

MODIFIED HIGH-PROTEIN DIET

- 1.) Diet to be followed **13** straight days, then off diet day # **14**
then repeat: **13** days on, **1** day off.
- 2.) You **MUST** eat some form of fruit(fresh, not canned or jar) daily.
- 3.) If you do not follow this diet strictly, it **may not** and **likely will not** be effective.
- 4.) You must also refrain from **alcohol** use during the 13 day period as it contains a high carbohydrate level.
- 5.) **It is important that you begin some form of regular exercise program.**(working hard and caring for children do not count, your bodies have adapted to these activities) This will be very important in maintaining your weight once the desired amount is lost.
- 6.) **YOU MUST ALSO EXERCISE PATIENCE !!!** It takes longer to lose weight than to gain it.
- 7.) **Amount of weight loss will be different for each individual,**
do not compare your weight loss to a friend's or spouse's.

Diet Restrictions For Day 1 - Day 13

(You cannot have any form of)

Pasta/Noodles/Macaroni/Spaghetti

Potatoes (fries, baked, chips, mashed, etc..)

Rice (of any kind)

White or Yellow Vegetables (cauliflower, squash, corn, etc.. or anything made from or with them....)

Beans (baked, black, garbonzo, pinto)

Bread and Bakery products (muffins, doughnuts, rolls, bagels, croutons, etc..)

Crackers, Cereals, Cream of Wheat, etc...

Food made with breading, bread crumbs, etc...(i.e. shake & bake, etc..)

Cakes/Pies/Cookies/Pop Tarts, etc...

Candy (of any kind or form)

Ice Cream/Ice Milk/Yogurt, etc..(Diet/Sugar-Free is OK)

Soda/Soft Drinks (diet soda is OK though)

Peanut Butter, etc...(no spreads, etc..., plain peanuts, walnuts, etc.. OK)

8.) You may eat as much **meat(bacon, sausage, steak, chicken, fish, etc..)**, **eggs, cheese or anything else you wish** during Day 1 - Day 13.

9.) On Day # 14, **you may eat anything you wish**, in moderation of course