

**Diet: Food Information** → <http://www.fatsecret.com/calories-nutrition/usda/>

Nutritional Requirements:

70-80 grams of protein (example: 1 ounce of meat, poultry, fish, or an egg is about 5 grams of protein)  
1,000 mg of Omega-3 fatty acids (DHA + EPA)

What you can eat: (eat multiple small snacks; especially no large meal in the evening)

Meat, Poultry, Fish

Pepperoni, Sausage, Bacon

Green Vegetables, raw carrots (you can have salad dressing – low sugar)

Nuts

Eggs

Dairy Products: 1 cup of milk, yogurt, or cottage cheese = 1 serving

1½ ounces of cheese = 1 serving

(You need **4 servings** of dairy daily for adequate calcium)

\*Real Oatmeal (1 cup without sugar)

\*One Fruit or ½ cup Berries daily (if you chose watermelon, it can only be a 4-inch square)

**\*Stop if not losing weight**

Supplement with “Slim-Fast High Protein Creamy Chocolate Shake”

11 oz every 6-8 hours: Fat 8 gm, Carbs 6 gm, Protein 20 gm

Each can replaces 1½ servings of dairy. Three to four cans daily replace all food.

Supplements:

Multivitamin daily

“Triple Strength Omega-3” Fish Oil 1,360 mg 1 capsule daily (contains 950 mg omega-3)

**(Puritan.com or 800-645-1030)**

Propel ~1 quart daily (Walmart: 1 packet → 16 oz; 10 packets ~\$2) → salt & water

(This diet causes you to lose of salt & water)

What you cannot eat or drink:

Bread, Rolls, Buns, Biscuits (including wheat, rye, & whole grain)

Pancakes, Waffles, Tortillas, Crepes

Pasta, Spaghetti

Cereal

Rice (including brown rice)

Beans (you can have green beans – they are not really beans)

Corn, Peas, Grits, Cooked Carrots

Cake, Cookies, Donuts, Sweet Rolls

Potatoes, Fries, Hash Browns, Sweet Potatoes

Crackers, Chips, Pretzels, Cheetos, Popcorn

Peanut Butter

Juices, Drinks with sugar

Alcohol (increases triglycerides & the risk of hypoglycemia)

Treat Low Sugar with:

Crackers: do not use with any filler such as cheese or peanut butter

Smarties Candy: 6 grams of glucose per roll

Exercise daily: walking about 2 miles in 30-35 minutes or  
cycling or elliptical for 15-40 minutes depending on intensity or  
jogging for 15-20 minutes

add weights, push-ups, & sit-ups to each of the leg exercises

**Weigh Daily**

**PATIENT CAN EAT:**

Meat, poultry, fish, nuts, eggs (with yoke), green vegetables (low-sugar salad dressing is allowed), raw carrots, oatmeal (no sugar), condiments, and dairy (4 servings daily);

Only one piece of fruit daily

**MAXIMUM** Carbohydrate per Meal: 20 grams (I prefer less)

Supplement with “Slim-Fast High Protein Creamy Chocolate Shake”

11 oz every 8 hours: Fat 8 gm, Carbs 6 gm, Protein 20 gm

This replaces the dairy.

Fish Oil 1,000 mg TID

**PATIENT CANNOT EAT:**

Bread, Rolls, Biscuits (including no wheat, rye, or whole grain)

Pancakes, Waffles

Pasta, Spaghetti

Cereal (except oatmeal)

Rice (including no brown or yellow rice)

Beans (green beans are allowed)

Corn, Peas, Grits, cooked Carrots

Cake, Cookies, Donuts, Sweet Rolls

Potatoes, Fries, Hash Browns

Crackers, Chips, Pretzels, Cheetos, Popcorn

Juice, Drinks with sugar

Sugar (artificial sweeteners are allowed)