

4-step diet plan

GUIDELINES:

eat 3 meals a day, no less.

plan your meals weekly before shopping (21 meals per week). save your menu lists for future reference.

avoid pre-prepared foods and artificial sweeteners as much as possible. this will require you to learn new recipes.

you can have a low-carb snack some days, depending how many calories you're getting overall that day.

don't take second helpings and don't overload your plate. pack and put away the leftovers before you eat.

STEP ONE: CHANGE YOUR DISHES. it all starts with portion control. this may be the hardest part to get used to. you need:

- plates 9 inches in diameter. (this was the standard size until the late 1960s. as plates got bigger, serving size doubled!) it's easier if you start out by using 9" paper plates.)
- small bowls that hold 1 cup when almost full. (example: small rice bowl, yogurt cup.)
- small dessert dishes that hold 1/2 cup when almost full. (example: pudding/custard cup.)
- small drinking glasses that hold 1 cup when almost full, and 1/2 cup when half full. (example: regular coffeecup, juice glass, wineglass, condensed-soup can.)

pack away your plates, bowls, cups and glasses that are bigger than this.

STEP TWO: CONSIDER VEGETARIAN.

the diet plan below provides about 1780 calories daily without a snack, with meat, eggs, and cow's or goat's milk.

if you use soy protein and soymilk dairy products instead, it provides about 1520 calories, without a snack.

you can choose to be a part-time vegetarian. if half your meals were vegetarian, the diet would average about 1650 calories daily (without a snack).

(see last page for more information about soy substitutes for dairy and meat.)

STEP THREE: SPLIT-PLATE LUNCH AND DINNER:

using your imagination, split your 9-inch plate in half, then divide one half in half (diagram on last page).

fill this plate:

- 1/2 full with vegetables (2 servings , NOT starchy - examples, green beans, salad, tomatoes)
- 1/4 full with starch or starchy vegetable (1 serving - examples, potato, macaroni, bread, corn)
- 1/4 full with protein (1 serving, examples, meat, eggs, chicken)
- on the side, have 1 cup dairy (1 serving)
- on the side, have 1 cup or piece whole fruit OR 1/2 cup juice (1 serving)
- no more than 1 serving of fat (butter, dressing, oil) , please.

(see next page for "what is a serving?")

STEP FOUR: WATCH OUT FOR BREAKFAST! your old breakfast might have had too many carbohydrates.

you can have 1-2 servings of protein + 1 serving each of starch, dairy, and fruit, with water and tea or coffee.

please note that the starch servings should be very small. examples:

1/2 cup cream of wheat + 1 tsp margarine

2 hard boiled eggs

blender smoothie: 3/4 cup plain yogurt + 1/2 cup berries

+ 1/2 banana + 3 ice cubes

tea

breakfast burrito:

1 tortilla + 2 eggs + 1 slice cheese + 1 Tb salsa

1/2 cup sugarless applesauce

coffee

1/2 cup oatmeal + 1 tsp margarine + 2 Tb walnuts + 1/2 banana

1 egg, 1 strip bacon

1 cup milk, 1/2 cup juice, coffee

2 eggs scrambled with handful shredded cheese

1 piece toast + 1 tsp margarine

1/2 cup juice, tea

1/2 bagel + 1 tsp margarine

1 slice ham

1 cup cottage cheese + 1/2 cup fresh/canned fruit

tea

openfaced sandwich:

1 piece toast + 1 egg + 2 strips lean or soy bacon + 1 slice cheese

1/2 cup juice, coffee

1 piece toast + 2 Tb peanut butter

1/2 cup sugarless applesauce with cinnamon

1 small banana

1 hard boiled egg

1 cup milk, coffee

omelette scramble:

2 eggs + Bacon + green pepper & onion bits + shredded cheese

1/2 english muffin + 1 tsp margarine

1/2 cup juice, tea

...you can break up some of these breakfasts into a small breakfast + a midmorning snack.

don't be tempted to add extra food, though - instead, add extra water and tea or coffee.

