

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

Nutritional Requirements:

70-80 grams of protein (example: 4 ounces of hamburger is about 20 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)

Supplements:

Multivitamin daily

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

(Puritan.com)

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

(This diet causes loss 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)

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

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.

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