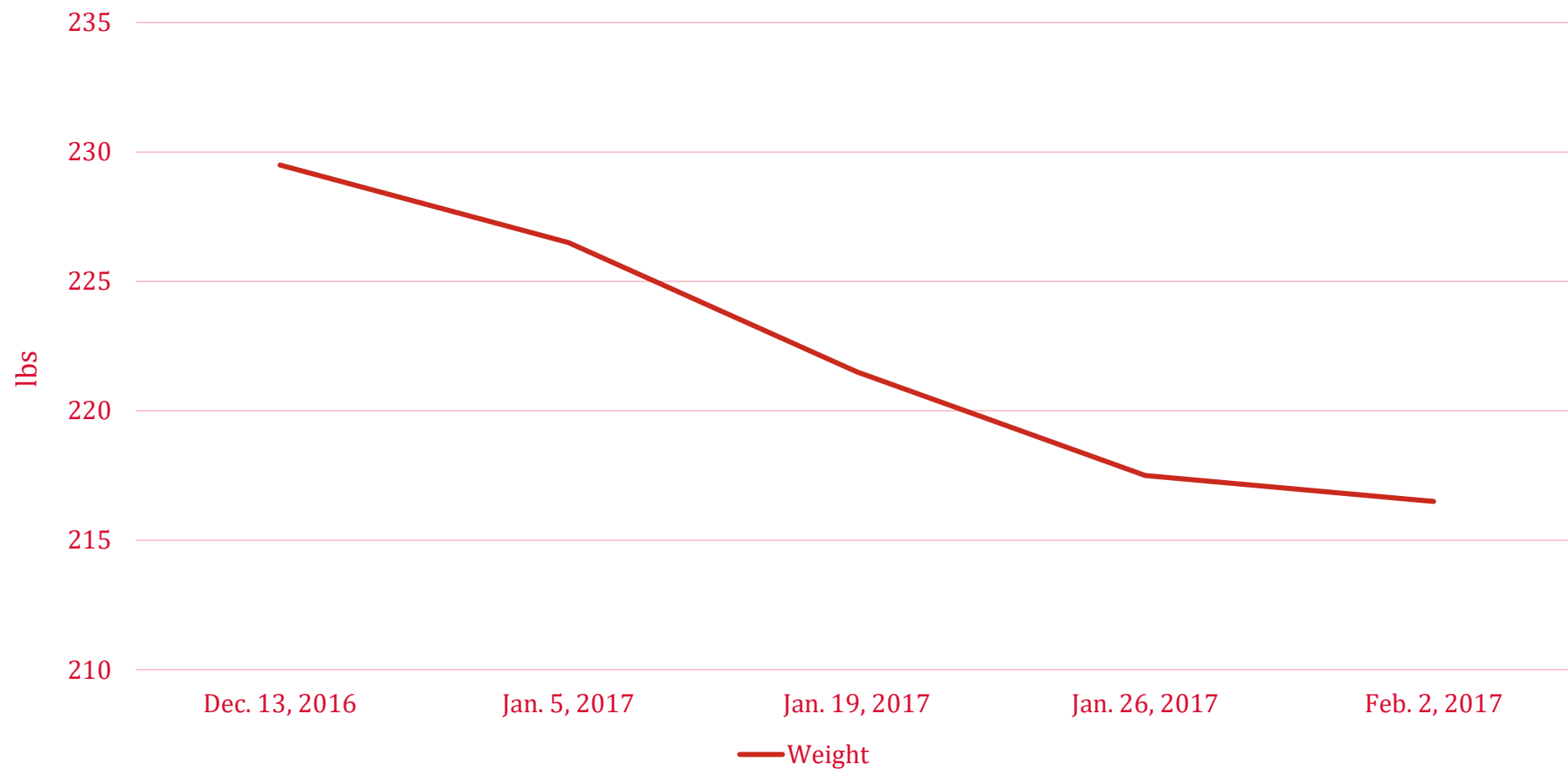


What I'm doing

Disclaimer

- I am on a doctor supervised diet
- I am not telling you that you will lose weight if you do what I do
- Each person is different, what works for me, may not work for you
- This is my plan