"FORBIDDEN" FOODS (these contain hidden calories and chemicals)

fruits and vegetables:

dried fruits

sweetened fruit juice, or "fruit drinks" (label should say 100% fruit juice)

potatoes, corn or squash: eat each one of these no more than once a week

proteins:

full-fat meats/poultry, deli meats (use low-fat and low-sodium, or soy substitutes)

egg yolks: reduce your use by half or more (if using 2 eggs, remove 1 yolk to remove 45 calories/ 5 grams of fat, or scramble egg whites or tofu with turmeric [and other herbs and spices] for yellow egg coloring.)

regular peanut butter (Jif, Skippy, etc. - choose "natural" instead, with label saying only "Peanuts and salt.")

dairy:

full-fat cheese/milk (use lower-fat products without artificial colors/flavors, or use soy dairy products)

"processed cheese food" like Velveeta, Kraft Singles, string cheese

"light" dairy products/dressings (contain high-carb starch and gum "fat substitutes"; they trick you into eating more)

coffee "whiteners" (instead, "whiten" with milk or half-and-half)

starches:

chips (corn, potato - instead, use salted carrot chips, celery sticks, edamame, pickles for salty crunch)

french fries, hash browns, tater tots (learn how to "oven-fry" using cooking spray instead)

cold breakfast cereals

white-flour products (bread/pasta/cracker label should say "100% whole wheat" or "100% whole grain")

fats:

butter, mayonnaise, oil - no more than 1 teaspoon per meal (fry or saute with cooking spray)

indulgences, and ready-made foods:

creamed corn, instant scalloped potatoes, instant macaroni & cheese, "helpers", canned baked beans/ stews/ chili pizza (*unless* it has 100% whole-grain crust, low-fat cheese/meat, and made with oil, not hydrogenated fat)

ready-made barbeque, marinade, and dipping sauces, seasoning & rub mixes (make your own!)

sodas, including sugar-free or no-calorie (replace with herbal "sun tea" like Red Zinger by Celestial Seasonings)

microwave popcorn, store-bought popcorn flavorings (get an air popper and make your own)

simple sugars and artificial sweeteners (including brown/white sugar, sucrose, dextrose, fructose, honey, corn syrup, maple syrup, malted barley, maltitol, sorbitol, sucralose, aspartame, saccharine, stevia... see last page for details!)

alcoholic beverages (including "light")

FREQUENTLY ASKED QUESTIONS:

what is a serving?

in general, **1 serving = 1 piece** (the size of a deck of playing cards)
or **1 serving = 1/2 cup** (about as much as would fill one cupped hand).

what is 1 serving vegetables?

1/2 cup sliced or chopped vegetable

or 1 cup salad greens

or 1 cup vegetable juice

what is 1 serving fruit?

1 piece whole fruit that fits in your hand

or 1 cup cut-up fruit or berries

or 1/2 cup cooked fruit (example, applesauce, cranberry sauce, fruit compote... make your own from fresh fruit!)

or 1/2 cup 100% fruit juice

what is 1 serving protein?

1 piece of meat/ chicken/ fish/ tofu/ tempeh/ veggie

1 burger as big as a deck of playing cards (2-3 oz)

1/2 cup cooked meat/ chicken/ fish/ tofu/ tempeh (as much as would fill one cupped hand)

1 large egg (lower calorie if you *don't* use the yolk)

what is 1 serving dairy?

1 cup milk, soymilk, or yogurt

1/2 cup cottage cheese

1 thin slice of cheese smaller than your palm

1 thumb-sized chunk of cheese

what is 1 serving starch?

1 slice bread, 1 tortilla, 1 rice cake, 1 pita

1/2 bagel or 1/2 english muffin

4 saltine crackers (together, the size of playing cards)

1/2 cup cooked starch (as much as would fill one cupped

hand; ex: macaroni, rice, refried or baked beans, oatmeal)

1 regular potato or small corn on the cob

1/2 cup cooked starchy vegetable (ex: potato, corn, sweet potato, winter squash)

others:

margarine, butter, or oil: size of a marble (1 tsp)

peanut butter: 1 serving is walnut-sized (2 Tb)

cream cheese, dressing, mayo: size of 1/2 walnut (1 Tb)

how many calories are in one serving?

