

WELCOME TO INNOVATIVE MEDICINE WEIGHT LOSS PROGRAM

***Our goal is to help you learn how to eat in a way that will support your health as well as your new lower weight.
In the program you will also learn how to make friends with food and your body again.***

Our Diet:

“More than a diet, it is a lifestyle”

Follow these 3 principals:

- *Restricted or low carbohydrate intake: reduce carbs that will cause in spike of insulin. Remember insulin is the hormone responsible for storing fat.*
- *High intake of protein: to keep your metabolism high and protect your muscle mass.*
- *Moderate intake of good fat (this restriction is for weight loss only)*

Remember protein, fiber and fat do NOT raise your blood sugar and therefore do not cause a spike of insulin.

Eating is the key for weight loss and maintenance. The choices and the frequency are what make the difference.

Find Delicious Recipes at: [http:// innovativemedicine.org/weightloss](http://innovativemedicine.org/weightloss). Choose Low Carb option (a new window will open) Then click on Low- Carb Recipes.

The Low Starch diet: Phase 1

Protein:

Meat, fish and poultry:

All varieties of fish, seafood or shellfish. Beef, veal, lamb, turkey, pork, wild game or chicken and whey.

Eggs (anyway you like them)

Protein powders and protein bars: as meal replacements – look for low carb. Preferable made of whey.

Dairy:

½ cup of cottage or ricotta cheese, 1/2 cup of low-carb yogurt (CARBmaster-Kroger) or 1/2 cup of plain Greek Yogurt (no flavor).

Fat:

Oils:

Flaxseed oil, olive oil, walnut, sesame, grape seed oil, virgin coconut (look for “cold pressed” or “expeller-pressed”).

Coconut oil.

Carbohydrates:

Vegetables:

Unlimited quantity: raw, boiled, broiled, sautéed or steamed.

Alfalfa, artichoke, arugula, asparagus, avocado (guacamole), bamboo shoots, green beans, broccoli, Brussels sprouts, cabbage, cauliflower, cabbage, bok choy, chicory, celery, chard, chives, collard, cucumbers, dandelion, daikon, eggplants, endive, escarole, fennel, garlic, ginger, kale, kelp, leeks, lettuce, mustard greens, mushrooms, radicchio, okra, onions, olives, parsley green and red bell peppers, radicchio, radishes, rhubarb, shallots, spinach, yellow squash, tomatoes, watercress, zucchini, water chestnuts.

Fruit:

Unlimited blueberries, blackberries, strawberries or raspberries.

Optional:

Two whole portions daily:

1 cup cherries, ½ grapefruit, 1 pear, 1 peach, 1 orange, 2 plums, 1 nectarine, 1 apple, 1 kiwi.

Sweeteners:

Stevia (, zsweet or other brands); Xylitol (Xylosweet); Erythritol (Sweeten Me); Stevia + Erythritol (truvia, Pure Via,).

Beverages:

Broth, coffee or tea, Lemon juice or lime juice, tomato juices (no added sugar).

Dressings– only vinaigrettes without sugar added

The Low Starch diet: Phase 2

Protein:

Meat, fish and poultry:

All varieties of fish, seafood or shellfish. Beef, veal, lamb, turkey, pork, wild game or chicken and whey.

Deli Meat, bacon, turkey bacon, sausage, jerky and hot dogs (optional)

Eggs (anyway you like them)

Protein powders and protein bars: as meal replacements – look for low carb.

***Nuts:**

A Handful of almonds, Brazil nuts, hazelnuts, walnuts, pecans, pistachios, cashews or macadamias; a couple of tablespoons of seeds (e.g. pumpkins, sunflower, or sesame). Peanuts*

Nut Butters (like almond or peanut*) Reduced sugar or no sugar added.

Unsweetened almond milk – Almond flour

***Caution: Peanuts are a common allergenic.**

Dairy:

Up to 2 servings per day:

1 ounce of cheese (cheddar, cow, sheep and goat cheese, cream cheese, gouda, mozzarella, Roquefort and other blue cheeses and Swiss), ½ cup of cottage or ricotta cheese, 1/2 cup of low-carb yogurt (CARBmaster-Kroger) or 1/2 cup of plain Greek Yogurt (no flavor).

Fat:

Oils:

Flaxseed oil, olive oil, walnut, sesame, grape seed oil, virgin coconut (look for “cold pressed” or “expeller-pressed”).

Coconut oil and all coconut products.

***Others: Butter (avoid margarine or any other butter substitute). Mayonnaise (real). Black or green olives.**

Cream (heavy or light) and Half and Half. Avocado (guacamole)

Dressings without sugar added – preferable vinaigrettes.

Carbohydrates:

Vegetables:

Unlimited quantity: raw, boiled, broiled, sautéed or steamed.

