

Consider This the 'Underground' Version of the 28-Day Blow-Torch 'Diet'

**Remember, this can serve you as a model
for structuring a wise nutrition plan
that you can stick with for life.**

**This is the unedited version of the 'diet'
This is going to be in my book,
'Fatness to Fitness'
(release: March 2008)**

**Read it through, especially the
closing paragraphs, before you
go food shopping.**

THIS BOOK IS NOT A SUBSTITUTE FOR MEDICAL EVALUATION, TREATMENT OR ADVICE FROM YOUR OWN MEDICAL OR HEALTH PROFESSIONAL, WHO SHOULD BE CONSULTED WITH BEFORE YOU PROCEED WITH ANY RECOMMENDATIONS IN THIS BOOK.

CONSULT WITH YOUR DOCTOR IF YOU ARE UNCERTAIN ABOUT YOUR DIETARY NEEDS.

THE AUTHORS AND THE PUBLISHERS OF THIS BOOK DISCLAIM ALL RESPONSIBILITY IN THE UNLIKELY EVENT THAT ANY ADVERSE EFFECTS SHOULD ARISE FROM THE USE OR APPLICATION OF THE INFORMATION CONTAINED IN THIS BOOK.

...don't be confused – the 'diet' is Chapter 8 in my book Fatness to Fitness.

Chapter Eight: The Blow-Torch Fat-Loss ``Diet''

First, let me emphasize that I use the word ``diet'' to refer to a way of eating rather than a way of NOT eating. As a general rule, most women who are trying to achieve fat loss and weight maintenance should consume between 1,300 and 1,600 calories per day, while men require between 1,600 and 1,900. This is only a generalization and the number may differ in your particular case, but these numbers are good starting points. Actually, the numbers are based on years of working with clients and reviewing historical evidence from the most successful diet programs.

The success of the ``blow-torch'' concept is based upon the reality that most people unknowingly overeat and sometimes knowingly without admitting it. It is quite easy to consume more calories than you need in a given 24-hour period and much harder to stay within a reasonable caloric range.

The blow-torch eating plan will put you in a proactive mode without any gimmicks, pay-by-the-month special diet food programs or hard-to-find ingredients. Follow the plan as a general guideline and feel free to alternate the various meals. If you stay within the caloric range I propose in the plan, your body's internal ``blow torch'' will continuously burn unnecessary fat so it will not accumulate on or in your body. After a few weeks (or sometimes in just days), your stomach will shrink and your hunger pains, if any, will decrease. This is a signal that your body is getting closer to where it wants to be and your energy levels will be more consistent and generally elevated.

When eating, do not eat subconsciously. That is, be aware of the bites you are taking and enjoy each bite. Enjoy every taste of what goes into your mouth. By doing this, you will give your body and mind a chance to give you the ``OK, that's enough'' signal before you reach the bloated and uncomfortable feeling that occurs after you have eaten too much. Overeating equals weight gain and under-eating or eating just enough equals fat loss and maintenance of ideal body weight.

Always ask yourself, ``Is what I'm about to eat or drink in line with my goals and is it going to get me closer to where I want to be in terms of how I look and feel?'' Answer this question honestly, act accordingly and you will guarantee your success. This is an example of eating in a conscious mode rather than destructive eating subconsciously. Eventually, you will reprogram your subconscious to operate in a mode that is in line with your true goals, values and desires.

If you have a bad day, don't worry. Tomorrow is another opportunity to resume the program. Just focus on pre-planning your needs for the next day to minimize the possibility of any further setbacks.

At least once a day, look at yourself in the mirror from head to toe and say to yourself, ``This is working and I can feel and see the changes slowly occurring. I'm on my way and there is no stopping me.'' You must realize that taking actions to look as good and feel as healthy as possible is one of the most unselfish acts you can perform. Others may disagree, but here is the truth. If you neglect yourself by overeating, drinking and avoiding consistent exercise, you are putting your health and life at risk. As you age, you will become frail and dependent upon others for the simplest of tasks. This is extremely selfish because your poor habits will cause you to become a burden on your loved ones.

Following the ``Blow-Torch Diet'' is one of the most sensible actions you can take for yourself and your loved ones. This ``way of eating'' is designed to be easily followed for the rest of your life, whether you are at home, at work, visiting friends or on vacation. Many, if not all, of the foods are readily available at most supermarkets or on the Internet.

Whenever possible, choose organic foods over non-organic. There is no need for me to rehash my beliefs about the benefits of organic nutrition. However, I will remind you that a diet consisting of 55 percent organic foods is better than a 30 percent organic diet and a 30 percent organic diet is better than a 15 percent one. You get the idea.

For every food I list in the Blow-Torch 'Diet' – if it is not organic, there is most likely an organic equivalent. A quick search on the Internet will let you know what organic products are available and where you can purchase them.