1 serving of starch, fruit, or vegetable provides about 15 grams carbohydrate and about 50-60 calories.

1 serving meat protein provides about 20 grams of protein and about 250 calories.

1 serving soy protein provides about 10 grams of protein, 2 grams carbohydrate, and about 48 calories.

1 serving egg protein provides about 6-7 grams of protein and about 80 calories. (egg white alone, 47 calories.)

1 serving cow's/goat's milk dairy provides about 8 grams of protein, 12 grams of carbohydrate, & about 130 calories.

1 serving plain soy milk dairy provides about 5 grams carbohydrate, 7 grams protein, and about 50 calories.
(vanilla flavored soymilk is the same as cow's milk.)

1 serving fat/oil/mayo/dressing [tiny amount!] provides about 5 grams of fat = about 45 calories.

spoon, cup, and ounce conversions:

1 tablespoon = 3 teaspoons		1 cup = 8 ounces
4 tablespoons = 1/4 cup		4 cups = 2 pints = 1 quart

"mixed meal" questions:

what if you are having a frozen dinner?

do NOT eat more than one frozen dinner per day.

add 1 serving of vegetable, with dairy and fruit on the side.

read the label! use the "**6 - 60 - 600**" rule: only buy a frozen dinner if it has...

- around **6** grams of fiber
- less than **60** grams of carbohydrate
- and less than **600** mg of sodium.

best brands: Lean Cuisine, Kashi, Healthy Choice, Smart Ones, Amy's.

what if you're having a sandwich, burrito, taco, pita, or wrap?

1 piece of bread or tortilla counts as your starch. do NOT have two pieces.

your sandwich or wrap might have your dairy, protein, and half your vegetables in it as well.

(you can probably still have half your vegetable, and fruit on the side.)

what if you're having pasta with sauce? (includes macaroni and cheese, spaghetti, alfredo, etc)

1/4 plate full of noodles counts as your starch.

if you have tomato sauce, it counts as half your vegetables.

if you have cream or cheese sauce, it counts as your dairy.

meat, chicken, seafood, or soy protein in the sauce counts as your protein.

what if you're having lasagne, or another casserole with starch-cheese-meat and sauce?

1/2 plateful counts as your protein, starch, dairy, and half your vegetable.

(you can still have 1/4 plate of vegetable and fruit on the side.)

what if you are having soup? note: one regular can of soup makes about 2 cups = 2 servings!

- **meat soup with vegetables** (without potato, noodle, rice, or other starch): have 1 cup.
counts as protein and half your vegetables. (also have 1/4 plate each of vegetable & starch, with dairy & fruit.)
- **vegetable soup** with vegetables only (no meat or potato, noodle, or other starch): have 1 cup.
counts as half your vegetable. (also have 1/4 plate each vegetable, starch & protein, with dairy & fruit.)
alternate: have 2 cups vegetable soup, plus 1/4 plate each protein & starch, with dairy & fruit.
- **starchy soup with meat** (noodle, rice, potato, corn, lentil, split pea, bean, or tortilla soups): have 1 cup.
counts as your starch + protein. (also have 1/2 plate of vegetable with dairy & fruit.)
- **cream soups or chowders with meat or seafood** in them (example, cream of chicken soup, clam chowder):
have 1 cup. counts as dairy + protein. (also have 1/2 plate vegetables & 1/4 plate starch, with dairy & fruit.)
- **cream soups, no meat** (example, cream of tomato soup, cream of mushroom soup): have 1 cup.
counts as your dairy serving. (also have 1/2 plate vegetables, 1/4 plate each protein & starch, with fruit.)

what if you are having a vegetable with cream sauce?

