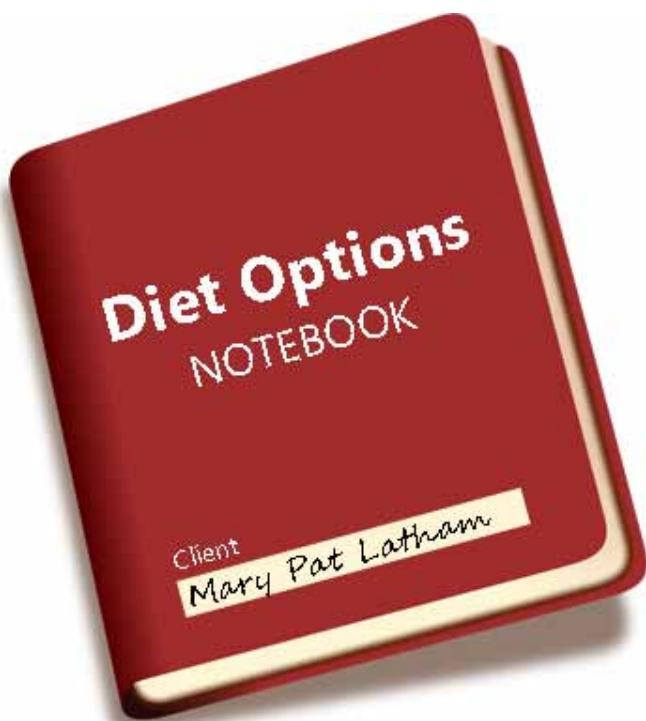


Diet Options Notebook



Free Additon to:
Author Lin Stepp's Novel *Downsizing*

Addition to: Downsizing
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Published by Mountain Hill Press
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Extras from Mary Pat's DIET OPTIONS NOTEBOOK

For your enjoyment

Attached are some pages from Mary Pat's Notebook that she received when she started the Diet Options Program. I hope you will enjoy browsing through parts of this fictitious notebook often referred to in the pages of the novel.

The principles behind the Diet Options Program in this book are based on research gathered through nearly twenty years of teaching psychology courses at the college level and experience gained in working for a season as a weight loss counselor for a business now closed. If you desire to lose weight I can tell you that this diet program, that I created, has worked successfully for me and for my family many times if you wish to try it for yourself. It is nutritionally healthy and I have added, along with the diet plan, principles, teaching, and practical tips to aid with weight loss and healthy lifestyle understandings.

THE DIET OPTIONS DIET PROGRAM

Welcome to The Diet Options Program

Today is the first day on the road to a New You.

Diet Options is a lifestyle change program, teaching clients to manage their lifestyles better, to lose weight, and to better maintain their weight loss by learning and gaining in nutritional and health knowledge. This program is not designed for individuals with extensive health problems preventing them from eating on program or participating in some type of movement exercises. It has no vegetarian options but offers enough variety to accommodate the preferences of most individuals.

Always look for a well-rounded weight loss program.

A good diet program should include teaching and training.

Many diet programs help individuals lose weight, but not all programs teach dieters to live healthier after the diet is finished. The Diet Options Program teaches individuals how to plan meals that

are healthier, how to count calories to learn calorie counts of foods, how to avoid hidden food calories that often sabotage dieting, and how to find enjoyable exercise methods. In the process individuals learn to not only lose weight when needed, but to maintain a healthy weight and a healthy lifestyle.

*If a plan makes all the decisions for you,
you don't learn to make good decisions.*

You're not alone with excess weight;

Over 55% of Americans are overweight or obese.

THE DIET OPTIONS NOTEBOOK

In the Diet Options notebook are tabs for:

- (1) Overview of the Diet Options Center Program
- (2) Weight Loss Records
- (3) Weekly Diet Sheets clients fill out daily with foods eaten, beverages consumed, calorie counts, and daily exercise type and times.
- (4) Class Handouts
- (5) Class Homework
- (6) Recipes and Restaurant Tips
- (7) Personal Contracts and Additional Information

Diet Options doesn't advise a one-weight for all the same height as many programs do. Best weights for individuals differ by age, body type and bone structure - small, medium, or large frame, - and even by musculature. Muscle weighs more than fat and often very active individuals will weigh more than individuals with the same body frame and age because of activity level. Diet Options offers a weight range for different ages and body types so individuals can find the best weight in their range that seems right to them.

*A "One Weight For All" weight chart
doesn't allow for individuality.*

This program, like any diet program, requires a serious commitment:

- (1) To eat less, to eat more of the right things, and to move more;

- (2) To weigh daily at home and three times a week at the center;
- (3) To study personally and to attend weekly classes in order to continue learning more about foods and good health.

*No diet program works well until
a person is committed to follow it.*

Clients should bring their Diet Options Notebook to each Weigh-In and Counseling Session and to each Class Meeting. Comments and instructions are often added to the notebook at sessions and classes, weight loss is recorded, and food choices discussed.

*Remember: there is seldom a "quick fix"
to any bad habits created in our lives.
A person always looking for the easy way
seldom finds a way to success.*

THE DIET OPTIONS DIET

WEEK #1- Let's Get Started

*Look in the mirror and tell yourself
I can do this. I can do this for myself.*

Transition Stage. The first week removes all carbohydrates and sweets from the diet for one week to break their addictive hold and to flush out the system to begin a sensible eating plan. It is best in this week to follow the eating plan with its options exactly.

Eat no carbohydrates and no sweets this week.

Don't ask about exceptions. "No" means no without exceptions.

One habit being developed in this week is eating three healthy meals a day and beginning to eliminate unhealthy snacks and excess food between meals. Habits, both good and bad, are developed over time. With time, new habits, also, begin to feel natural and normal.

*Research suggests it takes two months to form and solidify a new habit.
As it takes time to form bad eating habits; it takes time to form new ones.*

Note: Eating out is not advised in the first week of the program.

COUNTING CALORIES

Find one or more good comprehensive calorie count reference books. You should begin counting and recording calorie counts for every meal. This practice will continue throughout the diet program. A good choice to consider is: *The Complete Book of Food Counts* by Corinne T. Netzer (now in the 9th edition).

Research has found that those who keep daily food records and write down the calorie counts of foods they eat lose more weight and maintain loss more effectively.

By writing down all foods eaten and by counting calories in foods, an awareness of daily food choices and what is eaten is developed. The food chart, attached at the end of these instructions, should be duplicated and filled out every day. It is advised that dieters weigh daily ... preferably the first thing in the morning without clothes, to learn to keep tabs on their own weight loss.

As you follow this week of new options, you will lose addictive cravings.

VITAMINS AND MINERALS

Take a good multi-vitamin every day while in the transition and reducing phases of this diet and afterward for continuing good health. Vitamins are chemicals essential to life and studies show that vitamins play a role in enhancing health and inhibiting disease. It is a good idea to also consider adding several additional mineral supplements to your daily diet as many foods today are not rich in essential nutrients and stripped through processing of their natural benefits. Read and become informed about helpful vitamins and minerals you might want to consider adding to your daily lifestyle. Reasons for taking additional mineral supplements will be discussed in one of the class sessions, along with information about most appropriate amounts. The Diet Options Program recommends taking additional minerals like calcium, such as a cal-mag-zinc tab with D for better absorption, Vitamin C, Vitamin E, potassium, selenium, additional B-complex vitamins if the multi-vitamin is not high in Bs or if life stress is a big factor, chromium-picolinate, a helpful weight-loss supplement, soft garlic tabs, barley

grass tabs, and other supplements if other daily drugs are not taken. Note: If an individual is on prescription drugs, a doctor should be consulted about which minerals can be added without inducing negative drug interactions.

