

Reduce Fat-Fast[®] Eating Program

14 Day Plan



One Day Calorie Breakdown

If you are overweight and are having a hard time losing weight on a traditional low-fat, high carbohydrate plan, the **Reduce Fat-Fast Eating Program** may be for you! The 1,300 calorie-a-day plan is lower in carbohydrates (45 percent) than the standard plans and on target in terms of fat (28 percent) and protein (27 percent).

It is also good for you, emphasizing heart-healthy monounsaturated fats (like olive and canola oils). And because the **Reduce Fat-Fast Eating Program** contains whole grains, it's high in fiber. Best of all, it's satisfying and loaded with tempting foods. Also I recommend to take one-a-day multivitamin/mineral.



Carbohydrates: 45% / 146 grams
 Protein: 27% / 87 grams
 Fat: 28% 40 grams
100%

Grains: 4 portions
 Fruits: 3 portions
 Vegetables: 3 portions
 Proteins: 8 portions
 Fats, oils: 2 portions
 Milk: 1 portion
 Water: 8 glasses

Monday

day 1

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

5 small whole-wheat crackers, no fat added
 1oz low-fat cheese
 1oz low-fat ham
 1 small apple
 1 glass fat-free milk

Lunch

3oz Baked chicken breast
 1/2 cup Bacons
 1/2 (6in) Pita bread
 2 cups Raw vegetables
 1 cup Melon cubes
 1 tsp Olive oil

Dinner

3oz Grilled Fish in lemon
 1 (3oz) Small-baked potato with 1/2 tsp of sour cream or margarine
 1 cup Tossed green salad with fat-free dressing
 1/2 cup Apple juice

Tuesday

day 2

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

1 Egg-white omelet with 1oz low-fat cheese and 1/2 cup vegetables (use nonstick cooking spray)
1 slice Whole-wheat bread
1/2 Banana
1 (8oz) Fat-free yogurt

Lunch

1 (3oz) Veggie-burger on onion-roll
1 to 2 cups Fresh salad
1/2 cup Grapes
1 tsp Olive oil

Dinner

3oz Stir-fry chicken with 1 cup of veggies (use 1 to 2 tsp of olive oil)
1/2 cup Brown-rice
1/2 Small grapefruit

Wednesday

day 3

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

1/2 cup Cottage cheese
1 Peach, medium
4 slices Melba toast
1 cup Skim milk

Lunch

3oz Salmon
1 Small sweet potato
1 cup Zucchini slices
3 Tomato slices
1/2 cup Fruit cocktail
1 tbsp Balsamic vinegar
1 tsp Olive Oil

Dinner

3oz Pork chop, very lean
6 Saltine-type crackers
1/2 cup Zucchini slices
1 cup Mixed-green veggies
1 tbsp Fat-free salad dressing

Thursday

day 4

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

1 tbsp Fat-free cream cheese
1 Toasted English muffin
1 cup Fat-free yogurt

Lunch

3oz Turkey breast
2 slices Whole-wheat bread
1 Carrot cut in sticks
1/2 cup Cucumber slices
1 cup Apple juice
1 tsp Fat-free mayonnaise

Dinner

3oz Grilled shrimp in lemon
1 cup Steamed broccoli
1/2 cup Mashed potato
1 tsp Margarine
1 cup Fresh strawberries

Friday**day 5**

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

1 Roll filled with 3oz lean roast beef
1 tbs horseradish
1/2 tomato

1 Small pear

Breakfast

1/2 cup Apple juice
1 cup Bran cereal with 1 cup skim milk
2oz American cheese

Dinner

3oz Grilled chicken breast
1/2 cup Steamed rice
1 cup Steamed carrots with dill and
1 tsp margarine
Salad 1/4 small cucumber slices, 1/2 small
tomato slices, 1/4 celery stalk chopped
1/2cup Unsweetened applesauce

Saturday**day 6**

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

3oz Baked halibut with lemon
1 cup Summer squash steamed with
1/4 cup chopped
8 halves Dried apricots

Breakfast

1 cup French toast made with 1/2 cup egg
substitute; 2 whole-wheat bread
1/2 tsargarine; 1 tsp maple syrup
1 Skim milk
1 Small orange
1 cup Skim milk

