

The REDUCE Diet Plan

A Simple, Healthy Lifestyle Guide

Consisting of

1. A Structured Therapeutic Diet
2. A Simple Exercise Routine
3. Common Sense Principles for Life

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Fundamental Principles (References)

1. Structured Diet – Therapeutic, Experimental, Maintenance
 - a. Caloric Restriction/Modification
 - i. Men – 2000 cal/day
 - ii. Women – 1600 cal/day
 - b. High Fiber – 25-30 grams/day (1, 2, 3)
 - c. Set Point manipulation – 5 days on, 2 days off
 - d. 3 meals and 2 snacks/day mandatory
 - e. High Quality Food
 - i. Limit Trans fat (4, 5, 6)
 - ii. No Processed foods (crackers, cookies)
 - iii. No Calories from drinks
 - iv. Low Glycemic Index foods/Glycemic Load (7,8)
 - v. 5 servings of fruits/vegetables daily
2. Motion (9, 10,11, 12, 13)
 - a. Pedometer – 10,000 steps/day (14)
 - b. Exercise 30min 5 days a week – 150min/week minimum (15)
 - c. Strengthening
3. Nighttime routine
 - a. Clearing the mind, focus on success
 - b. Organizing tomorrow – list of 6 things, think of someone to help
4. Good Sleep – physical and mental repair/restoration (16)
5. Routine – daily, weekly
6. Spirituality
 - a. Admit you need God’s help
 - b. Your body is God’s temple
 - c. Replace the Love of food with God’s Love

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Goals

Reduce overeating

Energy levels increased

Develop structured eating habits

Understand the concepts of healthier eating

Cut weight by 10-20%

Experience the spiritual side of weight loss

The Basis For This Diet Plan

Wrong Eating

Obesity is rampant.

As a society,

We eat too much,

We eat the wrong things. (fatty foods, fast food, processed foods, concentrated sweets)

We eat the wrong way. (skip breakfast, fast food for lunch, a large dinner before bed)

We eat for the wrong reasons.

For taste.

For emotional comfort.

For pleasure.

For reward.

For socialization.

For the Love of food.

We do not eat for the fundamental purpose of food.... For nutrition.

At its basic level the only purpose of eating is to supply nutrients to our body. But through wrong eating we have developed a disconnect between eating and nutrition.

This disconnect is okay if,

- your weight is in the healthy range (BMI <25) (see the BMI calculator page).
- you are satisfied with your weight and health.
- you have no weight related medical problems (diabetes, hypertension, high cholesterol, heart disease, degenerative arthritis) and are not at risk.
- you are exercising regularly (>150 minutes/week) and striving to maintain a healthy lifestyle.

It is not okay if,

- you are overweight (BMI>25) and have weight related medical problems (especially diabetes).
- you are overweight (BMI>25) and believe you need to lose weight (especially if you have a family history of diabetes, hypertension, high cholesterol, heart disease).
- you are obese (BMI>30).

In these cases you need to make a change in your life and take control of your eating and health. This plan is the first step.

What this plan is.

This is a lifestyle plan designed to return eating to the basic role of providing nutrition. It is specifically designed for overweight and obese adult onset diabetics but will work on anyone who wants to lose weight.

The main idea behind the diet is to make eating simple. The 3 diets included are nothing fancy. They are not "fad" diets. They are simple, well rounded meals that take very little preparation time. They are meant to teach you how to eat healthy (how much to eat, what foods are effective for weight loss, how to structure eating). They are also meant to take away the daily burden of having to repeatedly decide what to eat. You no longer have to decide what to eat for dinner while you are finishing your lunch.

What this plan is not.

It is not an easy, fun, delicious quick fix. It is not a "take this pill and you will be better" answer. We as a society have incurred the epidemic of obesity by making eating all of these things and more. We continually look for the quick and easy fix, all the while experiencing worse and worse health.

The Process

Step 1. Calculate your Body Mass Index from the BMI calculator page. If your BMI is greater than 25 this plan will work for you. (A BMI of less than 25 is considered a healthy weight)

Step 2. Decide your goal BMI. If your BMI is greater than 30, your initial goal should be to get your weight to a level where your BMI is less than 30 and keep it there. If your BMI is 25-30 your initial goal is to get to a BMI of less than 25.

The initial 12 week diet is considered a therapeutic diet. It is designed to start the process of weight loss while teaching you the basics of right eating. During these 12 weeks you will eat a variety of nutritional meals and snacks. By tracking your weight and ability to tolerate the diets during these 12 weeks you will be conducting a self experiment on what works for you long term. After the 12 weeks are up you should use the same basic eating principles you did while on the diet. (3 meals, 2 snacks a day; similar nutrition profile; fruits/vegetables). Maintain this at least 80% of the time. You aren't asked to be perfect, just consistent.