If there is a specific meal or snack that you do not like, just substitute one that you like, but pay attention to the calories. If you really like a specific breakfast, lunch or dinner, there is nothing wrong with eating it five or six days in a row.

Review the suggested meals for each day and see what happens when you consistently follow the plan week after week. Once you understand how many calories your body requires and which foods are healthy, you can modify the plan to suit your own tastes. The eating plan includes meals that total between 1,670 and 1,900 daily calories for men. Women should keep their caloric intake between 1,300 and 1,600 by simply cutting the olive oil servings to one tablespoon at each meal or going lighter on the snacks. For everyone following the plan, only eat a mid-morning snack if you are hungry. Don't just eat for the sake of eating. Eat only when you are hungry.

For people interested in muscle/weight gain, this plan can still be followed. However, there should be an emphasis on increasing daily calories instead of restricting them.

For vegetarians, feel free to make appropriate substitutions when necessary. The key is to pay attention to calorie levels, while ensuring a balanced intake of protein, high-quality carbohydrates, essential fats and fiber.

When I refer to canned vegetables, I mean the 16-ounce size. And by all means, if you want to use fresh or frozen organic vegetables, that would be ideal. Likewise, if you think

the diet does not include enough meat, make the necessary substitutions to suit your taste, but don't forget to count calories.

Regarding alcohol, it all comes down to calories at the end of the day. If you have a glass of wine or one beer, substitute it for your evening snack. Drink sparkling water in social settings and hold off until later if you are going to order a drink. This creates the likelihood that you will drink less.

Why this ``diet'' works...

While I don't claim to be a nutritional genius with some breakthrough discovery, I have been smart enough to pay attention to several essential factors:

- 1 – The types of foods that have been put on this earth for optimum life support;
- 2 – The psychology of how we relate to food;
- 3 – The actions that result from the psychology of how we relate to food;
- 4 – How the body prefers to be fueled;
- 5 – How certain foods satisfy hunger for hours without over-consumption of calories;
- 6 – People want simple, easy and fast ways to prepare meals;
- 7 – The general population does not get educated about proper nutrition and the appropriate mindset;
- 8 – The more a person's diet gets ``cleaned up,`` the more benefits are experienced in other areas of life. For example, more energy leads to consistent exercise and better moods and this positive chain reaction leads to better fitness and health.

In a nutshell, these eight points summarize why the diet works. As you may have noticed, I made no mention of magical power foods, secret combining methods or mysterious foods that melt fat. All of the great foods that have been put on this earth for us have inherent magical powers and the ability to burn health-destroying body fat. It becomes a matter of us making these foods a regular part of our life so that they can work their own magic.

Before I reveal the ``diet,`` I want to give you a list of my favorite bedtime snacks as I will be referring to this list throughout the daily meal plans.

For bedtime snacks, I have created what I refer to as ``My Secret Seven.`` Of course, you do not want to eat all of these before you go to bed, but you can combine a couple of them as long as you keep the total calories close to 200.

I give you these first as a warm up of sorts before I reveal the ``diet.``

Here are the seven somewhat indulgent bedtime snacks:

``My Secret Seven''

1. Two tablespoons of NATURAL peanut butter:

- 200 calories
- 16 grams of fat (all healthy fat)
- 9 grams of carbohydrates
- 7 grams of protein

2. Low-Moisture, Part-Skim Mozzarella String Cheese Sticks (Two):

- 160 calories
- 10 grams of fat
- 2 grams of carbohydrates
- 16 grams of protein

3. Cashews (¼ cup):

- 180 calories
- 15 grams of fat (healthy fat)
- 9 grams of carbohydrates
- 5 grams of protein

4. Dried Figs (¼ cup):

- 110 calories
- 0 grams of fat
- 26 grams of carbohydrates
- 1 gram of protein
- 6 grams of fiber

5. Fresh or Frozen Blueberries (1 cup):

- 90 calories
- 1 gram of fat
- 21 grams of carbohydrates
- 1 gram of protein
- 6 grams of fiber

6. Soy Nuts, roasted & lightly salted (1 ½ ounces):

- 195 calories
- 9 grams of fat (very health fat)
- 13 grams of carbohydrates
- 16 grams of protein
- 4 grams of fiber

7. Dark Chocolate (my favorite), (1 ounce):

- 170 calories
- 11 grams of fat
- 16 grams of carbohydrates
- 1 gram of protein
- 2 grams of fiber

The bedtime snacks are scrumptious enough to entice anyone to try the rest of the blow-torch eating plan. And now, let's get started so you can see how easy it is to eat healthy meals and to stay within a desired calorie range.

Day 1.