SUGAR

Extensive research now has shown the addictive qualities of sugar in the diet. The body has no real need for sugar in the diet as it does other foods, and foods that are high in sugar are generally not as nutritious as foods low in sugar. Studies have found that the average American consumes 82 grams of sugar each day—basically equal to about 21 teaspoons of sugar. Entirely too much! The American Heart Association recommends women eat about six teaspoons of sugar daily and men approximately nine teaspoons at most—and these are not weight loss recommendations. High sugar diets increase weight gain, and sugars and refined carbohydrates, loaded with sugars, can stop weight loss. Excess sugar also slows metabolism and contributes to many illnesses and poor health conditions. Learning to become aware of sugar content in foods is important as sugar hides under many labels like dextrose, sucrose, fructose, corn syrup, and more. Additionally, sugar is layered into many foods that don't seem sweet like ketchup, tomato sauce, breads, crackers, specialty coffees, sports drinks, juices, and many salad dressings. One soda alone contains more than double the amount of sugar needed in a day.

SODIUM

Watch excess sodium or salt in your diet. Begin new habits of not salting foods you cook or eat whenever possible. A high sodium diet negatively impacts weight as well as health. Excess salt raises blood pressure and puts greater strain on the heart, kidneys and other bodily organs. Excess salt in the diet causes fluid retention which leads to weight gain and bloating. Eating a lot of salty foods also stirs cravings for more salty foods as salt holds an addictive quality as sugar does. Many processed and canned foods have a

high sodium content. For example, a half-cup of canned green beans contains approximately 750 mg sodium while a cup of fresh green beans contains only 7 mg sodium. Learn to check the sodium labels on foods just as you check the calorie counts of foods.

DRUGS

Many prescription drugs tend to increase the propensity to gain weight. Some prescription drugs affect metabolism, cause the body to burn calories at a slower rate, cause water retention, or affect how the body stores and absorbs sugars and other nutrients. If you take daily prescription drugs of any kind, the Diet Options Program may not produce the weight you desire as quickly as for those not on medications. However, many clients find that with weight loss, many health conditions clear up so that drugs for various conditions are no longer needed. Overweight causes or contributes to many health problems like diabetes, high blood pressure, arthritis, and more. So, conversely, weight loss often removes those health problems and the need for medications. If your doctor prescribes drugs for you at any time on this program, tell your diet counselor. You may find your weight loss slows while on prescription drugs and may even rise. Even many over the counter drugs impact weight, so be aware that any drugs can impact weight.

ALCOHOL

Alcohol is not allowed on the Diet Options Program—neither beer, liquor, wine or other spirits. Calorie counts are high for alcoholic beverages—154 calories for a beer, 163 calories for a daiquiri, 168 in a bloody Mary, 178 in a whiskey sour, and 214 in a larger glass of wine. Alcohol has no nutritional benefits for the body and it interferes with clear mental functioning necessary for successful dieting. Besides adding unnecessary calories that an individual does not need while dieting, alcohol stops the body from burning fat and impedes weight loss. It also stimulates appetite, lowers inhibitions and control, and negatively affects behavior and emotions.

While an occasional glass of wine or an alcoholic beverage for a special occasion, when not dieting, is not a concern, generally the cumulative effects of daily alcohol in the diet takes its toll on an individual's body. Alcohol contributes to dependence, behavior changes, liver and heart change, stomach distress, lung infections. It also causes a greater incidence of cancer, thinning bones, a shrinking brain, slurred speech, infertility, diabetes, and more—showing it not to be a beneficial asset to a healthy lifestyle.

WHAT TO EAT THE FIRST WEEK

Bye-bye carbs and sweets for this first week

BREAKFAST – Week 1 – Every Day

2 Eggs

1-2 Fruits

Large Glass Water (8 oz)

Coffee or Tea

Vitamins and Minerals ... remember to take every morning.

Directions:

Never, ever skip breakfast. It starts the engine of your metabolism for the day.

Eggs should be prepared either plain or with a little fat free cheese lightly scrambled in zero-calorie vegetable spray, hardboiled (good for carrying to work), cooked in an omelet with vegetables and a little fat free cheese, or fried over-easy as desired in vegetable spray.

Note. Cereal is not an option, so if you are allergic to eggs, substitute 2 slices of Canadian bacon, fried in vegetable spray, or a meat option of choice from the list.

Fruit should be either ½ grapefruit or 1 orange or both. If desired, you can also add a small slice of cantaloupe, or substitute a whole grapefruit instead of a half.

Hot coffee or tea can be sweetened with any no-calorie sweetener product and a little fat free skim milk can be added, if desired.

Water in an 8oz minimum quantity is important. Fill an 8oz glass

or buy 8oz bottles of water. Lemon juice can be added if desired. Try drinking the water first to be sure you get your water in. Often drinking it first, while cooking your meal, reduces appetite

The body often reads thirst as hunger. Water helps everything work better in the body and eliminates waste and fat. Drinking water is essential to weight loss. Drink 6 to 8 eight-ounce glasses a day.

Water - BETWEEN BREAKFAST AND LUNCH

Try to drink another 8oz of water. Carry a bottle of water around with you and begin to train yourself to drink more water. You can flavor this water, if desired, to help you learn to drink more fluids, or buy flavored water to drink between meals. This makes the idea of it more of a treat.

Most people in the U.S. are functioning in a chronic state of dehydration.

The human body is 70% water; we need it for good health.

LUNCH – Week 1 – Every Day

1 Lean Meat Choice – from list

1 Vegetable or Salad Choice or fruit – from list

1 Fruit – from list

Large Glass Water (8 oz)

Directions:

Lunch should include a lean protein choice, a salad or vegetables, and a fruit. Vary these options, from items on the list, so that lunch has diversity from day to day. Planning meals begins to help you plan lunch selections in the future that are healthier and less calorie-laden than past meal choices you may have relied on daily. Some lunch ideas are included below, and if desired, they can be followed as given for the first week, or alternated to preference.

Lean Meat Choice options should be from the list. Easy options are chicken breast, fish, shrimp, lean lunchmeat selections, or tuna. Try to buy some single portion chicken breasts and fish to keep in the freezer to get out for lunch selections, or cook extra fish or

chicken the night before, saving a portion for lunch the next day. *A Salad Choice* should be created from a variety of lettuces or spinach and fresh salad vegetables from the list below, such as cucumbers, carrots, tomatoes, green onions, green pepper, kale, radishes, alfalfa spouts, mushrooms, or squash.

Vegetable Choices should be from the list below fresh or frozen, like asparagus, broccoli, or greens. Often vegetables from the night before can be re-heated for lunch the next day.

Fruits should be ones from the list. Always EAT your fruit versus drinking fruit juices.

Water ... don't forget to drink another 8oz water at lunch. You can add a lemon and sweetener and make lemonade if desired.

Calories ... Think for women: 300 breakfast, 300 lunch, 400-500 dinner = 1000-1100 daily. Think for men: 350 breakfast, 350 lunch, 500-600 dinner = 1200-1300 daily

Too many calories a day will slow weight loss.

If you take in more calories than you need, you will gain weight.

LUNCH OPTIONS – Week 1

(1) *Chicken and Salad plate*

Lean chicken meat over or with a plate of salad including an assortment of lettuces or spinach and fresh salad vegetables. Sprinkle with seasonings, if desired, and use 2 T. salad dressing, either bought or made, with under 50-60 calories.

Add a fruit like blueberries.

(2) *Meat and Fruit plate*

Lean meat, like chicken breast, or lean turkey deli meat, plus a variety of chopped fruits, such as an orange, a half grapefruit, strawberries, etc.

Can add an extra fruit, like an apple, as a dessert.

(3) *Tuna Salad plate*

Drain water-packed light tuna. Add chopped celery, chopped grapes, and – if desired – sesame seeds or poppy seeds. Mix 1 T Lite Mayo (appx 35 cal) with a little water and work into tuna

mixture. Stuff into a tomato slit into wedges or eat with tomato slices on the side. Add a fruit, like a chopped orange.

