



WEIGHT LOSS DIET

High Protein - Moderate Fat - Low Carbohydrate

DO'S

- **ALL ANIMAL & FISH PROTEIN**

EGGS
SHELLFISH
ALL FISH
CHICKEN
TURKEY
STEAK
LAMB
PORK
DUCK
VENISON
ORGAN MEATS
BONE BROTH

- **ALL GREEN VEGETABLES**

PLUS ONION, CAULIFLOWER,
MUSHROOM

- **OTHER ALLOWABLE FOODS**

COTTAGE CHEESE, PLAIN YOGHURT
(INCLUDING GREEK), BERRIES, AVOCADO,
BUTTER, GHEE, OLIVE OIL, COCONUT OIL,
AVOCADO OIL, NON-SUGAR VINEGARS,
COFFEE, TEA, WATER, ALL SPICES

DON'TS

EVERYTHING ELSE!

FRUIT, NON-GREEN VEG, BEANS, GRAINS, PULSES, SOYA,
NUTS & SEEDS, JUICES, PROCESSED FOODS, SUGAR,
HONEY

SPECIAL INSTRUCTIONS

- 1) DO NOT DRINK ANY TYPE OF SMOOTHIE
- 2) DO NOT JUICE VEGETABLES OR FRUIT
- 3) DO NOT MISS A MEAL
- 4) AFTER YOU LOSE SOME WEIGHT, DO NOT CELEBRATE WITH THE WRONG FOOD(S)!
- 5) DO NOT EAT TOMATOES OR NIGHTSHADES
- 6) DO NOT EAT PEPPERS
- 7) DO NOT DRINK ANY ALCOHOL

This high protein diet is very low in fibre and as such causes constipation in around a third of patients. To alleviate this and ensure you have a bowel movement every 1 to 3 days, use Senna Tea, SlimaTee or Food Grade Castor Oil (1-5 tablespoons per day, as needed).

MOST IMPORTANT:

For this diet you need more fish/animal protein than green vegetables: 60/40.
Once you have reached your weight loss target, you can eat more green veg than animal: 40/60
Gradually over the next month you can move to the anti-inflammatory diet, reintroducing other vegetables, fruit, nuts, seeds, grains, beans and a little alcohol.