- starchy vegetable with creamy sauce (example, scalloped potatoes): have 1/2 cup.
counts as starch and dairy. (can still have 1/2 plate vegetable, 1/4 plate protein, and fruit.)
- regular vegetable with creamy sauce (example, broccoli with cheese sauce): have 1/2 cup.
counts as your dairy and half your vegetable.
(can still have 1/4 plate each vegetable, protein & starch, and fruit.)

what are some good soy foods?

- basics (buy these plain): **tofu** (use *soft* tofu to make creamy foods, sandwich spreads, and dressings; use *firm* tofu to scramble, bake, barbeque/skewer or fry, seasoned with homemade sauces or marinades); **tempeh** (fry or barbeque as burgers or steaks); **texturized vegetable protein bits** (found in the "bulk foods" aisle; rehydrate with water and add to chili and spaghetti sauce for meaty texture with lower calories).
- meat substitutes: soy "**hot dogs,**" soy "**veggie burgers,**" soy "**bacon,**" "**soysage,**" and "**lunchmeat.**" (brands: Boca, Tofu Pup, Smart Deli, Tofurkey, Yves, and others; "Bacos" are also made from soy.)
- dairy: plain or flavored **soy milk** and **soy yogurt** (note: sweetened vanilla or chocolate soy milk has the same calories as plain cow's milk - unsweetened is much lower calorie); **soy cheese** (singles or chunks; some brands do not melt well; try Tofutti, Vegan Gourmet, White Wave, and other brands); **soy cream cheese, soy sour cream, soy mayonnaise** (various brands).
- some frozen dinners & frozen pizzas use 100% whole grains as well as soy dairy (especially Amy's brand).

do the soy foods taste like the regular foods?

no. soymilk does not taste like cow's milk, and a "tofu pup" doesn't taste like a hot dog. however, they do taste good!

what are some good snacks?

your goal is to enjoy a little flavor, not "fill up" between meals. one of these per lower-calorie day:

<i>air-popped popcorn with herbs & spices (no oil)</i>	<i>cottage cheese with fresh fruit/berries</i>
<i>celery and carrot sticks (1 carrot + 1 stalk)</i>	<i>handful of nuts (not seasoned)</i>
<i>apple slices +/- peanut butter (1 apple + 2 Tb)</i>	<i>hard boiled egg/ deviled egg</i>
<i>pretzel sticks dipped in plain yogurt (small handful + 1/4 c)</i>	<i>jerky or pepperoni (meat or soy)</i>
<i>sunflower seeds in the shell (handful)</i>	<i>celery stuffed with egg salad</i>
<i>sugar-free jello cup</i>	<i>pickles and olives (handful each)</i>

lower-calorie sweeteners?

sucralose (Splenda), aspartame (Equal, Nutrasweet), saccharine (Sweet'n'Low), stevia (TruVia, Sweetleaf), etc.

why not use them?

studies show: when the body tastes something sweet, it then waits for calories to enter the stomach, to turn off the desire to eat. if no calories follow the sweetness, the body keeps wanting to eat. the same is likely true for fat substitutes (like Simplesse, Litesse, Olestra, food starch, maltodextrin, xanthan/guar gum, carrageenan).



REVIEW:

- the most important ingredients are small dishes and split plates (see page 1)!
- breakfast: 1 starch, 1-2 protein, 1 dairy, 1 fruit (vegetarian, approx. 250 cal; non-vegetarian, 450 cal).
- lunch: 2 veg, 1 starch, 1 protein, 1 dairy, 1 fruit (vegetarian, approx. 380 cal; non-vegetarian, 665 cal).
- dinner: 2 veg, 1 starch, 1 protein, 1 dairy, 1 fruit (vegetarian, approx. 380 cal; non-vegetarian, 665 cal).
- focus on counting servings, not counting calories or carbohydrates.
- "from scratch" is always healthier and safer than "readymade"; freeze extra in single-serving bags.
- consider becoming at least a part-time vegetarian.
- no diet plan is complete without exercise. consider a nightly "constitutional" walk outside after dinner.