(4) *Turkey Salad plate*

Lean turkey breast with relishes on the side – celery, carrots, broccoli, and tomatoes. Make a vegetable dip with 2 T. diet salad dressing, like ranch or honey mustard, 50-60 cal. Lightly dip vegetables in dip. Add a fruit, like strawberries.

(5) *Shrimp and Salad plate*

Boiled shrimp with a plate of salad, including an assortment of lettuces or spinach and fresh salad vegetables. Sprinkle with seasonings, if desired, and use 2T salad dressing, either bought or made, with under 50-60 calories. Add a fruit like a fresh peach.

(6) *Eggs, Tomato and Cottage Cheese plate*

Boil two eggs. Eat with tomato and ½ cup lowfat cottage cheese (appx 90 cal) and green vegetable like steamed asparagus or broccoli. Add a fruit like ½ small cantaloupe or ¼ larger one.

(7) *Fish and Salad plate*

Grilled, broiled, or baked fish with a plate of salad, including an assortment of lettuces or spinach, and fresh vegetables. Sprinkle with seasonings, if desired, and use 2T salad dressing, either bought or made, with under 50-60 calories.

Snack – BETWEEN LUNCH AND DINNER

For many there is a metabolic dip in the late afternoon. This is a good time for a healthy snack. An extensive body of research has shown that yogurt helps in weight loss, so this diet suggests a light yogurt for a snack between lunch and dinner. You should select a diet yogurt with under 100 calories for this snack... and eat it with another 8oz water, or if you want a lift occasionally, a diet cola. If you tend to be hypoglycemic and have low blood sugar dips in the afternoon, you may want to substitute an apple for your yogurt snack.

*Studies have found yogurt is a calcium-rich food
that burns fat and aids weight loss.*

DINNER – WEEK 1

1 *Meat* – lean chicken, fish, shrimp, scallops, salmon turkey – with lean beef or steak on one night for a change

2 *Vegetables*

1 *Diet gelatin* serving for dessert

Directions:

Because lunches have so often included salads, it is advised to plan dinners with a meat choice and two vegetables to keep variety in the menu. Especially if you have eaten a salad for a lunch option, plan vegetables for dinner, although a salad can be one of those vegetable options on any night. ... A normal healthy dinner includes a meat, a green vegetable and a yellow vegetable. When not dieting and cutting back on carbs, the yellow vegetable choice can be a carbohydrate choice, like potato, rice, or corn. However, in week one carbohydrates are restricted ... so choose a yellow vegetable like cauliflower, carrots, squash, tomatoes, or a second green vegetable as the second option.

Remember, for this first week, options like casseroles, spaghetti, lasagna, and rich meat or vegetable options are restricted, as are breads and desserts. For a healthy dessert this transitional week, you can add diet gelatin after each meal, divided into four custard cups. At each meal, you may have one gelatin plus a tablespoon of diet cool whip on the top. It's a treat you'll find yourself looking forward to. Diet gelatin comes in a variety of flavors—like cherry, orange, lemon, lime, strawberry, and peach. Pick your favorites..... As with lunch, ideas for making the dinner menus versatile are given for this week, to help you begin to plan and think out healthier meal choices for the future as well as during this first week.

It took more than a day to put it on;

It will take more than a day to take it off

DINNER IDEAS:

You can follow this plan as is if you like ...

(1) *Grilled Chicken*

With Green Beans and Grilled Carrots

Note: A nice way to make the carrots is to put sliced carrots in a foil packet, sprinkled with a bit of sweetener, cinnamon, and then a spritz of zero-calorie diet butter spray. Put on grill to cook with chicken. You can also make extra chicken for lunch tomorrow.

(2) *Salmon or Fish*

With Asparagus and Squash

Note: A nice way to make the squash is to stir fry it with chopped green onions in vegetable spray with a little spritz of butter spray. Cook a little, then add a bit of water, cover and steam a few minutes until done to taste.

(3) *Turkey Breast*

With Broccoli and Cauliflower

Note: Many people like cauliflower made like mashed potatoes or they like to steam the cauliflower and broccoli in a medley together. A cauliflower recipe you might also like is to rub the top of a cauliflower with brown mustard after putting it in microwave safe dish. Cover and microwave 10 minutes. Then sprinkle parmesan cheese and a little low fat cheese over the top; return to microwave a few minutes to slightly melt cheese and serve. Remember, left over turkey makes great lunches!

(4) *Boiled or Grilled Shrimp*

With Salad or Cooked Cabbage and baked Butternut Squash

Note. Another nice way to use cabbage is to make Diet Slaw with purple and green cabbage, shredded carrots, sesame seeds or poppy seeds, and a little diet dressing mixed in or with a dressing made with 2 T. Lite Mayo with a little lemon juice added.

(5) *Baked Cornish Hen*

With Greens and Zucchini Squash

Note. A good way to make zucchini squash is to bake it in spears along with your Cornish Hens. Spread on a baking rack in a pan, sprinkle with seasonings like garlic salt, parmesan, dried thyme or black pepper. Spritz or brush with a little olive oil or butter spray and bake at appx 350 for 15-18 minutes til tender.

(6) *Grilled Lean Steak* – only for one nite the first week

With Brussels Sprouts and Grilled Mushrooms with Vegetables

Note. Select small, tender Brussels sprouts if possible. You can microwave them or bake them if desired. To bake, cut in half and put in a plastic bag with seasonings, garlic salt, pepper, and a little olive oil. Shake to cover then put on foil in a flat pan and bake 30-45 minutes, turning or shaking the pan every 10 minutes for even browning. For the mushrooms, skewer and grill with the steak. If desired, you can additionally skewer and grill chunks of onion, green pepper, and large cherry tomatoes on another skewer. Season with a little lite Italian dressing brushed over the vegetables.

(7) *Scallops or Fish or Lobster*

With Spinach and a Squash, Zucchini, Onion, Red Pepper Bake

Note. For the squash bake, sauté the chopped squash, zucchini, onion, and red pepper in a little olive oil and seasonings in a skillet. Cover and steam a few minutes, adding a touch of water if needed, until tender. If desired, you can add chopped tomatoes and steam a few more minutes. For the spinach, thaw 10oz box spinach in microwave. Grease skillet with a little olive oil, add 1-2 tsp minced garlic (from jar), then add spinach. Stir and cook to get garlic mixed in. Open hole in middle of spinach. Add 2 beaten eggs in middle and start cooking the eggs a few minutes.. Then mix into spinach. Cook lightly and serve.

GROCERY SHOPPING

Temptation is less of a problem if temptations are removed

Clean out your house cupboards and refrigerator of all foods not on the attached food lists, if at all possible, to remove temptations. Then after planning your menus for the upcoming days, head to the grocery to buy the items you'll need from the Week 1 List.

Also, at the end of the shopping list are extra suggestions for seasonings, salad dressings, condiments, and other needs to help your dieting be more successful.

If you have a family, enlist their help with your plan to reduce and be healthy. As you plan meals, work additional choices in with your own healthy eating plan, such as potatoes, rice, and corn. If they eat sweets, keep these and other foods they enjoy out of sight and reach so they will be less tempting. If your family members miss pizza, hamburgers and fries, send them out to eat one night with a spouse or friend to enjoy a night with foods they're missing while you plan something quiet at home – and get a night alone, too. If others in your family have weight issues, they may have the most difficulty being a support to you in your weight loss effort, as often the fact that are also overweight is convicting to them. Be aware that they may try to push you off your diet and resolutions to change your lifestyle. Sometimes family and friends are not the support and encouragement dieters most need. Truthfully, any change in habits requires individual determination and personal effort. No one will do it for you.

Say to yourself: "If it's going to be, it's up to me."