Breakfast

Coffee or tea prepared any way you prefer
1 serving of Kashi GoLean Crunch cereal. (If you prefer to use another brand, be sure to look for high-fiber, high-protein cereal with no artificial sweeteners, such as Aspartame, Nutrasweet, Equal, Splenda, Sucralose or Acesulfame Potassium.
½ Cup of Skim Milk, preferably organic

Mid-Morning Snack (only if you are hungry)

1 ounce of peanuts
1 cup of strawberries
1 cup of green tea with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Lunch

1 can sweet green peas (no salt added), water drained
2 tablespoons of olive oil
Salt & pepper to taste
1 medium orange or apple
12 ounces of sparkling water (see www.LacroixWater.com for an example).

Mid-Afternoon Snack (only if you are hungry)

1 part-skim Mozzarella string cheese stick (portion control is easy because they are individually wrapped)
3 or 4 dried plums (or prunes)
White tangerine tea (check out www.RevolutionTea.com, one of my favorites) with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Dinner

1 large egg soft or hard boiled or poached or four ounces of chunk light tuna
In water or ½ can of garbanzo chick peas OVER:
3 cups of chopped Romaine lettuce or mixed baby greens
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 2.

Breakfast

Coffee or tea prepared any way you prefer
1 hard or soft-boiled egg with salt & pepper
1 small slice whole-grain bread toasted with a teaspoon of butter (yes, real butter!)
or you may substitute any 1 medium-sized fruit for the slice of bread

Mid-Morning Snack

1 ounce of almonds
1 cup of blueberries or raspberries, frozen or fresh with no added sugar
1 cup of green tea with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Lunch

1 can green beans (no salt added), water drained
2 tablespoons of olive oil
Salt & pepper to taste
1 ounce of cheddar cheese or part-skim Mozzarella cheese
1 medium orange or apple
12 ounces of water

Mid-Afternoon Snack

1 ounce peanuts
3 or 4 dried plums or prunes
Earl Grey tea with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Dinner

1 large egg, soft or hard-boiled or poached or four ounces chunk light tuna in water or ½ can garbanzo chick peas OVER:
2 cups chopped tomatoes and baby carrots
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 3.

Breakfast

Coffee or tea
Whole rolled oats cooked with water, one serving
1 tablespoon raisins
Cinnamon to taste
1 tablespoon natural peanut butter

Mid-Morning Snack

1 two-ounce nutrition bar. Look for a bar that has around 200 calories with at least 4 grams of fiber and at least 6-8 grams of protein. Remember, no artificial sweeteners (check out www.ThePureBar.com)
1 cup of green tea

Lunch

½ can sweet green peas and ½ can sweet yellow corn (no salt added), water drained
2 tablespoons olive oil
Salt & pepper to taste
1 medium orange or apple
12 ounces of water

Mid-Afternoon Snack

1 part-skim Mozzarella string cheese stick
Small/medium banana
White tangerine tea or tea of your choice

Dinner

4 ounces of salmon or other fish grilled, baked, broiled or pan-seared
3 cups chopped Romaine lettuce or mixed baby greens
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 4.

Breakfast

Coffee or tea prepared any way you prefer
1 or 2 or eggs, scrambled in olive oil or poached with salt & pepper to taste
1 grapefruit or orange

Mid-Morning Snack

1 two-ounce nutrition bar that has approximately 200 calories with at least 4 grams of fiber and at least 6-8 grams of protein. Remember, no artificial sweeteners
1 cup of green tea

Lunch

1 can mixed vegetables without potatoes (no salt added), water drained, steamed or sautéed
2 tablespoons olive oil
Salt & pepper to taste

1 medium pear
12 ounces of water

Mid-Afternoon Snack

1 cheddar cheese stick
1 ounce raisins (one box)
Black tea (visit www.RevolutionTea.com for choices)

Dinner

8 ounces of steamed sugar snap peas (in the pod), sprinkled with one tablespoon parmesan cheese
2 cups mixed baby greens
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 5.

Breakfast

Coffee or tea
Multi-grain Cheerios, one serving with a tablespoon of ground flax seed
½ cup skim milk

Mid-Morning Snack

1 ounce cashews - roasted & salted are OK
2 or 3 dried figs
1 cup green tea

Lunch

3 ½ ounce can chunk light tuna in water
½ cup baby carrots
2 tablespoons olive oil
2 tablespoons balsamic vinegar
Salt & pepper to taste
12 ounces of water

Mid-Afternoon Snack

2-ounce chocolate bar (dark or milk). (Yes, you read that correctly. Come on, we have to live a little. Just be sure you don't ``double dip`` on this one for your pre-bedtime snack.)
1 cup green tea

Dinner

8 ounces of sautéed mixed vegetables (broccoli, corn, zucchini, etc.), sprinkled with one tablespoon parmesan cheese
2 cups mixed baby greens
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven,’’ but no chocolate tonight. Try dried plums instead.

Day 6.

