BASIC MEAL PLAN GUIDELINES
AGGRESSIVE WEIGHT LOSS

WHAT DO I EAT EVERYDAY

1. Raw Vegetables (EAT AS MUCH AS YOU WANT)
The more you eat, the more you lose. Shoot for one pound a day, that's less than 100 calories. Try lettuce, cabbage, tomatoes, bell peppers, carrots, peas, cucumbers, sprouts, broccoli, etc.

2. Cooked Vegetables (EAT AS MUCH AS YOU WANT)
Steam or sauté your vegetables, never cook them in water unless you're making soup. Try eggplant, mushrooms, peppers, onions, carrots, cauliflower, asparagus, zucchini, kale, collards, chard, cabbage, Brussels sprouts, okra, bok choy, turnip, greens, beets, spinach, etc.

3. Beans and Legumes (1 CUP/DAY)
Beans and legumes (lentils and peas) are great for weight loss. Beans especially, are high in fiber and resistant starch. Resistant starch is starchy carbohydrate that "resist" being broken down during digestion so they get excreted like fiber. This makes them like a third type of fiber. Starchy carbohydrates break down into glucose, but with beans a significant amount of the calories are not absorbed during digestion.

4. Fresh Fruits, Frozen is Fine (MINIMUM OF 4 FRESH FRUITS PER DAY)
Fruit juices are NOT allowed, it's the same as eating sugar. Try some oranges or apples in your salads, or pineapples with vegetables and beans.

5. Starchy Vegetables & Whole Grains (ONLY ONE SERVING PER DAY)
These are more calorie dense than non-starchy vegetables...corn, sweet potatoes, white potatoes, squash, yams, pumpkin, barley, buckwheat, millet, quinoa, brown/wild rice.

6. Raw Nuts & Seeds (1/4 CUP OR A HANDFUL PER DAY)
Nuts and seeds are great sources of fat, which makes them very high in calories. They're both great in salads. Blend up some nuts with fruit and herbs to make salad dressings. Avoid commercially packaged toasted nuts and seeds, which are often cooked with hydrogenated oils (trans fats) and sodium. If you desire, you can lightly toast them yourself, you don't need oil for this.

Try almonds, cashews, walnuts, pecans, sesame seeds, sunflower seeds and flaxseeds.

7. Herbs, Spices & Condiments
Use herbs and spices to give make your food flavor. If you must use ketchup, buy it unsweetened at the health food store and make sure it has no oil. Best case scenario, make your own with onion and garlic. Turmeric, cinnamon, ginger, nutmeg, cayenne, cumin and garlic are great for weight loss.

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