Dinner

3oz Tuna in water
1 tsp Reduced-calorie mayonnaise
1 1/2 Cups mixed-green veggies
1 tbsp Fat-free calorie salad dressing
1 Small pita bread (6 in)
1/2 cup Apple juice

Sunday**day 7**

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

3oz Lamb chop
1 cup Raw spinach leaves with
1/4 cup mushrooms
1 tsp olive oil and balsamic vinegar
1/2 cup Blueberries

Breakfast

1/2 Banana
3/4 Cup cold cereal
1 cup Skim milk
1 Boiled egg

Dinner

1 bun Hamburger with: 3 oz very lean ground
beef, 1 tsp catsup, 2 slices onion,
3 slices tomato and lettuce
10 slices Ovened french fries: drizzled with
1 tsp olive oil (bake for 15 minutes)
1 cup Watermelon cubes

Monday

day 8

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

2 slices Whole wheat bread
2 oz Smoked turkey breast
1 oz low-fat cheese with
Dijon-style mustard to taste
1/2 Tomato, sliced
1 cup Green leafy vegetables
1 tsp Olive oil

Breakfast

1/2 cup Cooked oatmeal with 1 tbsp raisins
1 cup Fat-free milk
1 Poached egg

Dinner

3oz Baked swordfish brushed with
1 tbsp lemon juice
1 Baked potato, small with
1/2 tsp diet margarine
1 cup Summer squash steamed with
1/4 cup chopped green pepper
1 Small pear

Tuesday

day 9

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

1 Low-calorie hot dog roll with
1 oz low-fat white cheese, 2 oz
tuna in water, 1/2 tomato, sliced
lettuce leaves, sprinkling of
chopped onions and dill
pickle chips
1 Carrot, large, cut into sticks
10 Sweet cherries

Breakfast

2oz Canadian bacon
1 Pancake (4 to 5 in) with 2 tbsp
reduced-calorie maple syrup
1 cup Skim milk
1 Small apple

Dinner

1 cup Vegetable soup
3 oz Grilled sirloin steak
1/2 cup Brown-rice
1 Celery stick
1 Medium tangarine

Wednesday

day 10

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

1 Baked potato, medium, stuffed
with 1/4 cup 1% cottage cheese
1 tbsp tomato salsa
1 tbsp grated cheddar cheese
1 cup Lettuce with cucumbers
1 cup Mixed fresh fruit

Breakfast

1/2 Bagel
1 tbsp Fat-free cream cheese
1 oz Lean-ham
1 cup Fat-free yogurt
1/2 cup Orange juice

Dinner

1/2 cup Pasta with:
1 cup boiled vegetables
1 tbsp olive oil
3 oz Baked chicken breast
1 Medium apple

Thursday

day 11

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

1/2 cup Pineapple cubes
2 slices Whole wheat toast with
1 tbsp peanut butter - 2 tbsp apple butter
1 cup Fat-free milk

Lunch

1 Whole wheat pita, cut in 1/2,
warmed and filled with 1/2 cup
eggbeaters scrambled with
1/2 cup chopped frozen spinach
1 oz low-fat cheese, salt and pepper
1 cup Mixed vegetables salad
1 cup Strawberries

Dinner

1 cup Three-bean salad made with 1/3 cup
kidney beans, 1/3 cup garbanzo beans,
1/3 cup steamed green beans, 1 tbsp
chopped onion, 1 tbsp red wine, 1 tbsp
vinegar, salt and pepper
1 Celery stalks filled with 2 tbsp fat-free
cream cheese

Friday

day 12

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

1/3 cup Bite-sized shredded wheat cereal
1 cup Skim milk
1 oz Cheddar cheese
1/2 Grapefruit

Lunch

3 oz Veal, broiled
1/2 cup Mashed potatoes
2 cups Raw vegetables (cauliflower,
carrots, cherry tomatoes)
1 tbsp Fat-free dressing
1 Nectarine

Dinner

1/2 Whole grain pita with 1 cup raw
vegetables (carrots, mushrooms, tomatoes)
1 tbsp non-fat plain yogurt
1/2 cup Cream of mushroom soup
1/2 cup Fruit salad in light syrup