FOOD LIST WEEK 1

LIST OF MEATS FOR WEEK 1

Chicken Breasts	Cornish Hen	Chicken Livers
Turkey Breast	Shrimp	Scallops
Lobster	Crab	Oysters

Fish – orange roughy, haddock, tilapia, red snapper, sole, perch, flounder, trout, halibut; Canned light, water-packed tuna
Lean steak or beef (for only one night during the week for dinner)

LIST OF FRUITS FOR WEEK 1

Oranges	Grapefruit	Peaches
Strawberries	Blueberries	Raspberries
Cantaloupe	Honeydew	Casaba
Tangerine	Apples - with limits	Grapes

LIST OF VEGETABLES FOR WEEK 1

Asparagus	Broccoli	Green Beans
Mustard Greens	Turnip Greens	Spinach
Broccoli	Brussels Sprouts	Okra
Squash	Cauliflower	Carrots
Zucchini	Peppers	Onions
Eggplant	Green peas	Sugar Snap peas
Tomatoes	Cabbage	Beets
Lettuce, all kinds	Mushrooms	Radishes
Celery	Sprouts	Escarole

LIST OF DAIRY AND EGGS FOR WEEK 1

Eggs, scrambled or fried in vegetable spray, boiled
 Skim Milk, for coffee and in recipes
 Low-Fat Cottage Cheese, limited, as specified
 Low-Fat Shredded Cheddar Cheese, limited, as specified
 Diet Yogurts - Low Fat diet whipped topping

LIST OF EXTRAS YOU WILL NEED FOR WEEK 1

Zero-calorie butter spray Minced garlic in a jar
 Zero calorie sweeteners of choice Olive oil
 Zero-calorie vegetable spray
 Water – in 8oz quantities (6 each day or 48 oz min needed)
 Low calorie diet dressings – under 50-60 cal for 2 Tablespoons
 Lite, low calorie mayonnaise
 Low-calorie seasonings – garlic salt, pepper, etc

DIET OPTIONS REDUCING WEEKS

STARTING WITH WEEK 1

In the reducing weeks, following the first transition week, choices will still be limited, as in week one, but will gradually add in more foods and more variety. It is important in the first weeks, and even the first months, of dieting, to write down all foods consumed and to compute calories of all food eaten. Writing down food choices and their calorie counts helps dieters to learn about their eating

habits and how controlling their choices and calorie counts reduces their weight and creates new healthier habits of eating

A research study showed 95% of people underestimate the calories in daily food.

Dieters will continue weighing daily in their own homes in the morning and three times a week at the Diet Options Center. They will also continue for the second month to attend weekly classes until all eight classes have been attended.

Optimal frequency for weighing is daily for best weight loss.

Stepping on the scales every morning should be like brushing your teeth.

In addition, dieters will continue participating in a daily exercise of their choice to create habits of being more active physically. And new options will hopefully be added and tried as weight is reduced and individuals are able to enjoy a more active lifestyle.

The addition of exercise to a diet promotes weight loss and good health.

Remember: Move it to help lose it.

REMEMBER THAT ...

In the first Reducing Week – or the Second Week – of dieting, each client will begin to gradually add back limited carbohydrates as directed, will add more meat choice varieties, and more fruit and vegetable varieties. These changes are introduced gradually to see how they affect each individual's loss pattern. Clients should begin to see lowered cravings for food and a reduced appetite at meals as bodily appetats, or set points, readjust.

The intake of too many carbohydrates can activate cravings and addiction.

Empty carbs and sweets lead to more intense hunger and overeating.

The human body has been created to consciously desire to maintain its body weight. Ideally, if the individual has a good, healthy weight, the individual wants to eat the amount of food needed to maintain that weight. Overweight individuals crave more food daily because their bodies are striving to maintain their body's weight. The human body doesn't understand when a person is obese or overweight and should eat less in order to lose. It is built only to maintain. That is one reason dieting can "feel" painful psychologically. The desire to eat to maintain a wrong weight

persists, but it will change gradually as new habits are developed and a new weight is gained.

Our bodies evolved to hang on to fat as a genetic survival instinct.

The body sees its current weight as the “set point” to strive to maintain.

As loss occurs, the body still holds the old set point as the norm for a time.

*Gradually, as a new weight is attained and maintained,
a new set point is established.*

EATING HABITS ...

Much of our eating patterns are “habits” trained and established through our culture, our families, and our own lifestyles. Habits are hard to break and they take effort, consistency, and determination to change. As smoking is hard to quit because it is an addictive habit, so overeating is hard to change, too, as it is an addictive habit. There is no easy way to weight loss without effort, struggle, and self-denial. However, with a good healthy eating program and with support from others along the journey, it can be achieved and the results can be satisfying and lasting.

Tell yourself: I can do this. It’s just going to take time and patience.

You need control to meet your weight loss goals.

Purpose to be stronger than your excuses.

As bad habits and addictive eating patterns are overcome some high calorie “trigger” foods, that often led to binge-eating or excessive over-eating, can be re-introduced into the diet on a limited basis, like sweets, high carbohydrate meals, pizza, and other favorites. Foods that contain high calorie counts and contain high sugar, trans fat or other factors to make them “taste good” also cause food cravings and create addictive-like eating behavior. Both genetic and environmental factors contribute to addictions, along with years of bad food choices, wrong food choices, and decreased physical activity. For most, though, overweight is simply caused by a chain of poor lifestyle and eating habits, which with help and personal effort can be changed. The good news is that because overweight is caused mainly by overeating, those eating habits can be changed, and the individual can lose weight, be healthier and happier.

You can always begin again. You can always change. Believe in yourself.

Your Grocery Shopping and Planning List for Week Two will include the Foods listed on Week One plus some new additions that will be gradually added into the weekly diet plan. Below you will see the old list plus new foods to be gradually added in over the weeks to come. Plan your menu for the next several days, and head to the grocery to get the things you will need. Remember, when the foods you CAN eat are not in the house, you will more easily reach for foods you should not eat.

*Think: Today is a new day with no mistakes in it.
Anyone can break old habits and build new ones.*

FOOD LIST

LIST OF MEATS FOR WEEKS 1 and 2

Chicken Breasts	Cornish Hen	Chicken Livers
Turkey Breast	Shrimp	Scallops
Lobster	Crab	Oysters
Fish – orange roughy, haddock, red snapper, sole, perch, flounder, trout, halibut, and others		
Lean steak or beef (only for one night for dinner)		

MEATS TO ADD IN REDUCING WEEKS

Steak, lean	Chopped Sirloin	London Broil
Beef Liver	Sirloin Steak	Beef Kabobs
Pork Loin	Lean Pork Chops	Canadian Bacon
Lean Smoked Sausage	Ground Chuck, lean	Game - like deer

LIST OF FRUITS FOR WEEK 1 and 2

Oranges	Grapefruit	Peaches
Strawberries	Blueberries	Raspberries
Cantaloupe	Honeydew	Casaba
Tangerines	Grapes	Apples-with limits

FRUITS TO ADD IN REDUCING WEEKS

Bananas - limited	Watermelon	Pineapple
Coconuts	Kiwifruit	Papaya
Cherries	Pears	Apricots

LIST OF VEGETABLES FOR WEEK 1 and 2

Asparagus	Broccoli	Green Beans
Mustard Greens	Turnip Greens	Spinach
Broccoli	Brussels Sprouts	Okra
Squash	Cauliflower	Carrots
Zucchini	Peppers	Onions
Eggplant	Green peas	Sugar Snap peas
Tomatoes	Cabbage	Beets
Lettuce, all kinds	Mushrooms	Radishes
Celery	Sprouts	Escarole

VEGETABLES TO ADD IN REDUCING WEEKS, according to directions

Endamames	Black Beans	Lima Beans
Pinto Beans	Corn	Couscous
Brown Rice	Yellow Rice	White Rice
Potato, baked	Sweet Potato	Red Potatoes
Orzo	Quinoa	Grits
Kidney Beans	Black-Eyed Peas	Field Peas

LIST OF DAIRY AND EGGS FOR WEEK 1 and 2

Eggs, scrambled, boiled, or fried in vegetable oil spray
 Skim Milk, for coffee and in recipes
 Low-Fat Cottage Cheese, limited, as specified
 Low-Fat Shredded Cheddar Cheese, limited, as specified
 Diet Yogurts

DAIRY AND EGGS TO ADD IN REDUCING WEEKS

Low Fat Cheeses	Mozarella String Cheese
Diet Puddings	Lite Cool Whip, limited as specified

BREADS & CRACKERS TO ADD IN REDUCING WEEKS

1/2 English Muffin	Diet Wheat Bread	Diet Mult-Grain Bread
Oatmeal, limited	5 Saltines (70cal)	Wasa Crisp Bread (60cal)
4 Club Crackers (70cal)	3 Pretzel Sticks (50cal)	
Diet Wheat Burger Bun (80cal)		

Note. Air-popped popcorn can be added, according to directions. Also, some limited low-calorie condiments can be added.