Breakfast

Coffee or tea
1 mini whole-grain or multi-grain bagel. (If you can't find mini bagels, have half of a regular size bagel)
1 pat of butter (yes, real butter)
1 tablespoon natural peanut butter

Mid-Morning Snack

1 ounce soy nuts
Medium orange (a convenient alternative is the pre-packaged mandarin oranges in single servings cups -- no peeling, no mess and they don't have to be refrigerated. I learned this one from my kids.)
1 cup green tea

Lunch

3 ½-ounce can salmon (the best that we've had is the Kirkland Signature Brand from Costco Wholesale, but there are many others available, as well.)
½ cup chopped tomatoes, any variety
2 tablespoons olive oil and 2 tablespoons balsamic vinegar
Salt & pepper to taste
12 ounces of water

Mid-Afternoon Snack

1 part-skim Mozzarella string cheese stick
3 or 4 dried plums (prunes)
1 cup green tea

Dinner

½ can garbanzo beans (chick peas), lightly crushed with a fork
2 cups mixed baby greens or romaine lettuce with a tablespoon of ground flax seed
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste. Also try a little onion powder & garlic powder
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 7.

Breakfast

Coffee or tea

1- or 2-egg omelet with chopped green onion (the long, skinny one) cooked in:

1 tablespoon olive oil and 1 pat of butter

2 tablespoons of any salsa of your choice

Mid-Morning Snack

1 ounce walnuts or peanuts

Medium peach or nectarine

1 cup green tea

Lunch

Medium garden salad with romaine and/or spinach

½ cup chopped tomatoes

½ cup cucumber

Chopped red onion, optional

3 tablespoons any variety of shredded cheese

2 tablespoons sunflower seeds

2 tablespoons olive oil and 2 tablespoons balsamic vinegar

Salt & pepper to taste

12 ounces of water

Mid-Afternoon Snack

1 part-skim Mozzarella string cheese stick

1 medium apple or medium pear

1 cup green tea

Dinner

1 Health Valley (or equivalent brand) instant soup in a cup. (These come in convenient single-serving cups. Look for the bean/vegetable variety for better amounts of protein and fiber. They have a great organic line of products.)

1 medium cucumber, chopped with:

1 tablespoon olive oil

2 tablespoons vinegar

1 tablespoon of ground flax seed

Salt & pepper to taste

Also try a pinch of some green seasonings, such as parsley, basil, etc.

12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 8.

Breakfast

Coffee or tea

Organic Optimum Zen Cereal from Nature's Path, one serving. If you prefer to use another brand, choose one with a high-fiber, high-protein content with no artificial sweeteners

Skim milk (preferably organic) ½ cup

Mid-Morning Snack

1 ounce roasted or raw sunflower seeds

¼ cup raisins

1 cup green tea

Lunch

1 medium whole-grain wrap

2 or 3 slices of roasted turkey, chicken or ham

1 tablespoon shredded cheddar

2 tablespoons of salsa of your choice

1 medium orange or apple

12 ounces of water

Mid-Afternoon Snack

2 kiwi fruits or one fruit of your choice

1 tablespoon of almond butter

Dinner

4-ounce can of wild salmon in water or ½ can garbanzo beans over:

½ chopped cucumber and one medium tomato

with a tablespoon of ground flax seed

2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven''

Day 9.

Breakfast

Coffee or tea

1 scrambled egg with salt & pepper & one tablespoon salsa

1 small slice whole-grain bread toasted with a teaspoon of butter

Or you may substitute any one medium-size fruit for the bread

Mid-Morning Snack

1 ounce cashews
1 cup blackberries (frozen or fresh with no sugar added)
1 cup green tea

Lunch

4-ounce can light tuna in water
½ can asparagus (no salt added), water drained
with a tablespoon of ground flax seed
2 tablespoons olive oil
Salt & pepper to taste
1 small banana
12 ounces of water

Mid-Afternoon Snack

1 cup fresh or frozen berries
1 rounded tablespoon natural peanut butter
12 ounces of water

Dinner

6-ounce chicken (dark or white meat) baked, grilled or pan-seared OVER:
2 cups chopped tomatoes and baby carrots mixture
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 10.

Breakfast

Coffee or tea
1 cup multi-grain Cheerios with a tablespoon of ground flax seed
1 tablespoon raisins
Cinnamon to taste
¾ cup skim milk

Mid-Morning Snack

1 two-ounce nutrition bar
1 cup green tea

Lunch

½ can sweet green peas and ½ can sweet yellow corn (no salt added), water drained
2 tablespoons olive oil
Salt & pepper to taste and 1 tablespoon parmesan cheese

1 pear
12 ounces of water

Mid-Afternoon Snack

1 serving of granola/trail mix of your choice
Blueberry tea from Celestial Seasonings, hot or cold

Dinner

4 ounces of flounder or other fish grilled, baked, broiled or pan-seared
3 cups chopped romaine lettuce or other lettuce
1 chopped green onion
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven''

Day 11.

