

Daily Plan

This daily plan serves as a guide to help you more easily adhere to the program and better understand the goals of each phase. We have tried to make it simple and have included foods that are both convenient and fast. Keep in mind you can get much more elaborate with your meal choices if you so desire, just keep them within the guidelines for carbohydrate grams allowed each day. This is a carbohydrate restriction program in phases I and II, but we are not advocating long term carbohydrate restriction, for that is not healthy. Our goal is to get you out of a diseased state and into eating a more balanced diet. We recommend that you follow the early stages of this program closely to achieve the desired results and meet the goals of each phase as quickly as possible.

Exercise Routines.

- Each morning arise at 6 am and drink one-quart of water.
 - Alternate the walking routines listed below.
 - Just do one each day and do each of them at least once per week.
- 1) Walk briskly for 30-minutes
 - 2) Walk fast for 20-minutes
 - 3) Walk for 20-minutes, first 5 minutes easy, then every 2-blocks easy and the next 2-blocks as fast as you can, repeat for a total of 20-30 minutes.
 - 4) Walk briskly for 40 minutes.
 - 5) Any and all of the above routines can be supplemented with running, swimming, stairmaster or treadmill for the aforementioned times and intervals.

Breakfast Choices. (Choose one each day)

- 1) Protein and peanut butter shake with lecithin
- 2) Protein and oil shake with lecithin
- 3) 3-5 eggs cooked in olive oil/1-handful of raw nuts
- 4) 3-5 egg and cheese omelet
- 5) 3-5 egg and cheese vegetable omelet
- 6) 1-2 cups of cottage cheese with 1-2 handful of raw nuts
- 7) 2-3 links of turkey or chicken sausage/1-handful of raw nuts/small salad
- 8) Chicken Caesar salad (no croutons) 1-handful of raw nuts
- 9) Smoked salmon and cream cheese omelet (3-5eggs), _ cup of fresh strawberries
- 10) 3-poached eggs w/sautéed spinach, _ cup of blueberries
- 11) Strawberry breakfast smoothie (1/2 cup of strawberries, _ cup of yogurt, _ cup tofu, 2-scoops protein powder.)
- 12) Mushroom and onion cheddar cheese omelet, 2-slices crisp turkey bacon

**** 9-10 am each day drink another one-quart of water.***

Snack choices. (Choose one each day)

- 1) _ protein bar with 1-tablespoon of peanut butter or raw nuts
- 2) String cheese with a handful of raw nuts
- 3) One apple with a handful of raw nuts
- 4) 1-2 cups ounces of cottage cheese
- 5) Small salad with a handful of nuts
- 6) 2 oz hard cheese w/ 2-slices salami
- 7) _ cup cottage cheese w/ mixed berries
- 8) 2 oz sliced turkey breast w/1-oz hard cheese
- 9) _ cup mixed nuts
- 10) _ cup yogurt w/ mixed berries
- 11) _ apple spread w/ cashew butter

Lunch choices. (Choose one each day)

- 1) 3-4 oz of hamburger patties with cheese. NO BUN. Small salad
- 2) 4-6 oz of Cooked fish/1-handful of raw nuts/small salad
- 3) 4-6 oz Steak or meat dish/small salad and 1-handful of raw nuts
- 4) 1-2 chicken breasts with small salad and 1-handful of raw nuts
- 5) 1-2 cups of cottage cheese/1-handful of raw nuts and a small salad
- 6) _ avocado filled with crab salad, tossed salad and 10 black olives
- 7) Sliced grilled chicken (1-2 3-oz breasts), tossed salad and cut up vegetables, Oil and vinegar dressing, _ apple with skin
- 8) _ small pita w/chicken or tuna salad (1/2 cup of meat salad), mixed greens in pita, oil and vinaigrette
- 9) Quiche Lorraine (no crust), sliced tomato salad w/ red onion, 1-peach

**** 2-4 pm drink another 1-quart of water***

Dinner choices. (Choose one each day)