PASTA TO ADD IN REDUCING WEEKS

1 cup Whole-Wheat Spaghetti Pasta = 174 calories

1 cup Regular Spaghetti Pasta = 220 calories

1 cup Egg or Macaroni Noodles = 221 calories

HIGH CALORIE FOODS

Watch calories in these high-calorie laden items:

Peanut Butter	Raisins, dried fruits	Cereals
Granola Bars	Greek Yogurt	Nuts of all kinds
Refried Beans	Chickpeas	Coconut Milk
Ramen Noodles	Sandwiches	Guacamole
Pasta	Pepperoni	Fruit Juices
Potato Salad	Salad Dressings	Donuts
Cookies	Cakes	Pies
Candies	Chocolate	French Fries
Potato Chips	Fruit Juices	Pastries
Colas with sugar	Pizza	Snack Bars
Bacon	Alcoholic Beverages	Mayonnaise
Canned Soups	Canned Vegetables	Canned Fruits
Frosting	Coffee Creamer	Smoothies
Cheeses	Coffee Drinks	Most Fast Foods
Bread, most kinds	Sausage	Avocados
Hamburgers	Hot Dogs	Frozen Dinners
Crackers	Biscuits	Peanuts

EATING PLAN FOR WEEK 2 – REDUCING STAGE

In Week 2, you will follow the same eating plan as in Week 1, with some gradual changes and additions. Carbohydrates will still be limited, but some carbohydrates will gradually be added back into the diet. It is important not to kick the body back into old habits or cravings by adding back too many carbohydrates too often or in too large an amount.

Sit down and plan your menu for the week, as with week 1, so you can get the groceries you need and keep on hand the foods you can eat. Some ideas are offered for the weekly menu, but these are only options. You can change out the vegetables, meats, and fruits as desired, being sure to always watch and limit the quantities and to add the calories for every meal. Always try to create diversity from day to day so you won't get weary of reducing and as a life pattern for always planning a healthy diversity in your meals.

BREAKFAST – Week 2 – Every Day

1 Egg

1 Bread

1 Fruit

Large Glass Water (8 oz) _____ Coffee or Tea

Directions:

The change with breakfast is adding a bread, changing two eggs to one, and only choosing one fruit.

Eggs should be prepared either plain or with a little fat free cheese lightly scrambled in vegetable oil spray, hardboiled (good for carrying to work), cooked in an omelet with vegetables and a little fat free cheese, or fried over-easy or as desired in vegetable spray.

Note. Cereal is still not an option

The bread choice can be ½ whole wheat English muffin or a slice of whole wheat or nutrigrain diet bread of choice. You can spray the toasted bread with butter spray and add 1 tsp diet jelly.

Fruit should be ½ grapefruit, 1 orange - good choices for Vitamin C - or a fruit from the fruit list. If desired, you can add 1 small slice cantaloupe, too.

Hot coffee or tea can be sweetened with any no-calorie sweetener product and a little fat free skim milk can be added, if desired.

Water in an 8oz minimum is still important. Fill an 8oz glass or buy 8oz bottles of water. Lemon juice can be added if desired.

BETWEEN BREAKFAST AND LUNCH

Try to drink another 8oz of water midway between breakfast and lunch. Again, you can use flavored no-calorie water, if desired.

LUNCH – Week 2 – Every Day

1 Lean Meat Choice – from list

1 Vegetable or Salad Choice or fruit – from list

1 Fruit – from list

Large Glass Water (8 oz)

Directions:

Lunches for Week 2 should continue much as in Week 1 and should include a lean protein choice, a salad, vegetables, or a fruit, plus one additional fruit. Vary these options, from items on the list, so that lunch has diversity from day to day.

Lean Meat Choice options should be from the list. Easy options are chicken breast, fish, shrimp, lean lunchmeat selections, or tuna. Try to buy some single portion chicken breasts and fish to keep in the freezer to get out for lunch selections, or cook extra fish or chicken the night before, saving a portion for lunch the next day.

A Salad Choice should be created from a variety of lettuces or spinach and fresh salad vegetables from the list, such as cucumbers, carrots, tomatoes, green onions, green pepper, kale, radishes, alfalfa sprouts, mushrooms, or squash.

Vegetable Choices should be from the list, fresh or frozen – not canned - like asparagus, broccoli, or greens.

Fruits should be ones from the list. Limit apples and bananas (or eat ½ banana)

Option: If desired you can substitute 1 diet yogurt for the fruit and then have the fruit, like a chopped up apple, as the afternoon snack option.

Water ... don't forget to drink another 8oz water at lunch. You can add a lemon and sweetener and make lemonade if desired.

A New Option:

Diet Soups can be made for lunch as a meat and vegetable option. These should be made with vegetables, lean meat, seasonings, water and diet chicken broth.

Calorie count, per serving, should not be larger than 250 calories

Recipe Example: *Chicken Vegetable Soup* – makes two servings

Ingredients:

2 cooked chicken breasts (150cal ea)

1 32oz pkg diet chicken broth (4 cups) - 60 cal

1 can low sodium diced tomatoes (46cal) 1 minced garlic clove

1 onion, chopped Parsley and seasonings

2 T. tomato paste (26cal) 1 cup water

Assorted fresh vegetables as desired, like 1 cup chpd cabbage, 1 sliced carrot, chpd, 1 celery stalk, chpd, ½ red or green pepper, chpd, and 1 zucchini, chpd, 1 cup broccoli, or 1 cup green beans

Directions: Saute onion and garlic clove in a little olive oil. Add carrots, celery, bell pepper, and cabbage and cook about five minutes. Add water, broth, chicken, and seasonings; bring to boil. Add remaining vegetables. Stir and heat and then add broccoli, if desired, tomato paste and undrained tomatoes. Simmer for appx 20 minutes until vegetables are tender - appx 200 calories per serving. Note. The more vegetables you add, the higher the calories. Add your choices up. To reduce calories, add chopped roma tomatoes near end and omit canned tomatoes. Explore *Diet Recipes* in books and online for more options you might like to try. Check the ingredients to be sure no ingredients are off list, and check the calorie count to be sure it isn't too high for a lunch choice.

Snack – BETWEEN LUNCH AND DINNER

As with Week 1 you can eat a diet yogurt with under 100 calories for this snack and eat it with another 8oz water, or if you want a lift, a diet cola. Or if you chose to eat the yogurt at lunch, eat a fruit for a snack. An apple, with its natural carbohydrate and natural sugar content, is especially good here if you tend to get a metabolic dip in the afternoons or are a little hypoglycemic.