Breakfast

Coffee or tea
1 or 2 eggs poached or boiled, hard or soft with salt & pepper to taste
1 grapefruit or orange

Mid-Morning Snack

1 two-ounce nutrition bar
1 cup green tea

Lunch

1 can mixed vegetables without potatoes (no salt added), water drained, steamed or sautéed
1 ounce of cheese of your choice
2 tablespoons olive oil
Salt & pepper to taste
1 medium peach or nectarine (or other fruit)
12 ounces of water

Mid-Afternoon Snack

1 tablespoon peanut butter
1 ounce dried cranberries or other dried berry
Tea of your choice

Dinner

8 ounces of steamed sugar snap peas (in the pod) sprinkled with one tablespoon parmesan cheese and 2 tablespoons marinara, tomato & basil or hot & spicy

Italian sauce. (Gia Russa brand is awesome.)
2 cups mixed baby greens
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 12.

Breakfast

Coffee or tea
2 slices Ezekiel Bread toasted, one with Olivio (found in the butter section) and
1 with your choice of nut butter (peanut, almond, etc.)

Mid-Morning Snack

Soybeans, preferably organic & non-GMO, roasted & salted is OK
2 or 3 dried figs (4 or 5 if they are small)
1 cup green tea

Lunch

5-ounce tear pouch chunk light tuna (see Starkist varieties)
½ cup baby carrots with a tablespoon of ground flax seed
12 ounces of water

Mid-Afternoon Snack

10 Hershey's Kisses (it's perfectly fine to 'splurge' once in a while.)
Just be sure you don't double up on this one for your pre bed-time snack.
1 cup green tea

Dinner

1 serving of Freschetta's Brick Oven Pizza - Five Italian Cheeses, Fire Baked
Crust. Find it in the frozen food section of your supermarket. (This is the best
frozen pizza I've ever tasted.) - make sure you get the square one.
2 cups mixed baby greens
1 tablespoon olive oil and 2 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 13.

Breakfast

Coffee or tea
1 mini whole-grain or multi-grain bagel
1 pat of butter
1 tablespoon natural almond butter

Mid-Morning Snack

1 ounce walnuts or hazelnuts
Medium peach or orange
1 cup green tea

Lunch

3 ½ -ounce can salmon, any variety
½ cup chopped tomatoes, any variety
1 tablespoon olive oil and 2 tablespoons balsamic vinegar
Salt & pepper to taste
Add to small or medium whole-grain, high-fiber wrap. Roll and eat
12 ounces of water

Mid-Afternoon Snack

1 part-skim Mozzarella string cheese stick
1 cup fresh or frozen (defrost in microwave or let sit on counter) blueberries
1 cup green tea

Dinner

½ can garbanzo beans lightly crushed with a fork
½ cucumber, chopped with a tablespoon of ground flax seed
1 tablespoon of raisins
1 tablespoon of olive oil and 2 tablespoons balsamic or red vinegar
Salt & pepper to taste
Also try a little onion powder & garlic powder
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 14.

Breakfast

Coffee or tea
1-egg omelet with chopped green onion cooked in:
1 tablespoon olive oil
On top of one slice Ezekiel bread or whole-grain, high-fiber equivalent
1 pat of Olivio or butter
2 tablespoons of any salsa of your choice (optional)

Mid-Morning Snack

1 ounce almonds
Medium or large grapefruit
1 cup green tea

Lunch

Health Valley fat-free garden split pea soup with carrots. Comes fully prepared as two servings. Just add boiling water to convenient disposable cup, let sit for five minutes and eat. Eat both servings for a complete meal with only 220 calories total
12 ounces of water

Mid-Afternoon Snack

1 part-skim Mozzarella string cheese stick
1 medium apple or one medium pear
1 cup green tea

Dinner

1 serving of Freschetta's Brick Oven Pizza - Five Italian Cheeses, Fire Baked Crust. Find it in the frozen food section of your supermarket. (This is the best frozen pizza I've ever tasted. Didn't I say that already?)
1 medium cucumber, chopped
1 tablespoon olive oil
2 tablespoons vinegar, any variety
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven''

Day 15.

Breakfast

½ cup skim milk or 1 cup of tea
1 serving of oatmeal with a tablespoon of ground flax seed
¼ cup berries of your choice

Mid-Morning Snack

6 ounces plain yogurt
1 ounce almonds
12 ounces of water

Lunch

Salad of romaine lettuce topped with 3 or 4 ounces grilled chicken or salmon
2 clementines or 1 orange
12 ounces of water

Mid-Afternoon Snack

½ cup cottage cheese topped with pepper and/or one teaspoon ground flax seeds
1 apple
12 ounces of water

Dinner

1 (3 - 4 ounces) grilled or baked chicken breast
½ cup barley soup
½ cup steamed broccoli
Small wedge of cantaloupe, watermelon or other seasonal fruit
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 16.