Body Mass Index (BMI) Calculator

BMI	OVERWEIGHT								OBESE								
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (lbs)																
5'	118	123	128	133	138	143	148	153	158	164	169	174	179	184	189	194	199
5' 1"	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5' 2"	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5' 3"	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220
5' 4"	134	140	145	151	157	163	168	174	180	186	192	198	204	209	215	221	227
5' 5"	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5' 6"	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5' 7"	146	153	159	166	172	178	185	191	198	204	210	217	223	229	236	242	248
5' 8"	151	158	164	171	177	184	190	197	203	210	217	223	230	236	243	249	256
5' 9"	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	264
5' 10"	160	167	174	181	188	195	202	209	216	223	230	236	243	250	257	264	271
5' 11"	165	172	179	186	193	200	208	215	222	229	236	243	250	258	265	272	279
6'	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	280	287
6' 1"	174	182	189	197	204	212	219	227	234	242	250	257	265	272	280	287	295
6' 2"	179	186	194	202	210	218	225	233	241	249	256	264	272	280	288	295	303
6' 3"	184	192	200	208	216	224	232	240	247	255	263	271	279	287	295	303	311
6' 4"	189	197	205	213	221	230	238	246	254	262	271	279	287	295	303	312	320
6' 5"	193	203	210	218	227	236	244	252	260	268	278	286	294	302	310	320	328
6' 6"	198	209	216	224	232	242	250	258	266	274	284	293	301	310	318	327	336
6' 7"	203	214	221	229	238	248	257	265	273	281	290	300	309	317	325	335	345
6' 8"	208	219	226	235	244	254	263	271	279	288	297	307	317	324	333	343	353

Look up your height in the first column.
Then find your weight in the corresponding row.

The number at the top of that row is your BMI.

(Ex. Height 5'10", weight 202lbs = BMI 29)

BMI < 25 is considered a healthy weight.

BMI between 25-29 is overweight.

BMI of 30 or greater is obese.

Diet Rules

General Rules

- Start on a Monday.
- Follow the diet number listed on the graph.
- The weekends are a diet free time. You may continue to follow the diet for that week or eat what you wish.
- Eat all 3 meals and 2 snacks a day (no missing meals).
- Try and eat at the same times each day.
- If you eat anything in place of or in addition to the diet you must write it down on the "diet additions" section of the graph. (Confession)
- Follow the diet for 3 weeks then start over at Day 1. Do this 4 times for a total of 12 weeks.

Snacks

- Eat at least 2 snacks a day.
- One snack each day should be some form of nuts (see Snacks).
- You can eat additional snacks throughout the day or at night as long as you only eat fruits and vegetables. You can eat all the fruits and vegetables you want.

Drinks

- **No** regular sodas or sweetened tea
- Only diet or artificially sweetened drinks
- Or, just drink water (all you want)

Shopping List

On hand Items for all 12 weeks

½ gallon skim milk
1 qt. light mayonnaise
1 loaf whole wheat bread
Five 8oz. cans of *Del Monte* Lite syrup peaches, pears, or fruit cocktail (per week)
Snacks

Items for Diet #1

1 container of *Quaker* Old Fashioned Oatmeal
Three 6 oz. cans of *Star-Kist* Lite Tuna packed in water (use ½ can per meal)

Items for Diet #2

1 box of *Kellogg's* All Bran cereal
1 dozen large eggs
1 head of Iceberg lettuce
Vegetable topping for salad
Fat Free or Low Fat dressing (any flavor)
3 packages of 6oz. *Tyson* grilled chicken breast strips fully cooked (use ½ pack per meal)

Items for Diet #3

1 dozen large eggs
Five 5 oz. cans of *Tyson* 98% Fat Free Chicken breast packed in water
5 Fish dinners (*Lean Cuisine, Healthy Choice, Weight Watchers Smart Ones, Lean Gourmet*)

Approximate Cost per Day - \$7.00

Diet #1

Breakfast: Old Fashion Oatmeal (not instant) ½ cup
1 cup Skim milk

Mid Morning Snack: Choose one snack item

Lunch: Tuna sandwich on whole wheat bread
3oz. canned tuna (water packed) mixed with 1Tbs
light mayonnaise
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,
or Fruit Cocktail

Afternoon Snack: Choose one snack item

Dinner: 6 inch *Subway* Sub on wheat -
Ham, turkey, roast beef in any combination
No mayonnaise, oil, or sauces added
Only plain mustard
Any vegetable toppings allowed