Saturday

day 13

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Breakfast

1 cup Scrambled egg (egg substitute)
1 English muffin toasted
1/2 cup Fresh blueberries
1 cup Non-fat yogurt

Lunch

1 Onion roll sandwich with 3 oz roast
beef, 1/2 tomato, 2 slices of onion
1 cup Romaine lettuce with broccoli with
1 tbsp fat-free dressing
1/2 cup Cranberry juice

Dinner

3 oz Baked fish with herbs (like basil, dill,
thyme, rosemary)
1/2 cup Yellow rice
1 cup Spinach with 1/2 cup mushrooms, 1 tbsp
olive oil and 1 tbsp balsamic vinegar
1/2 Banana

Sunday

day **14**

20 to 30 minutes before breakfast, lunch and dinner, take your **Reduce Fat-Fast** with 2 glasses of water.

Lunch

1 cup Pasta with 2 oz boiled baby shrimp or lean ground-beef 2 tbsp tomato or marinara sauce
2 cup Mixed vegetables with 1 tbsp fat-free dressing
1 Small apple

Breakfast

2 slices Whole wheat bread
1 tsp Diet margarine or cream cheese
1/2 cup Cantaloup
1 cup Fat-free milk

Dinner

2 slices Rye bread with 3 oz turkey breast, 2 tomato slices, Dijon mustard
1 Large carrot and 1 large celery stick
1 Small orange

It is recommended to start the **Reduce Fat-Fast Eating Program** again with day one and continue repeating it for as many weeks until you reach your desired healthy weight.

Reduce Fat-Fast One a day healthy snacks (100 or less calories)

- 1 cup fat-free, sugar-free yogurt
- 1 four oz fat-free pudding
- Up to 3 cups light popcorn
- 1/2 cup fat-free ice cream or frozen yogurt
- 3 graham-cracker squares
- 1 small slice of angel-food cake
- Handful of pretzel nuggets
- 6 oz sugar free-jella
- 1 cup blackberries or raspberries
- 1 mini bagel
- 1 large apple
- 1 medium banana or pear
- Up to 16 medium strawberries
- 1 kiwifruit
- Up to 30 grapes
- 1 frozen fruits juice bar
- 8 saltine crackers
- 1 fig bar
- 1 tangerine

Reduce Fat-Fast Dieting tips

- Fat-free doesn't mean calories-free, you still have to count calories
- Choose lean meats, fat-free or low-fat cheeses, fat-free or 1% cottage cheese
- Oils to use: olive, canola, sunflower, vegetable
- Fats to use: diet margarine/butter
- Choose fat-free milk over whole, 2% or 1%
- Drink at least 8 cups of water and an additional 1 to 3 cups of water per hour of exercise (depending on intensity and length of activity)
- Use balsamic vinegar for your salads
- Do not skip meals
- Write your shopping list when you're not hungry, and go grocery shopping on a full stomach
- Use a smaller dinner plate than usual to make your portion look larger
- Eat slowly so you'll feel full. Savor and enjoy every bite of food, try putting your fork down between bites if that helps you slow down
- Sip rather than gulp your beverage
- When you get the urge to eat between meal, do something else instead. Jog, call a friend, or walk the dog
- Plan your meals and snacks ahead of time. Haphazard eating is often high-calories eating
- Lunch and dinner menus can be exchanged according to your own schedule
- Exercise

Note: **Lunch and dinner can be interchanged on a daily basis according to your own needs and schedule.**

You're on your way!

Behavioral psychologists say it takes 21 days to establish a pattern (habit) and 100 days (about 14 weeks) to make it automatic. With the **Reduce Fat-Fast** Eating Program, I have mapped out for you the first fourteen days. If you follow my Program, by the end of those fourteen days I believe you will find that you have lost weight and have started to re-train your mind and your body into healthier eating and exercising patterns.

Once you have lost the weight you wanted to, all you need to do is continue to apply in your life what you have learned from this Program. Make what you have learned and experienced through the Program a habit: eat carefully and sensibly. Pay attention to the quality of the fuel you put into your body. Continue to make sure you get at least 20 minutes of physical activity in every day (walking is often the easiest way to do this). Most importantly, be proud of who you are and what you've been able to accomplish, and use that pride as the source of inspiration to go on and live a healthy and happy life!