Breakfast

Coffee, tea or skim milk
1 boiled egg
2 slices of turkey bacon
1 kiwi or other fruit

Mid-Morning Snack

½ cup cottage cheese
2 clementines or 1 orange
Tea or water

Lunch

1 (3-ounce) turkey burger on whole-grain or multi-grain bread, one slice or small roll
Fresh green salad with olive oil
½ cup lima beans
12 ounces of water

Mid-Afternoon Snack

¾ cup baked soy crackers (Genisoy Smart Hearts is a good choice)
½ cup cottage cheese
1 cup green tea

Dinner

1/3 cup red beans and rice, any brand
Salad of romaine lettuce
1 tablespoon olive oil and 2 tablespoons balsamic or red vinegar
1 small slice of angel food cake (Time to indulge again)
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 17.

Breakfast

Coffee, tea or skim milk
¼ cup oatmeal or other multi-grain hot cereal topped with cinnamon and/or a topping of your choice
1-egg omelet seasoned to your liking
1 small wedge of cantaloupe or other seasonal fruit

Mid-Morning Snack

Six ounces plain yogurt or a low-fat flavored brand
3 or 4 dried plums
1 cup green tea

Lunch

2 slices of chicken or turkey breast on whole-grain or multi-grain bread with tomato
1 apple
12 ounces of water

Mid-Afternoon Snack

1 cup fresh or frozen berries
½ cup cottage cheese
12 ounces of water

Dinner

1 piece (4 – 6 ounces) of baked cod or other fish
½ cup green peas or green beans (no salt added), water drained
½ cup low-fat sorbet
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 18.

Breakfast

Coffee, tea or skim milk
1 slice of whole-grain or multi-grain bread toasted with 1 pat of butter
1 soft or hard-boiled egg

Mid-Morning Snack

1 ounce of sunflower seeds
¾ cup freeze dried or dehydrated fruit (banana, apple, mango, etc)
1 cup green tea

Lunch

4 to 6 ounces baked salmon or chicken
Green salad topped with olive oil
¼ cup berries of your choice
12 ounces of water

Mid-Afternoon Snack

8 almonds
6 ounces of yogurt

Dinner

Chicken stir fry with a variety of peppers, onions and mushrooms
1 serving of fruit salad or fruit cocktail
½ cup applesauce
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 19.***Breakfast***

Coffee or tea
1 serving of high-fiber, high-protein cereal
½ cup skim milk
1 orange or other seasonal fruit

Mid-Morning Snack

1 ounce roasted or raw sunflower seeds
½ cup cottage cheese
1 cup green tea

Lunch

1 medium whole-grain wrap with 2 slices of roasted turkey, chicken or ham
2 tablespoons of salsa of your choice
1 tablespoon shredded cheddar
1 slice of watermelon or other seasonal fruit

Mid-Afternoon Snack

¼ cup raisins
Fruit of your choice

Dinner

1 large stuffed pepper with brown rice, ground chicken or turkey topped lightly with grated cheese of your choice

Salad of romaine lettuce and your choice of healthy toppings
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 20.

Breakfast

Coffee or tea
2 slices of turkey bacon
1 scrambled egg seasoned lightly to taste
1 small piece of fruit

Mid-Morning Snack

6 ounces yogurt, preferably plain
1 cup blueberries
1 cup green tea

Lunch

Fresh salad topped with thin slices of turkey breast or chicken breast and olive oil
½ cup cottage cheese
12 ounces of water

Mid-Afternoon Snack

1 serving of soy crackers or trail mix
1 banana
1 cup of tea

Dinner

1 pan-seared 4 – 6 ounce tuna steak
½ cup barley or other healthy soup of your choice
½ cup steamed cauliflower or similar vegetable with 1 pat of melted butter
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 21.

Breakfast

Coffee or tea
1 serving oatmeal topped with a tablespoon of ground flax seeds and ½ banana
1 grapefruit

Mid-Morning Snack

1 pretzel rod
1 apple
1 cup green tea

Lunch

4-ounce can light tuna in water
1 tablespoon olive oil and 2 tablespoons rice wine vinegar
½ cup lima beans
1 apple
12 ounces of water

Mid-Afternoon Snack

6 ounces of yogurt
½ cup carrots or cucumber with sea salt and pepper
Tea of your choice

Dinner

Burger made of ground turkey or chicken, 3 – 4 ounces
½ cup vegetable soup
Fresh salad with romaine lettuce and olive oil
1 small slice of angel food cake
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 22.