DINNER – WEEK 2

1 *Meat* – lean chicken, fish, shrimp, scallops, salmon turkey – with lean beef or steak on one night for a change

2 *Vegetables* or 1 *Vegetable and a Salad* 1 8oz *Water*

1 *Diet gelatin* or 1 *Fruit* serving for dessert

Directions:

The basic dinner plan from Week 1 continues in Week 2 with some new options. Choose two vegetables, as before, each night. One can be a salad, if you like. You can alternate meat choices more this week—chicken one night, beef the next, fish one night, pork the next. Don't have beef and pork more than once in this week and alternate the Week 1 meats between the beef and pork nights. You can begin to introduce an occasional carbohydrate choice for one of the evening vegetables, but never two nights in a row, like trying $\frac{1}{2}$ small potato one night or $\frac{1}{2}$ cup rice or $\frac{1}{2}$ ear corn. Use butter spray on these vegetables. Watch the portion size and calorie count. You might also add one of the other more starchy vegetables on the list, like a half cup black beans. Do this very sparingly in this second week and watch how weight is affected by the change. It is healthy to have some carbohydrates in the diet, and adding bread in the morning allows a full day to work off these extra calories. This week and next, you can add back in other higher carb vegetables in limited portions, if desired, but you should stay mostly in the Week 1 boundaries or your weight loss will slow. Continue to use diet gelatin or a fruit like strawberries for dessert with a tablespoon of diet whipped topping. In Week 3, diet puddings will be added to the menu option.

New Options: You can explore many new recipes and ways of fixing the foods on your list for dinner options. Think “variety” for your meals and experiment with new ways of cooking with the right kinds of foods that are healthy and good but that will also keep you reducing. Try Grilled Kabobs with meat and vegetables. Try putting meat and vegetables in foil packets, seasoned and spritzed with butter spray and baked in the oven. Try stir-fry dinners with meat and vegetables.

EVENING SNACK – WEEK 2

Later in the evening add another 8oz water, and if you like later, a cup of hot tea. You may also add another diet yogurt for an evening treat.

EXERCISE

A part of your weekly routine should now be Exercise. Purpose to find a minimum of 20-30 minutes every day for exercise. Exercise can be broken into two blocks twice a day or done all in one block. The best exercise is one you enjoy and will faithfully do. You can do the same exercise every day, like walking, or you can alternate exercises.

Ideas for Exercise:

(1) Walk every day. Go out your door and walk in your neighborhood or a nearby park. Walk further and more briskly every time. Take long strides. Breathe deeply. As you build strength walking, you can also sometimes go hiking in mountains or parks near your home. In the winter, consider “mall-walking” or finding an indoor place to continue moving.

(2) Go to a gym or work out on home gym equipment every day. Build up gradually as with any exercise. It’s not helpful to work out until you’ve pulled muscles and end up in bed. All exercise is harder at first, easier later.

(3) Go to a swimming class or water aerobics class and, in between, go to the pool on your own to keep that exercise up.

(3) Occasionally, enjoy a sport you like or are accomplished in like golf, tennis, basketball, racquetball, baseball, canoeing, kayaking, etc. Even soft sports like croquet and badminton are excellent forms of exercise.

The 10-10-10 Routine

Add a Routine of Exercises to your day, also – like the kind you did in school gym class growing up. Start with 5 of each exercise every day, done with or without music as you prefer. Then every few days to a week add one or two more until you’re up to 10 of each exercise. At the end of your exercise routine, run in place. Run to a count of 50. As you lift each leg, it’s a count. Build every few days to a week until you are running to a count of 100. Lift your legs. Keep a good pace. This activity should escalate your heartbeat and make you pant a little—making it an excellent

aerobic activity as a part of your routine....Decide on 10 Basic Exercises you can do for your routine. These should move and strengthen different parts of the body. Some should be standing exercises; some should be floor exercises. Modify the exercises according to age and ability. You can get online to find the best exercises for your body and needs. You may also consult a personal trainer or associate in a gym for ideas for exercises to do daily to improve health and mobility.

Suggestions: ... Work up to 10 each of these 10 exercises

10 Arm Swings, hold arms out perpendicular, roll in circles to count of ten

10 Waist Whittlers, hold arms perpendicular; swing to right and left; tuck tummy

10 Wall Push-offs, put hands on wall shoulder high; do ten body push-offs

10 Side Toe Touches, with legs spread, do 10 alternate toe touches

10 Lunges, alternate right and left side lunges, five each side

10 Leg Swings, stand in a doorway, alternate swinging legs to count of ten

10 Jumping Jacks

10 Plies or Knee Bends, can hold chair for support

10 Alternate Leg Lifts, lying on floor

10 Sit Ups, lying on floor; can bend knees if needed

At the end ... Run in Place to One Hundred – For aerobic benefit

WEEK 3 – REDUCING DIET

Appetite is aroused by emotions and associations not just hunger.

*Will power is like a muscle; the more you use it
the better developed it will become.*

Sometimes the excitement of dieting and reducing starts to pale as Week 3 begins. Your “mind” misses its old way of eating and the foods you used to eat without thought for calories or good health. A disciplined life is always harder than a non-disciplined one. But keep in mind that the undisciplined life you used to live took you

down the path to being overweight. Only change will take you back again, and only change will keep you at a healthy weight. There is a tendency to “feel sorry for yourself” for foods you can’t eat right now, for restaurants you used to enjoy going to or for dinner parties you’re missing out on due to your new restrictions.

Expect possible relationship problems

As your life, weight, and habits change.

Many overweight people begin to notice and realize that many of their best friends, and the people they always spend the most time with, are also overweight. This creates awkwardness, as those friends often subtly try to sabotage a dieting friend’s efforts. And, yes, it is often hard to say “no” when everyone else is saying “yes” to foods your “mind” is missing by now. Never deceive yourself though that people who are thin eat whatever they want whenever they want. They don’t. You may see them have a more lavish meal out at a dinner party or restaurant now and then, but if you followed them around every day you would see they eat less and eat more of the right things on a regular basis. They generally are more active physically as well, burning off more calories daily. When you diet, by choice, you step away from the pack.

No one achieves great things by just following the crowd.

Following the crowd only takes you where the crowd is going.

This is a good time to encourage yourself and to remind yourself why you are trying to lose—to be healthy and to live healthy as well as to look better. The world, as you well know, judges heavily on appearance. Discrimination is rampant toward those who are greatly overweight. Extensive research has found that those who are greatly overweight or obese have more difficulties in their lives physically, emotionally, and socially.

Your life does not get better by chance.

It gets better by change.

This is a good time to encourage yourself and to remind yourself why you are trying to lose—to be healthy and to live healthy as well as to look better. The world, as you well know, judges heavily on appearance. Discrimination is rampant toward those who are

greatly overweight. Extensive research has found that those who are greatly overweight or obese have more problems developing strong friendships and relationships easily, suffer work discrimination in hiring and promotions, experience more depression, and have more physical health problems. The world views those overweight as self-indulgent, lazy, and lacking in self-will. If this is false and unkind, it is still so. Stigma toward heavily overweight and obese persons is pervasive through society. Even as obesity rates have increased, the stigma toward obesity has not decreased but in fact has also increased, according to many studies. Excess weight interferes with living a healthy life and it ensures societal disadvantages, including societal condemnation and discrimination.

Purpose to change and win for yourself.

Today—not tomorrow—is always the day to change yourself for the better.

WEEK 3 – FOOD PLAN

BREAKFAST – Week 3 – Every Day

1 Egg

1 Bread

1 Fruit

Large Glass Water (8 oz) ... Remember your vitamins, too!

Coffee or Tea

Directions:

Continue following the directions for Week 2 here on the ways to prepare eggs and on the bread and fruit to select.

BETWEEN BREAKFAST AND LUNCH

Try to drink another 8oz of water midway between breakfast and lunch. Again, you can use flavored no-calorie water, if desired.

LUNCH – Week 3 – Every Day

1 Lean Meat Choice – from list

1 Vegetable or Salad Choice or fruit – from list

1 Fruit – from list

Large Glass Water (8 oz)

Directions:

Lunches for Week 3 should continue much as in Week 2. Vary these options so that lunch has diversity from day to day.

Water ... don't forget to drink another 8oz water at lunch. You can add a lemon and sweetener and make lemonade out of it.

Snack – BETWEEN LUNCH AND DINNER

As with Week 1 you can eat a diet yogurt or, if needed, an apple with another 8oz water, or if you want a lift, a diet cola.

