

## **The Casual Diet**

This eating program is not so strict that you feel as if you're on a "diet". It's also a great way to get started on changing your eating habits. It will get rid of that "puffy" look and start to trim you up. Bottom line: It's easy, it works and it doesn't feel strict.

### **Foods:**

#### **Lots of fruits and vegetables all day.**

- All fruits are allowed. Only one banana a day. We suggest that you eat the banana when you are most hungry. Bananas can be very filling :-}
- Be careful to not over do the fruits as your blood sugar can spike. Especially berries, cherries & grapes.
- Lots of vegetables – any kind, raw, steamed, grilled or baked.

#### **Healthy grains and fiber.** (you can have up to 3 of the following each day)

- Two slices of multi-grain bread (or the equivalent)
- One yam or baked potato
- ½ cup of whole grain cereal with ½ cup of rice or soymilk.
- 1 serving of multi-grain crackers (Dr. Kracker is good)
- ½ cup of brown rice (try to skip the white rice)

#### **Up to three portions of protein a day.**

- Portion size: No more than the palm of your hand.
- Protein choices would include: Grilled chicken or fish (i.e. salmon, halibut, etc). Tuna fish in a can is fast and easy.
- Salads are fast and easy, add your protein and you're good to go.
- For breakfast (or lunch) you can take 5 or 6 egg whites and make an omelet, or scramble them.
- Warning: Dressings and sauces are super high in calories – take it easy!

## **Liquids:**

- All the water and herbal tea you want. Vegetable juices are great too; just take it easy with carrot or tomato juice.
- No fruit juices! You can absorb your entire caloric intake with fruit juices alone.

## **On the Run:**

- You can get a grilled chicken salad just about anywhere (dressing on the side) – i.e. Zuzu's, La Salsa or Panera.
- In a pinch steamed vegetables are easy to get at Chinese food restaurants - light on the brown sauce. There are of course better places.

## **Vices:** If you must :-}

- One cup of coffee and one glass or wine (preferably red) a day. Red has the most nutritional value.
- One diet soda ... again, if you must.

## **Exercise:**

- Workout 3 times a week. Just do it - at least 20 minutes of cardio each time. Satori Sport is a great workout option :-}

## **Clarity:**

- If it isn't mentioned in the diet, then it is probably out. Like can I have a small amount of ice cream? Well if you don't see it listed then we're recommending that you don't eat it.