Breakfast

Coffee or tea prepared any way you prefer
1 serving of Kashi GoLean Crunch cereal. (Try Honey Almond Flax)
½ cup of skim milk, preferably organic

Mid-Morning Snack (only if you are hungry)

1 ounce of cashews
1 cup of grapes or cherries
1 cup of green tea with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Lunch

½ can butter beans (no salt added), water drained
2 tablespoons of olive oil
Salt & pepper to taste (try some garlic powder and onion powder, too)
1 medium orange or apple
12 ounces of sparkling water

Mid-Afternoon Snack (only if you are hungry)

1 ounce mixed nuts
3 or 4 dried plums (or prunes)
Black tea (check out www.RevolutionTea.com, one of my favorites) with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Dinner

Kashi – Lime Cilantro Shrimp - in frozen food section – can be cooked in oven
3 cups of chopped romaine lettuce or mixed baby greens
1 tablespoons olive oil and 2 tablespoons balsamic or red vinegar
Salt & pepper to taste
1 kiwi fruit
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 23.

Breakfast

Coffee or tea prepared any way you prefer
1 Thomas' whole-grain mini bagel with
1 tablespoon of Smuckers natural peanut butter (it comes in an organic version, too)

Mid-Morning Snack

1 ounce of pecans or walnuts
1 cup of blueberries or raspberries, frozen or fresh with no added sugar
1 cup of green tea with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you can have this even if you are not hungry).

Lunch

½ can cooked lentils
2 tablespoons of olive oil
Salt & pepper to taste and
Garlic powder & onion powder to taste
1 medium orange or apple
12 ounces of water

Mid-Afternoon Snack

1 organic Z bar (chocolate brownie) from Clif – these are for kids, but I eat them all the time (proof that I still haven't grown up)
3 or 4 dried plums or prunes
Tea of your choice – be daring here – the choices are endless with a pinch of stevia extract and a teaspoon of organic whole cane sugar if you like it sweet (you

can have this even if you are not hungry).

Dinner

8 – 12 sautéed shrimp
Baked zucchini and/or yellow squash with sea salt, pepper, garlic powder and onion powder
1 cups chopped tomatoes and baby carrots
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 24.

Breakfast

Coffee or tea
1 serving raisin bran cereal with a tablespoon of ground flax seeds
Cinnamon to taste
4 – 8 ounces of skim milk

Mid-Morning Snack

1 two-ounce nutrition bar. Look for a bar that has around 200 calories with at least 4 grams of fiber and at least 6 - 8 grams of protein. Remember, no artificial sweeteners (check out www.ThePureBar.com)
1 cup of green tea

Lunch

1 can organic lentil soup from Health Valley (no salt added)
Sea salt & pepper to taste
1 medium orange or apple
12 ounces of water

Mid-Afternoon Snack

1 cheddar string cheese stick (or similar)
Small/medium pear or apple
White/green tea or tea of your choice

Dinner

4 ounces of grouper or other fish grilled, baked, broiled or pan-seared
3 cups chopped red leaf and/or green leaf lettuce
2 tablespoons olive oil and 3 tablespoons vinegar of your choice
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 25.

Breakfast

Coffee or tea prepared any way you prefer
1 or 2 eggs, scrambled in olive oil or poached with salt & pepper to taste
3 tablespoons salsa of your choice

Mid-Morning Snack

1 two-ounce nutrition bar that has approximately 200 calories with at least 4 grams of fiber and at least 6 - 8 grams of protein. Remember, no artificial sweeteners
1 cup of green tea

Lunch

1 serving (flat can) sardines in water
2 tablespoons olive oil
Salt & pepper to taste
1 medium pear or apple
12 ounces of water

Mid-Afternoon Snack

1 rounded tablespoon almond or cashew butter
1 ounce raisins (one box)
Black tea

Dinner

1 serving organic white cheddar macaroni and cheese
2 cups mixed baby greens or lettuce and 1 chopped tomato
1 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 26.

Breakfast

Coffee or tea
One serving multi-grain cereal of your choice, hot or cold with a tablespoon of ground flax seed
4 – 8 ounces skim milk

Mid-Morning Snack

1 ounce cashews or sunflower seeds - roasted & salted are OK
1 cup melon of your choice or other fruit
1 cup green tea

Lunch

3 ½-ounce can chunk light tuna in water mixed with
1 chopped cucumber
2 tablespoons olive oil
2 tablespoons balsamic vinegar
Sea salt & pepper to taste
12 ounces of water

Mid-Afternoon Snack

2-ounce chocolate bar (dark or milk). (Yes, again!)
1 cup green tea

Dinner

8 ounces of sautéed baby corn, water chestnuts and chopped carrots, sprinkled with
one tablespoon romano cheese
2 cups mixed baby greens with one tablespoon of sunflower seeds
2 tablespoons olive oil and 3 tablespoons balsamic or red vinegar
Salt & pepper to taste
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven,’’ but no chocolate tonight. Try dried plums instead.