DINNER – WEEK 3

1 Meat – lean chicken, fish, shrimp, scallops, salmon turkey – with lean beef or steak on one night for a change

2 Vegetables or 1 Vegetable and a Salad

1 Diet Gelatin or 1 Fruit or 1 Diet Pudding serving for dessert

1 8oz Water

Directions:

Use the basic dinner plan from Week 2 with some new options. Choose two vegetables, as before, every night. One can be a salad, if you like. You can continue alternating meat choices ... chicken one night, beef the next, fish one night, pork the next. As in Week 2 you can eat an occasional carbohydrate choice for one of the evening vegetables, but never a carbohydrate choice two nights in a row. Watch the portion size and overall calorie count as you occasionally add in carbohydrates. If desired, you might try adding a pasta option one night. You may also wish to try many of the low-calorie recipes for casseroles and main dishes you may have been missing, finding new ways to make them as low calorie meals.

There are good recipes for many low calorie casseroles like Chicken Divan with chicken and broccoli, for chili, for tacos, and even for spaghetti. Remember you must plan and make changes in the recipes and portion sizes for these new menu items. For example, there are many diet recipes for spaghetti but you will need to limit the pasta to a cup. One-cup regular spaghetti pasta has about 200

calories; one-cup whole-wheat pasta has about 175 calories. So you will need to add calories carefully for the spaghetti sauce portion and the salad to accompany it. Another option is to substitute the pasta with spaghetti squash. As you experiment, watch how weight is affected by the changes you introduce.

In Week 3, in addition to Diet Gelatin or a fruit for dessert, you can add Diet Pudding as an option. Diet Puddings, like Diet Gelatins, will make four custard cups of pudding. Eat one in the evening with a tablespoon of diet whipped topping as a change. After being away from sweets for two weeks, this dessert will seem a real treat. You may want to alternate gelatins and puddings every night, versus having pudding every night.

A New Option:

If you love chocolate, and miss it, chocolate diet pudding at night will offer a chocolate option. You can also buy diet hot cocoa. Three tablespoons of diet cocoa in a cup of hot water is 50 calories. This isn't a "free" snack but one you can often tuck in to your daily calorie count occasionally as desired.

EVENING SNACK – WEEK 3

Later in the evening add another 8oz water or a cup of hot tea. You may also add another diet yogurt for an evening treat.

EXERCISE

Continue your daily exercise routine, walking or engaging in some sort of regular 20 minute exercise daily and then doing the 10-10-10 Exercises at night. As you lose and as you move more, exercise will become easier.

EATING OUT:

In Week 3 you can experiment with eating out a meal in a restaurant. Select a restaurant carefully where you know you can stay on your program. Study the online menu ahead of time to decide what you will eat. Most all restaurants give calorie counts of menu items now so you can plan what you can have and add the calorie count

before you go out to eat. Grilled or broiled fish, or salmon are good options to consider. Ask them not to put extra butter on your meat choice. Order salad as one option and order a green vegetable like steamed broccoli or asparagus as your second option. Take a dressing packet in your purse with you to use rather than a restaurant's usually high-caloric dressing. If the restaurant has a diet dressing, ask for it on the side and try dipping your salad bites into it rather than pouring it all over the salad.

Say no to the bread often brought ahead of the meal. If you like put a Ziploc bag of celery and carrot sticks in your pocket or purse to eat while others eat the bread or chips or other appetizers often brought ahead of a meal. Eat a late lunch that day and drink a large glass of water before you go out to eat. Check your weight the next morning to see how this venture affects your weight. Many people can eat out successfully without gaining while others have trouble with restraint and portion size when they get in a restaurant setting. When you are invited to someone's home for lunch or dinner, tell the host or hostess you are in a diet program. Ask about the planned menu and offer to bring food of your own if you learn the meal planned is not one you can eat on program.

WEEK 4 – REDUCING DIET

Like it or not, as Week 4 begins, you will find yourself beginning to settle in to this new eating plan more easily. But be warned, there is a temptation to want to congratulate yourself on your weight loss by going off diet with a splurge night. Don't do this. It will set you back. Don't sabotage yourself. Keep steady with your goals.

Be courageous and remember

you do have the ability to keep after your goals.

In Week 4 you began to alternate foods more, adding back in carbohydrate options gradually and in smaller portions than in past. Most people who are overweight consistently eat more sweets and carbohydrates than others do. The old joke about potato chips

saying “you can’t eat just one” comes from this truth. Carbohydrates and sweets “call out” like dangerous sirens to lure away those trying to eat a more healthy diet into the rocks. Always be aware of how seductive these are to us “mere mortals.”

*Bad habits and unhealthy foods
are both addictive and seductive. A fact.*

If you find yourself getting “tired” of your diet, begin to work hard to bring more variety into your meals. Make an omelette for breakfast. Change out the fruit and bread choices. Get more creative in lunch options. Make chicken salad. Stir fry vegetables and meat from dinner the day before. Go to the library or the used bookstore to look for low-calorie and diet cookbooks with more eating options. Remember, you are building a new lifestyle, not just trying to lose some weight. This program is called Diet Options because you do have hundreds of options every day. Finding and learning about those options and which ones you like and prefer, however, is up to you.

*Any investment in good knowledge will pay you back a hundred fold.
Knowledge is power. Always keep reading and keep learning.*

WEEK 4 –FOOD CHOICES

BREAKFAST – Week 4 – Every Day

1 Egg

1 Bread

1 Fruit

Large Glass Water (8 oz)

Coffee or Tea

Directions:

Continue following the directions for Week 2.

New Option: Oatmeal

You can exchange the bread option for 1/2 cup of oatmeal, if desired. One half cup of oatmeal is 75 calories. Spritz with butter

spray, if desired, but don't add real butter or cream. The oatmeal choice should preferably be real oatmeal and not the prepackaged ones. But if you use a pre-packaged oatmeal, check the calories and ingredients carefully and eat only half the packet.

Note: It is healthier never to return to cereal as a breakfast option as it is high in calories, carbohydrates, and sodium. An egg or meat option gives more staying power through the morning and is healthier. For good nutritional health, we really need only 60 grams of carbs a day which is not much, about the equivalent of ½ piece bread or 1 ear of corn or one half large potato. One bowl, or two cups, of cereal, like a raisin bran cereal, has 376 calories, 92 grams of carbohydrates and 420 mg of sodium and the milk adds more calorie count. Eat cereals sparingly and in small portions.

New Option: French Toast

If you are missing pancakes, waffles and French Toast, make French Toast for breakfast one morning with 1 whole wheat bread, one egg, and a little skim milk if needed. Fry in vegetable spray. Flavor when done with butter spray and ¼ cup of diet, sugar free, maple syrup (which has 15-23 calories, depending on brand).

New Option: Canadian Bacon

You can substitute Canadian Bacon for egg some mornings. Good with oatmeal or good on a half English Muffin or folded between a slice of diet wheat toast, like a half sandwich.

Fruit: Any morning desired, you can also add a small slice of cantaloupe with your orange or half grapefruit choice. If you are having oatmeal, you can eat ½ large banana with it or one small banana as a main fruit option. A large banana is about 120 calories, a medium banana is about 100 calories; a small banana 80.

LUNCH – Week 4 – Every Day

1 Lean Meat Choice – from list

1 Vegetable or Salad Choice or fruit – from list

1 Fruit – from list

Large Glass Water (8 oz)

Directions:

Lunches for Week 4 should continue much as in Week 3.

New Options:

Continue experimenting and trying new food. Continue not eating beef and pork and other higher calorie meats two nights in a row. Let this same principle apply with new higher calorie carbohydrate vegetables you introduce. If you chose ½ small potato one night, consider eating a lower calorie yellow vegetable the next night like carrots or cauliflower or squash.

