

# ADVANCE MEDICAL:

# 2 WEEK DIET PLAN

Day	Breakfast 8am	11 am snack	Lunch 1 pm	3pm snack	Dinner 6 pm	9 pm snack	DESERT 11 pm
1	Oatmeal + 1 cup strawberries + 1 cup coffee with skim milk	Carb-master yogurt	Iceberg lettuce +1 tomato + ¼ onion + ½ cup black beans	Protein shake	1 cup whole wheat spaghetti tossed with 3 oz grilled chicken 1 cup green tea	Carb-master yogurt	Protein shake
2	4 egg white omelet + 1 cup Spinach + 4 oz orange juice	2 cups cauliflower	1 nectarine 2 cups romaine lettuce 1 cup green grapes	Protein shake	Tuna can 3 oz 1 cup green tea	Cottage cheese with sliced radish and green onion	South beach diet Cinnamon Raisin bar
3	1 slice toast + 1 orange + 1 cup green tea with 1 or 2 Splenda packets	Carb-master yogurt	3 oz chicken 2 cups romaine 2 tomatoes ¼ cup onion	1 apple 1 string cheese	1 cup roasted zucchini + 1 tbsp olive oil + 1oz grated parmesan cheese 1 cup green tea	1 cup carrots + ¼ cup hummus	Protein shake + 4oz fat free frozen yogurt
4	Blueberries 1 cup + 1 cup skim milk + 1 cup green tea + ½ grapefruit	1 cup broccoli	1 granny smith apple + 1 string cheese	Protein shake	Grilled chicken 3 oz Broccoli 1 cup raw + 1 tsp ranch dressing 1 cup green tea	Carb-master yogurt	South beach diet Peanut butter bar
5	1 cup sliced Strawberries + 1 boiled egg + green tea	2 cups cauliflower	1 gala apple + 1 tbsp peanut butter	Protein shake	Tuna can 3 oz 1 cup green tea	Cottage cheese with sliced radish and green onion	Protein shake
6	1 banana sliced 1 cup Greek yogurt 1 tbsp honey + 1 cup green tea	Carb-master yogurt	30 peanuts + 1 plum	1 apple + 1 string cheese	1 cup veggies sautéed in olive oil + half cup brown rice + 3 oz salmon 1 cup green tea	1 cup carrots + ¼ cup hummus	Chobani yogurt
7	2 boiled eggs 1 orange 1 cup green tea	Carb-master yogurt	1 whole green pepper + 2 tomatoes	Protein shake	Grilled chicken 4 oz 1 cup green tea	Carb-master yogurt	Protein shake
8	1 nectarine + 1 cup coffee + Carb-master yogurt	2 cups cauliflower	1 whole English cucumber	Protein shake	Tuna can 3 oz 1 tsp mayo 1 slice toast 1 cup green tea	Cottage cheese + fruit	Chobani yogurt
9	1 cup blackberries + 1 cup lemonade ½ grapefruit + 1 cup green tea	Carb-master yogurt	1 whole red pepper + 20 almonds	1 apple 1 string cheese	Asparagus 5 spears light coat of olive oil salt pepper roasted 1 griller toasted 1 cup green tea	1 cup carrots + ¼ cup hummus	Protein shake
10	1 mango 1 slice watermelon 1 boiled egg 1 cup green tea	Carb-master yogurt	1 whole English cucumber + 1 tomato	Protein shake	Grilled chicken 4 oz 1 whole dill pickle 1 cup brown rice 1 cup green tea	Carb-master yogurt	4 oz Cottage cheese + fruit
11	1 cup cheerios 1 apple + 4 oz orange juice	2 cups cauliflower	1 cup raspberries + 1 cup skim milk	1 apple + 1 string cheese	Tuna can 3 oz 1 cup green tea 1 whole dill pickle	Carb-master yogurt	Protein shake
12	6 oz non-fat yogurt, 1 cup blueberries 1 cup green tea	Carb-master yogurt	1 whole English cucumber + 1 tomato	Protein shake	1 whole corn on cob with red pepper, salt, I cant believe its not butter spray 1 griller toasted 1 cup green tea	1 cup carrots + ¼ cup hummus	South beach diet Cinnamon Raisin bar
13	1 toast, 1 tsp pnt b ½ banana 1 cup coffee	2 cups cauliflower	15 Red grapes + 20 almonds	1 apple + 1 string cheese	Grilled chicken 4 oz 1 cup green tea	Carb-master yogurt	4 oz Cottage cheese + fruit
14	2 scrambled whole eggs + 1 tomato sliced	Carb-master yogurt	1 whole English cucumber	Protein shake	2 cups Cauliflower roast with 1 tbsp oil and 1 oz parmesan cheese, salt and pepper	Carb-master yogurt	Protein shake

