy sustainable weight loss Drawing on nearly two decades of experience as a specialist in functional medicine and intestinal health Dr Raphael Kellman has developed the first diet based on these scientific breakthroughs Offering a proven program to heal your gut and reset your metabolism along with meal plans and fifty delicious chef created recipes The Microbiome Diet is the key to safe sustainable weight loss and a lifetime of good health Dr Kellman masterfully presents a life enhancing actionable plan based on this emerging science in a way that is user friendly for all of us Dr David Perlmutter New York

Times bestselling author of Grain Brain **Experiment station record**, 1892 The Omega Diet Artemis P. Simopoulos, Jo Robinson, 2011-02-15 The medically proven diet that restores your body's essential nutritional balance Good fats essential fatty acids influence every aspect of our being from the beating of our hearts to our ability to learn to remember There are two types of essential fatty acids EFAs omega 6 and omega 3 The problem with our modern diet is that it contains far more omega 6 fatty acids than omega 3s This hidden imbalance makes us more vulnerable to heart disease cancer obesity autoimmune diseases allergies diabetes and depression The Omega Diet is a natural time tested diet that balances the essential fatty acids in your diet It is packed with delicious food that contain the good fats including real salad dressing

cheese eggs fish even the occasional chocolate dessert and an abundance of antioxidant rich fruits vegetables and legumes The Omega Diet provides seven simple dietary guidelines for optimal physical and mental health a concise guide to the foods you need to restore your body s nutritional balance a diet plan that lets you eat fat as you lose fat fifty delicious recipes that are quick and easy to prepare a comprehensive three week menu to help you get started Gardeners' Chronicle ,1872

The Encyclopaedia Britannica ,1894 Escape the Diet Trap Dr. John Briffa,2012-01-05 No need to count calories go hungry or diet ever again The Times *Food and Nutrition Booklist K-6* ,1982 Abstract An annotated bibliography of 106 supplementary resources for elementary school educators lists books in the following topic areas nutrition and health foods nutrients food production and processing food preparation and cultural social and psychological aspects of food Each entry supports a basic nutrition education concept defined in the 1969 White House Conference Food Nutrition and Health Final Report Annotations relate content and style relationship to nutrition concepts practical suggestions for classroom use source and cost js New York Medical Times ,1891 *Poultry Abstracts* ,1990 Biomedical Index to PHS-supported Research ,1993 *Education* ,1963 New York Journal of Homœopathy ,1891 **Rational Diet** Otto Carqué,1923 **Weight in America** Barbara Wexler,2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social cocerns and other topics Journal of the American Medical Association ,1929 Includes proceedings of the association papers read at the annual sessions and lists of current medical literature *Cancer Research* ,1989

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