

Typical healthiest diet for weight loss: ideally all organic and fresh

Breakfast: In a bowl as a cereal, literally tons of blueberries, 4 walnut halves or 4 whole almonds for crunch + almond or rice or hemp milk + 1 tablespoon almond or coconut yogurt. An alternative is a green smoothie: Olivia's Spring Mix (any spring mix will do but I think Olivia's triple washed organic is the best) with all of the above plus some water to thin it out.

Lunch: Tons of cooked vegetables (may be stir fried in olive oil plus garlic plus etc. or baked or steamed or boiled) and vegetable soups with no potatoes of any kind. A beef or veal or chicken bones may be used to flavor the soup. No flavoring with salt pork, ham hocks, smoked turkey wings, pigs feet, or neck bones. A salad of any vegetable except any potato but with romaine lettuce for crunchiness. 4 ounces of chickpeas (or any other bean) that may be roasted with some curry, etc. Trader Joe has organic low sodium canned beans that work very well. For flavoring be as liberal as you wish with cilantro, dill (cilantro and dill are my personal favorite's along with garlic), garlic, oregano, basil, rosemary, thyme, etc.

Dinner: Much like lunch with as much as you wish of cooked vegetables and vegetable soups that should be wonderfully flavored. 3 ounces of lentils or any other bean. Flavoring of the cooked vegetables and vegetable soups as above. A similar salad. Cut up an apple, orange, lime, berries and place in a 6 ounce glass of orange juice as a fruit compote for dessert.

Once a week 1 piece of 1 of these (that is 20 of 21 meals a week, at 3 meals a day, 7 days a week are ideally exactly the above) a palm size serving of wild caught fish such as grouper-snapper-flounder-Alaskan salmon but no farm raised fish such as trout, catfish or Atlantic or Norwegian salmon: ask the salesman at the store whether it is farm raised or wild caught. Option to the fish is a palm sized serving of free range chicken, a bison steak or hamburger, or 3 eggs. BUT just 1 of these a week.

Just to be **clear:** animal protein is only once a week, you may have as much of the berries, cooked vegetables and vegetable soups as you wish. **Intermittent fasting:** finishing eating within 9 hours of awakening. Give yourself 30 minutes to an hour after awakening and then begin the 9 hour time period. When those 9 hours have passed, you may continue to have just more of the cooked vegetables and vegetable soups as well as tea with lemon or lime but no sugar or honey. Keeping a constant **diet diary** will lead to even greater success. Frequent **follow-up** as soon as 2-4 weeks and repeat that schedule unless there is at least a 2 pound weight loss. Then follow-ups may be reduced as long as successful weight loss continues.