- Antioxidant containing foods:** broccoli, cauliflower, berries, oranges, grapefruit, clementines, tangerines, citrus (ALDI)
- Potassium rich foods:** tomatoes, greens, beans, bananas, orange juice (ALDI)
- Fiber containing foods:** strawberries, peas, kale, acorn squash, flaxseed, kale, whole grains, celery (ALDI)
- Greek yogurt brands that contain high protein:** Oikos, Chobani, Fage (Kroger)
- Bread with extra protein:** Double protein bread by Brownberry (Kroger)
- Pasta with extra protein:** Barilla pasta plus (comes in a yellow box) (Kroger)
- Oatmeal with extra protein:** Fit and Active brand (ALDI)
- Yogurt Kroger brand with high protein:** Kroger Carb-Master yogurt (Kroger)

**WATER: Daily intake:**

16 oz of water immediately upon arising. 16oz of water before lunch, 16 oz before dinner and 16 oz at bedtime.

**SUPPLEMENTS:**

1. Vitamin C 1000 mg tablet = take 1 gram two times a day
2. Nicotinic acid (Niacin) a.k.a. Vitamin B3 take 1 gram capsule two times a day
3. B-complex multivitamin
4. One a day or centrum multivitamin
5. Fish oil two capsules twice a day

AM Supplements: 1 gram niacin, 1 gram Vitamin C, one B-complex multivitamin, upon rising

NOON Supplement: 2 capsules of fish oil

PM Supplements: 1 multivitamin plus 1 gram niacin and 1 gram Vitamin C

BEDTIME SUPPLEMENT: 2 capsules of fish oil

**FOR INCREASING YOUR ENERGY:** AM Niacin and a cup of coffee or green tea in the am.

**FOR IMPROVING YOUR SKIN HAIR and NAILS:** Vitamin C, B complex vitamin, and one a day multivitamin

**FOR BURNING FAT WHILE YOU REST: LIFTING WEIGHTS IS VERY IMPORTANT**

Weight training, lifting dumbbells or other free weights BURNS MORE CALORIES DURING THE OTHER 23 hours that you are exercising. For weight loss both are important, but building more muscle will mean that you will burn more fat when you are resting (i.e. the other 23 hours that you are not working out).

Cardiovascular exercise burns more calories during the time when you are running or doing the aerobic exercise.

**FOR YOUR SKIN AND HEART:**

Cardiovascular exercise, running 3 times a week for 30 minutes or more helps the anti-aging process.

Exercise decreases insulin resistance. Risk factors for insulin resistance: being sedentary, overweight, obese.

Fat tissue, adipose, increases inflammation, and psychological stress. Metformin and TZDs Thiazolidinediones decrease insulin resistance.

**SUPPLEMENTS:**

NIACIN = VITAMIN B3 = NICOTINIC ACID

**BUY:**

TWIN LAB brand

cost: 13.97 for 100 capsules

GROCERY LIST FOR WEEK ONE

DRINKS: water, instant coffee, skim milk, green tea(box of 100), splenda

DRESSINGS/DIPS: ranch (only use a little), hummus 1 package, olive oil(tiny bottle), honey (1 tiny bottle)

buy	FRUITS	buy	VEGGIES	buy	YOGURT	buy	NUTS
1	grapefruit	1	cauliflower	7	Carbmaster yogurt	1 package	almonds
1	banana	1	onion	1	Oikos plain Greek yogurt	1 jar	peanuts
2	plum	1	zucchini	1	Chobani	1 jar	Peanut butter
2	granny smith apple	1 pack	Baby carrots				
2	gala apple	1 bunch	broccoli				
1 pack	strawberries	1 pack	radishes				
2	orange	1 bunch	Green onions				
1 pint	blueberries		Romaine lettuce				
1 bunch	Green grapes		Iceberg lettuce				
1	nectarine	1 pack	tomatoes				
		1 pack	Baby spinach				

buy	FISH/MEAT/EGGS/PROTEIN/BEANS	buy	DESSERT	buy	CHEESE	buy	WHOLE GRAINS
4	Tuna cans 3 oz	1 pack	Southbeach diet peanut butter bar	1	Parmesan cheese	1 package	Steel cut oatmeal
1	Salmon can 3 oz	1 pack	Southbeach diet cinnamon raisin bar	1	Cottage cheese (small)	1 package	Whole wheat pasta
4	Chicken can 3 oz	1 cup	Fat-free frozen yogurt	1 pack	String cheese	1 package	Brown rice
1 dz	Eggs					1 loaf	Brownberry double protein bread
1 jar	100% Whey protein powder						
1 can	Black beans						