Trading lunch and dinner options:

Depending on your lifestyle, you can experiment with “swapping” lunch and dinner if you like. This trade option is nice when you are invited to a luncheon event where the food options are more like dinner options. Also, many retirees or individuals on non-norm work schedules find that eating their larger meal in the middle of the day works best. Be aware that this creates a habit in which the body wants a larger meal at mid-day than at night - so think carefully about what habits you want to develop. Keep in mind that daily options you select are always creating new habits your body thinks you want to establish as a new lifestyle. Your body counts on you to establish a healthy pattern of eating that it can “urge” you to continue in, but it is not built with a “mind” to tell you when you’re going astray from what is best. So be aware that when you choose to eat a large lunch, your body may still signal to you to eat more at night than you should or to snack.

Snack – BETWEEN LUNCH AND DINNER

As with previous weeks you can eat a diet yogurt or apple.

DINNER – WEEK 4

1 Meat – lean chicken, fish, shrimp, scallops, salmon turkey – with lean beef or steak on one night for a change

2 Vegetables or 1 Vegetable and a Salad

1 Diet Gelatin or 1 Fruit or 1 Diet Pudding serving for dessert
1 8oz Water

Directions:

In Week 4, the basic dinner plan for Weeks 2 and 3 continue, hopefully beginning to feel more like a “new norm” for you as a way to plan meals and to eat each day. As you swap around your options and try new recipes, remember to watch portions, to write down all you eat, and to count calories at every meal. For a dessert option, continue alternating diet gelatin, diet pudding, or a fruit. You will find at this point that any fruit tastes sweeter to you after being off sugar. Another dessert option you can select now is a diet popsicle or diet frozen fudge bar.

SHOPPING:

Learn to read labels on foods. One of Diet Options classes is about reading grocery store labels and learning what terms mean. Try not to grocery shop when hungry. And keep in mind that the “outside” aisles are where the four major food groups are usually located.

EVENING SNACK – WEEK 4

You can add a diet yogurt and hot tea for an evening treat.

EXERCISE

Continue your daily exercise routine, walking or engaging in some sort of regular 20 minute exercise daily and then doing the 10-10-10 Exercises at night.

CONTINUING REDUCING WEEKS

By this point, you are a “diet pro.” You know what to do. You know the kinds of foods you need to select and eat to continue losing weight every week. You are learning the foods, restaurants, activities – and individuals – that most sabotage your diet progress. As you start Week 5, you should have lost 8 to 15 pounds already

in your first month. You should continue to lose about 2 pounds a week as the continuing weeks move on.

Remember: Nothing tastes so good as being thinner feels.

Stay strong and keep on keeping on.

WEEKS 5- 6 AND ON – REDUCING DIET

At this point you will continue following the plan established in Weeks 3 and 4, beginning to try different options and meals for variety. Do faithfully continue to weigh daily, write down everything you eat, and count calories every day for every meal. Many people begin to slack off in recording food and calories at this point and slow their weight loss. They also begin to decide that a few sweets, a few carbs, a big pizza, a hamburger, fries, and a shake, or a high calorie treat, like a funnel cake, is something they deserve after a month of being so “careful.” Be warned that any time you do this, even if you don’t see gain the next morning, you will probably see less loss in that week. So, know that each day is a choice – to keep loss going, to eat wisely and well, or to fall off the band wagon.

Those who resist, persist.

Your direction, your course, your choices are always up to you.

If you “mess up” and fall off program, get right back on program the next meal. If you fall off for a holiday, a weekend trip or vacation, go back to the eating plan of Week 1 for several days - to a week - until you see any weight you gained come off right away and to break any carb and sweet addictions you might have kicked back up. Don’t wait and let that gained weight settle in. Never decide that a day, or even a few days “off diet,” means you should quit working toward getting a good weight back altogether.

If at first you don’t succeed, always try, try again.

A winner never quits and a quitter never wins.

Periodically, your weight will begin to “plateau” and stabilize. In those days, sometimes lasting up to a week, you may not see “loss”

on your scales. Often, though, you will notice changes in your body. Many diet centers measure clients when they begin to diet so they can visually show their clients how much their body measurements are changing as they lose weight. In plateau weeks some people find their clothes getting looser even when weight is not coming off as easily. The body sometimes needs these transition points, so don't panic when they occur. Often the body is even "resetting" body set points in these times, always good, as this means your body will begin to more easily cooperate with your new eating habits, with cravings and desires to overeat dropping off more.

You can help plateaus along by reverting back to less carbs and sweets as in Week 1 if desired and by increasing your exercise. Or just wait these times out, knowing they are normal. If a plateau continues past a week, you may need to cut back the overall daily calories you are consuming a little each week to move the body back into a losing mode. For some dieters, they've become tired of noting their food carefully or in adding up the daily calories correctly, and this lack of attention to detail may have stalled their loss. Buckle down and stay conscientious during a plateau and any time weight loss slows and slogs down. Many times the reason for no loss is you and the way you are eating.

*Everyone fails at some point, but a person with character
gets up and tries again.*

When you feel like quitting, think about why you started.

When it comes down to it, all success, in all arenas of life, take work, courage, effort, persistence, determination, and vision. Losing weight and establishing a new pattern of eating takes all those attributes. Confucius wrote: "It does not matter how slowly you go as long as you do not stop." Keeping the vision and keeping persistent in your efforts will in time yield the results you want.

*We are what we repeatedly do. Excellence is not a single act,
but a habit.' – Aristotle*

You must continue envisioning yourself as the person you want to be.

How much will you lose by the end of two six-week blocks?

Most dieters lose 10-12 pounds the first month and 8-10 pounds every month after. So at the end of 12 weeks, or after two six-week blocks of working to reduce, you should see a loss of 34 to 42 pounds. This is encouraging to most, making a big difference in how they look and feel. Many see a clothing size loss at this point. In another six weeks, dieters usually see their weight continuing to fall by 8-10 pounds a month.

Keep in mind that in the future, you'll thank yourself for staying constant.

Repeat after me: I can do this and I want this.

A fun inspirational quote to keep in mind:

When dieting ...

It takes 4 weeks for you to see a difference.

It takes 8 weeks for your friends to see a difference.

It takes 12 weeks for the rest of the world to see a difference.

Individuals with a lot of weight tend to lose faster than individuals closer to their ideal weight. Sometimes weight loss occasionally slows for some individuals. Illness and drugs affect loss as do other factors of life. But even if loss is sometimes slowed, it is easy to see that in six months, a significant change will be seen. You will feel a new sense of confidence and power, realizing the changes you are capable of making in your own life.

New confidence always makes a person stronger and happier.

And that new image in the mirror will really make you smile.

MAINTENANCE – A KEY TO WEIGHT LOSS SUCCESS

The day comes in every weight loss program when an individual feels they have lost to their hoped-for weight. The key then is to continue maintaining that weight and in knowing how to return to that weight if a few pounds are gained.

*I'm not losing weight. I'm getting rid of it.
I have no intention of finding it again.*

In the Diet Options Program, weight loss clients continue on a Maintenance Plan where they meet once a month for a “weigh-in,” meeting and fellowship time. They share a meal and encourage each other with ideas, new recipes, and helpful experiences.

Association with successful people in any effort breeds more success.

Once you learn what it takes to be successful, keep doing it.

A key to any maintenance program is continuing to weigh daily and continuing to write down food choices for some weeks or months to come. Weighing daily helps to remind individuals if they slip out of good eating habits. Writing down foods helps them see what they have eaten that contributed to gain. In our world today, where everyone is bombarded with unhealthy foods constantly and with pressures at work and from family and friends to overeat, maintenance measures become critical. A new lifestyle is more vulnerable than an established one, like a new baby is more vulnerable than a strong adult. Learning is still ongoing.

*The person who says it can't be done shouldn't interrupt
the one who's doing it.*

A diet gets you to a weight loss goal. A good maintenance program helps you stay there and continue to learn how to keep a healthy weight and lifestyle. Many research studies show that individuals who continue in a maintenance program are more likely to keep off the weight they have gained. So even if you are not in a program, you need to think of yourself as on one and to do all you can to support yourself to continue with the patterns you have learned.

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