Diet #2

Breakfast: All Bran (1 cup), Skim milk (1cup)

Mid Morning Snack: Choose one snack item

Lunch: Egg salad sandwich on whole wheat bread
2 boiled eggs with 1 Tbs. light mayonnaise
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,
or Fruit Cocktail

Afternoon Snack: Choose one snack item

Dinner: Grilled chicken salad (choose one)

- A. Homemade Salad with 3 oz. *Tyson* Grilled Chicken Breast Strips
Low Fat or Fat Free dressing (2 tablespoons)
No bacon or croutons
Any vegetable toppings allowed
- B. *Chick-Fil-A* - Chargrilled Chicken Garden Salad
- C. *McDonalds* – Salad with grilled chicken
- D. *Burger King* – Tender Grilled Chicken Garden Salad

Diet #3

Breakfast: Poached or scrambled egg on wheat toast

Mid Morning Snack: Choose one snack item

Lunch: Chicken salad sandwich on whole wheat bread
5 oz. canned *Tyson* 98% fat free chicken breast
packed in water mixed with 1 Tbs. light mayonnaise
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,
or Fruit Cocktail

Afternoon Snack: Choose one snack item

Dinner: Fish Dinner (choose one – we recommend trying the meals in section A as much as possible. If you cannot eat fish, try any *Lean Cuisine* dinner around 300 calories)

A. Any Fish Dinner from : *Lean Cuisine*
Healthy Choice
Weight Watchers Smart Ones
Lean Gourmet

B. Homemade Fish Dinner

4 oz. fish fillet (any fish – ex. Flounder, Cod,
Mahi Mahi, Tilapia, Salmon, Halibut)

Season with lemon, salt, pepper

Wrap in foil and bake at 350F for 20 minutes

Serve with a small salad or any vegetable

C. See the Fish Dinner Suggestions page

Snacks

NUTS

Almonds – 24 nuts

Walnuts – 14 halves

Cashews - 18 nuts

Pecans – 20 halves

Plain Salted Peanuts – 28 nuts

Pistachios – 40 nuts

Sunflower Seeds – ¼ cup

Low Fat Cottage cheese – ½ cup, ok to add fruit (such as blueberries)

Any fruit or vegetable – Eat all you want (suggestions below-
1 serving=1 cup)

Berries (1 cup)

Blackberries

Cranberries

Blueberries

Raspberries

Strawberries

Apples

Banana

Celery

Carrots

Grapes (1 cup)

Honeydew Melon

Tomatoes

Raisins (small box)

Pineapple

Peaches

Pears

Oranges

Cantaloupe

Apricot

Asparagus

Beets

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Cucumber

Figs

Grapefruit

Green Peppers

Kiwi fruit

Lettuce

Turnips

Watermelon

Mango

Mushrooms

Nectarines

Okra

Onion

Papaya

Prunes

Radishes

Rhubarb

Spinach

Squash

Tangerine

Zucchini

Alternative Meals

You may replace one breakfast, lunch, and dinner once a week if you need a change (3 replacements/week)

Breakfast 1. 4 oz. pork tenderloin, pan fried, No oil (use *PAM* or a non stick pan only)
4 oz. cup of unsweetened applesauce

2. ½ Grapefruit with artificial sweetener

Lunch 1. Banana sandwich on whole wheat bread
1 banana with 1 Tbs. light mayonnaise

2. Peanut butter sandwich on wheat bread

Dinner 1. *Wendy's* – Side Salad and Small Chili

2. *KFC* – Tender roast sandwich without the sauce, individual green beans

3. *Chick-Fil-A* - Char grilled chicken sandwich, small fruit cup

Fish Dinner Suggestions

1. Cod Fish With Sautéed Vegetables

4 ½ ounces Cod fish
Dash each lemon and lime juice
Salt and fresh ground pepper
1 teaspoon olive oil
2 cups mushrooms, sliced
¾ cup onion, sliced
¼ cup corn
1 ½ cups chopped tomato
Basil and oregano to taste

1. Put fish in shallow pan with a little water, sprinkle with lemon and juices and add salt and pepper to taste.
2. Bake fish until it flakes easily and is opaque throughout.
3. While fish is baking, heat oil in large skillet and stir-fry veggies and add seasonings.
4. Make a “bed” of the veggies and serve with the fish on top.

2. Salmon with Sweet Salsa

4 ½ ounces salmon
1/3 teaspoon olive oil
Dash lemon juice
Green or red pepper, chopped
½ cup pineapple chunks
2/3 cup mandarin oranges packed in water
Dash lime juice
2 teaspoons slivered almonds, chopped
Garlic, salt and pepper to taste

1. Baste salmon with olive oil, sprinkle with lemon juice, salt and pepper to taste.
2. Bake salmon at 400° F for 15 minutes or until fish is opaque throughout and flakes easily.
3. Combine pepper, fruit, garlic, lime juice in bowl; mix together.
4. Serve with salsa over salmon, sprinkle with chopped almonds.

