

What to eat for the next TWO weeks.

The first two weeks are the absolute opposite of the low calories, low fat fare that you normally associate with dieting. This is not a ketogenic diet either which aims to remove all carbohydrates.

It is a little more restrictive than you may be used to however it does have delicious satisfying components.

The goal is to increase the percentage of your calories from FAT! Enjoy thoroughly! Do not stress out about the proportions just aim to increase your fat intake in ways that are delicious for you.

Yes you may have that full fat plain yogurt with berries for a snack if you wish. Almond butter with celery too or my all time favorite – apple with cheese. Enjoy!

So the base requirements are:

The HAVE's.

Protein : meats, fatty meats like hamburger, poultry, fish, whey protein powder & eggs.
for a vegetarian option, tofu & Tempeh

Vegetables: all salad greens, broccoli, cauliflower, kale, Brussel sprouts, cabbage, celery, sweet peppers, bok choy, spinach etc etc etc as The King of Siam would say!

Butter, nut butters (without added sugar), nuts & seeds galore.
Olive oil & coconut oil, coconut cream for soups.

Full fat dairy of all kinds – yoghurt, kefir, cream, cheese of all varieties, sour cream.

Olives and avocado.
An apple or pear or cup of berries/cherries.

If you do not like dairy then you may use UNSWEETENED almond milk or similar substitute.

The HAVE NOTS.

NO GRAINS or GRAIN PRODUCTS - yes this means bread, pasta & rice, cookies, cakes and cereals. Corn on the cob.

NO SUGAR or ADDED SUGAR (if you to need taper down 5 days max!)

NO WHITE POTATOES, NO STARCHY ROOT VEGETABLES

NO TROPICAL FRUIT (bananas, pineapple, mangoes and papayas)

NO ALCOHOL

Each meal requires protein & vegetable/or your fruit. You will find you will naturally add fat to this arrangement. Apple with cheese, avocado with eggs so you need not concern yourself unduly with trying to add additional fat to your meals.

These first two weeks will bring down the insulin and calm the inflammation in the body.

Listen to the mp3 once a day.

Finally – take your list of problems and come up with unique & interesting ways you can change the “doing” of the each problem. The funnier the better – novelty wires neurons together. Although you can have fun with this, please take this task seriously because soon you will be implementing your changes.

Do not short change yourself by ignoring this homework. Anything worth doing requires effort.

See you in two weeks.