

DIY At Home Diet System

by Lori Soard

Daily Checklist

- Meal Replacement # 1
- Meal Replacement # 2
- Meal Replacement # 3
- Meal Replacement # 4
- Meal Replacement # 5
- Nourish and Flourish Meal
- 100 Calorie Snack

- Multivitamin

Water

Diet Rules

1. Eat 5 meal replacements a day. Meal replacements can be bars or shakes, but should be balanced. Each shake should be around 100 calories and less than 5 carbs per serving. Good choices are Syntrax, Idealshake and Atkins shakes.
2. Space meals about 2-3 hours apart.
3. Eat one “Nourish and Flourish” meal daily. This meal should be made up of 3-4 ounces of lean protein (about the size of the palm of your hand) such as chicken, fish, lean steaks, or eggs. You should also have two servings of non-starchy vegetables and one serving of a low glycemic fruit, such as strawberries. Add a small amount healthy fats in the form of butter, coconut oil, or avocado.
4. One snack a day that is 100 calories daily. This can be anything you want, but ideally will be something made from whole foods. An apple and peanut butter or string cheese and some veggies, for example.
5. One cheat meal per week. Be sure to only have one or it will derail your weight loss. Some people also have a hard time getting back on track, so if you think a cheat meal will make you cheat more than the one meal, just skip it.
6. Exercise is healthy for your heart and you should add it at some point, but it has less impact on whether you lose weight than what you eat. Those who maintain weight loss do add in exercise and continue healthy eating habits.

Note that this diet is around 1000-1200 calories a day. If you have a lot of weight to lose, are male or a teenager, then you may need to adjust your intake. You don't want to send your body into starvation mode or slow down your metabolism. Men will benefit from choosing a meal replacement option that is higher in calories and fat, but still low in carbs. There are many options available for protein shakes. Talk to your local health food store and check out companies like EAS.