My progress so far



Rules

Rule	Details
1	PLAN your meals ahead – this is how you succeed
2	Eat protein
3	Eat green vegetables, some exceptions are mushrooms, squash and cauliflower
4	Drink at least 8 glasses of water per day, this is IMPORTANT
5	No sugar, check labels
6	No salt, use no-salt options
7	No fruit
8	No vegetable grown under ground i.e. onions, potatoes, carrots
9	No dairy, includes ice cream, yogurt, sour cream, milk, cream, cheese
10	No carbohydrates, includes rice, pasta, chips, crackers, bread

Food to eat

Lean meat

- Chicken without the skin
- Beef, trimmed of fat
- Lean ground meat (pork, chicken, beef)
- Pork
- Seafood
- Limited lunch meat (check the label for sugar)

Vegetables

- Green including: cabbage, lettuces, spinach, baby bok choy, green onions, green peppers, cucumbers, snap peas, snow peas



Other vegetables, limit to 4 cups a day

- Mushrooms, cauliflower, squash

Other

- Olive oil, garlic, pepper, no-salt spices, salt reduced soy sauce, no-sugar added jello, diet soda, margarine



My plan

- Make a plan on Saturday for your week
 - What will you eat for breakfast, lunch and dinner?
 - Ham crusted egg cups? Well then you will need some ham, egg whites, eggs, mushrooms, green onions, garlic.
 - 14 salads, Caesar and taco beef? Well then you will need romaine, chicken, snap peas, ground beef, reduced salt taco seasoning, green onions, bacon, sugar free Caesar dressing
 - Dinner, meatballs, steak and chicken with vegetables? Add these items to your list
- Shop on Saturday afternoon
- Sunday morning prep and prepare
 - Chop everything you will need
 - Make your breakfast, prepare your mason jar salads and if possible, make the dinners ahead too, like the meatballs. These can be made ahead of time and frozen if needed, for future meals

Breakfast

- Ham crusted egg cups

<http://planthejourney.ca/recipes/ham-and-cheese-breakfast-to-go/>

- Scrambled eggs with vegetables
- Boiled egg with ham slices
- One fried egg with bacon, fat drained, side with some mushrooms
- Protein shake, use the lowest carbohydrate type, mix with water and ice in a blender



Lunch

- Mason Jar Salads

- Tuna on a bed of greens, make tuna as normal, but with sugar free mayo, add green onions and celery
- Steak salad on a bed of greens, add in some cucumbers and snap peas for crunch and sugar free dressing
- Taco beef salad, made with lean ground beef, green onions, taco seasoning, on a bed of greens with a sugar free ranch dressing
- Caesar salad, using baked chicken breast, bacon, romaine and sugar free dressing
- Egg salad on a bed of greens, make tuna as normal, but with sugar free mayo, add green onions and celery



Dinner

- Steak, chicken, pork, seafood with

- Baby bok choy sautéed with garlic and ginger
- Steamed broccoli, spinach or cauliflower
- Cauliflower breadsticks

<http://planthejourney.ca/recipes/cheesy-cauliflower-garlic-breadsticks-3-smart-points/>

- Greens with a sugar free dressing
- Cauliflower rice, using a cheese grater, grate the raw cauliflower, then fry it up in a little olive oil with mushrooms and low sodium soy sauce
- Baked spaghetti squash, once cooked, toss with a little olive oil, no-salt and pepper



Snacks

- Sugar free (or no-added sugar) Jello
 - Make your own
 - Purchase these handy snack packs
- Diet soda
 - Prefer a lemon/lime no name diet soda
 - Other diet soda's ok, but try to limit to 2 a day, I only have one every couple of days, to beat the sugar craving
- Pork rinds
 - OK, I know, it sounds disgusting, but I buy a bag for \$2, split it into three sandwich bags and take that in my lunch to replace my salty cravings, you need a soda or water, these things are a bit dry





Exercise

I didn't exercise for the month of January. I wanted to see what would happen with the scale, without adding in physical fitness. 12lb loss.

For this month, I've added in walking.