Alfalfa, artichoke, arugula, asparagus, avocado (guacamole), bamboo shoots, green beans, broccoli, Brussels sprouts, cabbage, cauliflower, cabbage, bok choy, chicory, celery, chard, chives, collard, cucumbers, dandelion, daikon, eggplants, endive, escarole, fennel, garlic, ginger, kale, kelp, leeks, lettuce, mustard greens, mushrooms, radicchio, okra, onions, olives, parsley green and red bell peppers, radicchio, radishes, rhubarb, shallots, spinach, yellow squash, tomatoes, watercress, zucchini, water chestnuts.

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Two whole portions daily:

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Beverages:

Broth, coffee or tea, Lemon juice or lime juice, tomato juices (no added sugar).

SAY NO TO:

- * Aspartame or products containing aspartame.
- *Bread, pasta, or any other product containing wheat flour and white potato in any form.
- *White rice, corn, beets, and cooked carrots.
- *Quick oat meal and practically all breakfast cereals.
- *Sugar and products with added sugar, candy, cake, cookies, crackers, pretzels, doughnuts, bagels, and muffins
- *Potatoes and potato chips.
- *Corn, corn chips and pop corn
- *Salad dressings and sauces with added sugar or corn syrup, such as Teriyaki sauce
- *Fruit drinks containing added sugar, sport drinks and fruit juice. Sugar-sweetened soft drinks
- *Dried fruit and Bananas
- *Try to avoid canned fruits and veggies. Choose frozen instead

The Low Starch diet: Phase 3

Slower progress – Maintenance. Add to phase I

Vegetables:

- 1 small sweet potato, ½ cup of green peas, and
- ½ cup butternut or acorn squash
- 1 raw carrots

Fruit:

10 grapes, small cube of cantaloupe, watermelon, pineapple or melon

Grains

- 1/2 cup of Chickpeas, kidney beans and other legumes. 1/2 cup of whole grain rice or whole grain pasta (**around the size of your fist**)
- 1 cup of oatmeal (made from rolled oats)
- ½ slice of 100% whole grain bread (try to avoid wheat)

Good fats and Oils

In general	Butter	Fat that occurs in natural meats and poultry
	Ghee (clarified butter)	Coconut oil
	Olive oil	Sesame seed oil
For Baking	Almond Oil	Ghee
	Butter	Grape Seed Oil
	Canola oil	
For Salads	Avocado oil	Flax seed oil
	Almond oil	Walnut oil
	Canola oil	Sesame seed oil
	Hazelnut oil	Olive oil
	Macadamia nut oil	

Important information:

Max. Net carbs (daily): 30 g (including your Fruit and Veggies) for weight loss.

Max Net carbs (daily): 50 g for Maintenance

Net Carbs = Total carbohydrates - dietary fiber - alcohol sugars

Minimum Protein Required:

In general most people need a serving size of 20g to 30 g of protein 3 to 4 times a day (between 60g and 120g depending on gender, size and level of activity).

Calculate your body lean mass: weight * (100- body fat %) /100

Pick a level of activity

Sedentary	no exercise	Multiply your lean body mass by 0.5
Moderate Active	some exercise twice a week	Multiply your lean body mass by 0.6
Active	intense exercise two to four times a week	Multiply your lean body mass by 0.7
Very Active	intense exercise every day	Multiply your lean body mass by 0.8

Protein Equivalent:

Meat, fish, poultry: 1 oz = 7 grams of protein

Eggs: 1 whole = 6 grams, 1 white = 4 grams of protein

Hard cheese: 1oz = 6-7 grams

Soft cheese: 1 oz = 3-4 grams

Curd cheese (cottage cheese): ¼ CUP = 7 grams

Plain Yogurt: ¼ CUP = 7 grams

Around 20g of 100%whey= 18 g

Examples for 20 g of protein:

3 oz. of meat

3 eggs

1 egg + ½ cup of cottage cheese

1 scoop of whey (100%)

Supplements:

- **We strongly advise to take the following supplements:**
 - **Multi-4**
 - **EPA-DHA**

To see the complete list please go to Supplements to help with weight loss

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Sugar Substitutes:

There are a few Stevia brands in the market. It should say in the package what amount of Stevia is equivalent to sugar, then follow the chart above to find the amount to use in the recipes.

Sugar Substitute to:	Pure Via	Xylitol / Erythritol
Sugar/Splenda		
1 teaspoon	¼ teaspoon or ½ sachet	1 teaspoon
1 tablespoon	¾ teaspoon or 1 ½ sachet	1 tablespoon
¼ cup	3 teaspoons or 6 sachets	¼ cup
½ cup	6 teaspoons or 12 sachets	½ cup
1 cup	12 teaspoons or 24 sachets	1 cup