- 1) 3-4 oz of hamburger patties with cheese. NO BUN. Small salad
- 2) Cooked fish/1-handful of raw nuts/small salad
- 3) 4-6 oz Steak or meat dish/small salad and 1-handful of raw nuts
- 4) 4-6 oz of chicken breasts with small salad and 1-handful of raw nuts
- 5) 1-2 cups of cottage cheese/1-handful of raw nuts and a small salad
- 6) Protein bar with 1 tablespoon of peanut butter or raw nuts
- 7) 6 oz of chicken, _ cup steamed spaghetti squash, tossed mixed green salad with oil and vinaigrette
- 8) 6 oz grilled or broiled salmon, 1 small zucchini, grilled or sautéed in olive oil w/onions, _ medium tomato sliced w/raw spinach, _ sliced orange

- 9) 6 garlic shrimp, sautéed mixed vegetables, _ sliced avocado, _ cup mixed berries
- 10) 4-5 oz grilled lamb patties, sautéed green beans w/garlic, mixed green salad w/ oil and vinaigrette, 1 sliced peach

Vegetable Choices.

- The vegetables to focus on during phase I are as follows; Spinach, lettuce, celery, arugula, chives, radicchio, radishes, asparagus, broccoli, cauliflower, carrots, cucumber, mushrooms, scallions, sweet pepper, summer squash, zucchini, green beans, tomatoes.
- Remember to keep track of your carbohydrates more closely during phase I and keep them at 30 grams per day or less.
- Subtract the number of fiber grams from the carbohydrate grams to come up with the total amount of carbohydrate per serving. Many vegetables will cancel themselves out once you subtract the fiber content of the vegetable and they will not count towards your total carbohydrate intake for the day.
- Please use the expanded carbohydrate list that is provided to help you gain a better understanding of the carbohydrate content of the foods you eat.

Sleep Patterns.

- Try and get to bed between 10 and 11pm at night
- Rise each morning at 6 am
- Take a nap if you need to until your sleep cycle regulates itself
- If you are having trouble sleeping, try taking 1 mg of melatonin or the herb kava kava as directed. If you are taking medications, always consult with your doctor before taking any supplement to avoid adverse drug interactions.

Carbohydrates of 1 gram or less.

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| - 1 cup of alfalfa sprouts (0.4) | - _ cup arugula (0.4) |
| - 1 celery rib (0.9) | - 1 tbls. Minced chives(0.1) |
| - 1 cup shredded lettuce | - _ cup sliced radicchio (0.9) |
| - 5 radishes (0.8) | - 1 cup fresh spinach (.06) |

Phase I

- Phase I is the most strict phase of this program and should be followed until your blood levels normalize, you are off medications, you have achieved your desired weight, your doctor has advised you to do so or you are experiencing adverse reactions.
- It is normal to feel tired and mildly fatigued during the first week. This may or may not occur and if it does, it usually only lasts for 1-2 days. If this persists, then add more vegetables to each meal or increase your fat intake.
- Enclosed is a complete list of carbohydrate sources to use as a reference to help you understand the carbohydrate contents of your favorite foods.
- Limit carbohydrate grams to no more than 30 per day.
- Focus on eating vegetable sources with all meals to meet carbohydrate requirements.
- Consume no more than 50 grams of protein per meal, 25-30 is the optimal range. To help you understand this better, 1 oz of cooked meat equals 7 grams of protein. So an optimal size steak would be 4-5 oz.
- Drink a minimum of to 1-gallon of pure water per day.
- Exercise as per our suggestions 3-4 times per week and not more than one hour per session to help you stay in the hormonal zone.
- Check blood sugar each morning if your doctor advised you to do so. Same goes for blood pressure and body weight and record the results in your food log.
- Once you have normalized your blood pressure, cholesterol and blood sugar, and have kept them in normal ranges for 3-4 weeks without medication, you are ready to go on to phase II.
- Keep in mind everyone responds differently to phase I and the more diligent you are, the faster your results will occur.