Day 27.

Breakfast

Coffee or tea
1 whole-grain waffle with half a banana
1 pat of butter (yes, real butter)
1 tablespoon natural peanut butter

Mid-Morning Snack

1 ounce soy nuts or roasted peanuts
Medium orange (a convenient alternative is the pre-packaged mandarin oranges
in single servings cups -- no peeling, no mess and they don't have to be refrigerated.
I learned this one from my kids.)
1 cup green tea

Lunch

3 ½-ounce can salmon or tuna
½ cup chopped tomatoes, any variety
2 tablespoons olive oil and 2 tablespoons balsamic vinegar

Salt & pepper to taste
1 small or medium apple
12 ounces of water

Mid-Afternoon Snack

1 granola bar – see Back to Nature Chewy Trail Mix Bars
at www.BackToNatureFoods.com
1 orange or other fruit
1 cup green tea

Dinner

½ can black beans with one tablespoon shredded cheddar cheese on top of
2 cups mixed baby greens or romaine lettuce
2 tablespoons olive oil and 3 tablespoons vinegar of your choice
Salt & pepper to taste. Also try a little onion powder & garlic powder
12 ounces of water

Pre-Bedtime Snack

Select from ``My Secret Seven``

Day 28.

Breakfast

Coffee or tea
Hot whole-grain cereal of your choice – see Quaker’s organic line, Kashi’s Go Lean
Hearty All Natural and organic Blueberry Almond from Target. These cook within
minutes on your stovetop and can be made the day before to bring to work the next
day. No excuses!
Add a half cup of berries of your choice

Mid-Morning Snack

1 ounce pistachios
Medium peach, nectarine or apple
1 cup green tea

Lunch

½ avocado chopped and tossed with
½ cup chopped tomatoes
½ cup cucumber
Chopped red onion, optional
3 tablespoons any variety of shredded cheese
2 tablespoons sunflower seeds
2 tablespoons olive oil and 2 tablespoons balsamic vinegar
Add Mrs. Dash seasoning of your choice – original, garlic herb, extra spicy, etc.
12 ounces of water

Mid-Afternoon Snack

- 1 nutrition bar – about 200 calories
- 1 medium apple or medium pear
- 1 cup green tea

Dinner

- 1 serving Tabatchnick Tuscany Lentil Soup (see www.tabatchnick.com) sprinkled with 2 tablespoons of grated cheese of your choice
- 1 medium cucumber, chopped with:
 - 1 tablespoon olive oil
 - 2 tablespoons vinegar
 - 1 tablespoon of ground flax seed
- Salt & pepper to taste
- Also try a pinch of some green seasonings, such as parsley, basil, etc.
- 12 ounces of water

Pre-Bedtime Snack

- Select from ``My Secret Seven``

The best personal trainers and fitness consultants teach their clients and students how to become their own trainers. By giving you this 28-day sample ``way of eating,`` my primary objective is to show you what four weeks of wise nutrition looks like with the ultimate goal of you taking the information and making changes, if necessary, to suit your specific needs. Along the way, you will naturally learn what foods and meals work with your lifestyle and schedule. It is quite possible that the 28-day program will be exactly what you are looking for and the meals will suit your needs and preferences. If so, great. Take it and run with it.

I have taken liberties to mention certain brands in many of the meals. Take this as information being passed between two friends in everyday conversation and not as product endorsements. These just happen to be products that we enjoy and at the same time, fit into the Blow-Torch way of eating.

Let me remind you that while I suggest you derive most of your nutrition from organic sources, I am aware of the obstacles you may face regarding availability and price. To this, I say do what you can and just know that with every passing month the availability and price factors of organic foods and beverages will continue to become less prohibitive.

With more organic/natural-themed stores opening, such as Whole Foods and Trader Joe's, and with traditional supermarkets, such as Publix and Shop-Rite, devoting more shelf space to organic items, access to lower-priced organics will soon be a reality.

While the plan outlined on the preceding pages may not be suited for vegetarian diets or gluten-free diets, it can easily be modified to suit both needs. Any vegetarian or gluten-free eater should know how to remove the foods that do not fit their needs and substitute

the ones that do. The key is to do this while staying within the recommended caloric ranges and maintaining a balanced intake of complex carbohydrates, proteins and fats.

Hence, my answer to the longstanding question: ``What am I doing wrong? I follow an extremely healthy diet, but I cannot lose a pound.''

There is a massive difference between eating healthy and eating healthy while not taking in more calories than your body needs. Even too many healthy calories will lead to weight gain or prevent weight loss. Healthy eating also means eating the right amount of food. Doing so will ensure you have enough energy to exercise and explore the rock-solid strategies described in the next chapter.

... that would be Chapter 9, in the book.

Copyright 2008, Joey Atlas. All Rights reserved.