3. Mediterranean Fish

4 ½ ounces halibut, baked or steamed
2 tomatoes, sliced thinly
1 ounce low-fat feta cheese
12 black olives
1 ½ cups green beans
1 apple

Bake or steam fish till done. While cooking, slice tomatoes and spray with olive oil Pam and garnish with herbs (parsley, oregano, salt and pepper). Put slices on a cookie sheet with nonstick foil. Slice cheese thinly and place on the same cookie sheet and garnish also. Slice olives and put on top. Put cheese, tomatoes and olives under broiler for 5-10 minutes till cheese bubbles and tomatoes are soft. Remove fish from cooking, put on plates and top with cheese and sliced tomatoes, garnish with olives.

Steam green beans and serve with plenty of lemon. Have apple for dessert.

4. Ten Minute Fish Dish

You Need:

4 ½ ounces fish fillet, you can use kingfish or other fish, not too flaky
3 cups zucchini
¾ cup rough chopped onion
2 tomatoes cut into wedges
1 teaspoon olive oil
Salt
Black pepper
Lemon juice

Do This:

Season fish with salt, black pepper and fresh lemon juice, grill 5 minutes each side, or however long it takes. Put the tomato, onion, and zucchini in a bowl, add the olive oil, salt and pepper and microwave this for 3 minutes. I have found that microwave is the best way to cook the vegetables to keep 'em crunchy and retain all that lovely juice to flavor the fish. Place fish onto a plate with vegetables and juice on top.

Exercises

Daily Cardiovascular Fitness

You should strive to do some form of aerobic (cardiovascular) activity daily.

Start slow (depending on your current fitness level) and build up to a goal of 30 minutes daily.

If you are already getting some exercise you should start at 20 minutes/day and increase by 2 week increments to 25 minutes/day then the goal of 30 minutes/day.

If you have not been exercising previously, then start at 10 minutes/day and increase each week by 5 minute increments to 30 minutes/day.

The exercise can include anything such as walking (outside or treadmill), exercise bike, swimming, elliptical trainer, etc. A simple option is a treadmill or exercise bike indoors (no excuses of too hot, too cold, raining, etc).

Chart the amount of exercise you do each day on the graph in the "exercise" column. Also remember to do weight training on Mondays, Wednesdays, and Fridays.

Exercises

Weight Strengthening

Monday, Wednesday, Friday

Use 3-5 lb hand weights

1. Floor Exercises (lying on the floor on your back, arms straight) – 15 repetitions
 - a. Arms down at your side (weights touching your hips), lift weights to over your head
 - b. Arms out at 90 degrees, lift weights from your side to above your chest
 - c. Arms above your head, lift weights up above your chest
 - d. Grab legs and rock (grab behind your knees and rock on your back)

2. Chair Exercises – 15 repetitions
 - a. Curls – arms straight, bend at the elbows to bring the weights to your chest
 - b. Presses – Start with the weights on your shoulders and straighten your arms to lift the weights above your head
 - c. Lift weights from side – Start with your arms hanging down at your side and with your arms straight lift the weights out to the side and up to shoulder high

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Nutrition Information

Diet #1	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Oatmeal ½ cup	150	3	27	4	2
Skim milk 1 cup	90	0	13	0	8
3 oz tuna	100	1	0	0	20
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
6 inch sub	320	6	47	4	24
cheese	50	5	0	0	8
Total (not including snacks)	975	22	137	14	66

Nutrition Information

Diet #2	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
All Bran 1 cup	160	3	44	18	8
Skim milk 1 cup	90	0	13	0	8
2 eggs	140	10	<1	0	12
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
3 oz grilled chicken (made at home)	100	2	3	0	19
Salad	15	0	3	1	1
Low fat dressing 2 tbs	35	0	8	1	0
Total (not including snacks)	805	22	123	26	56

Nutrition Information

Diet #3	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
1 egg	70	5	<1	0	6
1 slice whole wheat bread	50	1	10	2	4
5 oz canned chicken breast	150	2	0	0	13
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Fish Dinner (avg)	240	5	30	3	18
Total (not including snacks)	775	20	92	13	49

Snacks	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Almonds 24	164	16	6	3	6
Walnuts 14 halves	185	18	4	2	4
Peanuts 28	160	14	6	2	7
Low Fat Cottage Cheese ½ cup	80	2	6	0	14