Phase II

- Phase II allows you to consume up to 60 grams of carbohydrate per day. You want to work up to this amount gradually, in 10-gram increments per day until you reach 60. Do not double your intake all in one day, this can cause a rush of insulin. You want to let out more insulin slowly, not all at once.
- We recommend you get your carbohydrates from raw fruits and vegetable sources that fall under 45 on the glycemic index.
- The goal of phase II is to reach your ideal body weight and increase your lean muscle mass and decrease your body fat.
- Continue exercising as per phase I but increase the difficulty and variety of exercise. Stress your system at least once per week to overcome plateaus and keep your metabolism changing. The harder or faster you train, the faster your metabolism has to work to keep up with the demands of the exercise.
- If you decide to stray during this phase, do so only once every 1-2 weeks and go back to following phase I guidelines for 3-4 days after your stray to get you body back in balance.

- It is best not to eat all your carbohydrates at once but to space them out evenly over the course of the day. If you are going to splurge and enjoy a night out, then reduce your carbohydrate intake during the day to prepare for the nighttime increase.
- If you notice that you are getting hungrier during this phase and that your weight goes up, then reduce your carbohydrate intake by 10 grams at a time until you reduce hunger and weight.
- Once you have achieved your ideal body weight and body fat percentage, you are ready to progress to phase III, the final phase of the program.

Phase III

- The goal of phase III is to maintain the success you achieved in the earlier two phases.
- Your carbohydrates can be increased up to 300-500 grams per day. But we recommend you keep the starches down to a minimum.
- With respect to grams of carbohydrate, we advocate achieving an equal balance of carbohydrates/proteins/fats, or 33/33/33, or 40/30/30.
- This balance will help keep your insulin levels in check and provide a good steady release of energy and support your hormonal system.
- We recommend that the majority or all of your carbohydrate sources be from raw and lightly cooked vegetable sources. Remember that proteins and fats are digested best when combined with raw and lightly cooked vegetables.
- Your exercise should be getting more intense, having at least two days per week when you push your body beyond its comfortable state. This will insure that your level of fitness continues to improve, help you overcome plateaus and stimulate your hormonal system. For more information on this, please refer to the section in our book on exercise.
- Keep in mind your body will adjust to this phase rather quickly and continue to monitor your body weight, waist size and energy.
- You may indeed gain weight in this phase and if you find this the case, then move into the phase IV De-Regulation plan.

Phase IV De-Regulation

- Because of the body's desire and innate ability to regulate may cause you to gain weight and not allow you to maintain your ideal weight.
- What we have to do is keep the body guessing by not allowing it to regulate and establish a new set point.
- This is accomplished by taking one week a month and going back to phase I principles of eating.
- This will help you avoid your gaining weight and your body wanting to go back to a comfortable state of slow, steady weight gain.
- You can also stay in phase longer if you desire. Remain in this phase as long as it takes for you to achieve your desired weight.

- We also recommend you continue with your frequent check ups with your doctor and get you blood level evaluated every 3 to 6-months to avoid any changes in your status.
- Prevention of disease is the key and you have worked hard to get your body out of a diseased state and now it is up to you to see that you remain that way.
- Our goal was to teach you how to manage you own health and you can manipulate this program and revisit any phase at any time. Just keep an eye on your blood levels, body weight and waist size.
- Keep the numbers below close by and strive to stay within the normal ranges.

Blood Profile Target Ranges

- Fasting blood sugar = 80-120. Patients with diabetes, the goal is to have fasting levels of below 100.
- Blood sugar levels 1-1 ½ hours after a meal = 140-150.
- Blood sugar levels 3-hours plus after a meal = 100 or less.
- Blood pressure = 120-140/70-85
 - o Systolic (top number) = 140 or less. Anything above 140 is now considered hypertensive.
 - o Diastolic (lower number) = 70-85. Anything above 90 is considered hypertensive.
- Total Cholesterol = 150-200 mg/dl.
- HDL (high density lipoproteins, the good cholesterol) = 40 or higher.
- LDL (low density lipoproteins, the bad cholesterol) = 100 or less with any risk factor, 130 or less in normals with no risk factors.
- Triglycerides = 200 or less.