

PHASE 3

INTEGRATION

THE INTEGRATION PHASE

Phase 3 is called the Integration Phase because in this Phase you will be able to eat any type of meal. You will not be limited to one concentrated food per meal. You will have more dessert options and meal planning will be far more flexible. A more comprehensive strengthening and cardio routine are also introduced for those who want to maximize the potential of a well-balanced, effective exercise program. These measures are implemented in four weeks and are continued until goal weight is achieved.

Of course, by now, your new positive habits are subconsciously accumulating, so the meals you will want to eat, as well as your whole approach to eating in general, will be more sober than they were before you began the *Life Transforming Diet*.

Some of you may want to stay on Phase 2 for a longer period of time. Some even stay on Phase 2 until they are down to their goal weight, as progress is rapid and the vibrant feeling is exhilarating. Staying longer on Phase 2 will certainly add to your subconscious accumulation process. In fact, there are even people who have remained on Phase 2 for the long term, even after having reached their goal weight. Everyone is unique, so gauge what time period works best for YOU.

If you have chosen to prolong Phase 2, yet have started feeling that you want a greater variety of foods at a meal, this is most probably a sign that you should move on to Phase 3. Don't worry; you will definitely continue to lose weight at a very good pace during Phase 3 and beyond.

Remain on Phase 3 until you have reached your goal weight.

PHASE 3 AT A GLANCE

For all weeks:

CONTINUE

High-Water-Content (HWC) Meal once a day

Substitution Method between meals

Main One-Concentrated-Food (CF) Meal

Light One-Concentrated-Food (CF) Meal

In Addition: You may have a Mixed Meal once a day and ultimately even two Mixed meals a day, More dessert options, Comprehensive exercise program

PHASE 3

Week 1

WEEK 1 – Meal Options

You can have one Mixed Meal a day

DESCRIPTION:

“Mixed Meals” allow any number of foods, even from different food groups at the same meal. You can eat a meat or cheese sandwich; chicken and potatoes; meatballs and pasta or any starch with any protein at the same meal.

Any meal that includes both protein and starches is considered a MIXED MEAL.

DIRECTIONS:

Take your normal portion of food, but take seconds only of the vegetables. It may also help to start the meal with a salad, vegetable entrée or soup. T h e n take only one helping of protein and starch. T h e essence of these measures is to avoid second helpings of concentrated foods.

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Many get hooked on the One CF Meal. It’s practical, enjoyable, and has many physiological advantages! But by Phase 3, you have regained better inner focus, and portion control has started to feel more natural. In today’s world, some of us may find a One CF Meal a bit too restricting on a continuous basis so a Mixed Meal presents a realistic alternative. Furthermore, I will explain on page , the Mixed Meal allows you to be somewhere in the middle of the two modern-day opinions regarding food combining. How can we eat a meal with more than one concentrated food and still prevent overeating?

Taking seconds of vegetables only is crucial when eating a Mixed Meal because you do not have the digestive and other advantages of the One CF Meal. In practice, if you were eating a dinner consisting of salmon, couscous and salad, then the portion of salmon and couscous would be limited to a single portion. If you still felt hungry, you would be able to continue with second or even third helpings of the salad.

Second helpings of the concentrated foods would not be an option.

At first, this will take a bit of mind conditioning. Take a normal portion of food and say to yourself, “This is the amount of food I *want* and *need* to eat. If I eat any more food, it can only do me harm, physically and otherwise.” Be honest: How often do you really enjoy a second helping after a mixed meal? Generally, when we take a second helping, we are eating with our eyes. How often do you walk away from a meal in which you took seconds, with feelings of guilt, disappointment and lethargy? Our Mixed Meal method guarantees that you will walk away from the meal satisfied, without feeling lethargic or “stuffed.”

Interestingly, Maimonides does not mention the One CF meal in his magnum opus, *Mishneh Torah*. He certainly believed that the One CF meal offers the best advantages for digestion as he writes in his medical works, but the main principle is stop before satiation regardless of the type of meal. The Mixed Meal is an effective practical method for achieving this aim.

MEAL PLANNING

You don't have to eat a Mixed Meal every day. In the beginning of Phase 3, you may choose to eat a Mixed Meal a few times a week. But you no longer have to eat two One CF Meals every day.

This is my suggestion regarding your meals:

| Lightest meal: HWC Meal

| Heavier main meal: Main One CF Meal

| Lighter main meal: Mixed Meal

OR

| Lightest meal: HWC Meal

| Heavier main meal: Mixed Meal

| Lighter main meal: Light One CF Meal

In other words, if your largest meal is a Main One CF Meal, you could make the other meal a Mixed Meal, which is a great opportunity to eat your daily grains. In other words, if you live in the USA, dinner is most probably your largest meal. This meal could be a Main One CF meal that you eat with your family like grilled chicken and sautéed vegetables. For lunch you could eat a tuna wrap and salad, which would be a Mixed Meal. Or if your largest meal is a Mixed Meal like steak and a potato side dish, you could try to make the other meal a Light One CF Meal so that you don't overburden your system. Obviously, you could still choose to eat a Main One CF meal and Mixed Meal on the same day. *Ultimately, your meal schedule is your choice, but do not have more than one Mixed Meal a day, and always eat one HWC meal a day.* In Week 4 and preferably at goal weight, you will be able to further customize your meal options.

Some people ask – what is a “normal portion” of food? In other words, is there a limit to a first helping?

This is a good question. Honestly, we all do have an idea of what is a “normal portion”. In this case there is :

“No size fits all!” Therefore our guideline is to use some common sense for the first portion and if you want more food and just take seconds of the vegetables. This advice is sufficient in my opinion but if the exact quantity of a meal really bothers you then use a general knowledge of calorie amounts per meal - No this does

not mean that you have to count calories. *The Life Transforming Diet* is not chained to the concept of measuring on any level but if you are the type of person who wants clear, predictable guidelines then “calorie calculation” is a precise method based on the most current scientific nutritional information. It is not a complex method and I explain it later, ‘Nutritional Perspective’.

In Phase 1, Week 1, I mentioned that after Phase 2 you could change the position of your High-Water-Content Meal if you wanted to. For example, if you were eating a High-Water-Content Meal for breakfast during Phases 1 and 2, you can now switch it to lunch or dinner. It is up to you! (Bear in mind that it’s always best to try to stick to the same schedule so that a habit can be reinforced.)

PHASE 3

Week 2

WEEK 2 - Dessert Options

You can add some low Calorie dessert options to your diet

DESCRIPTION:

You may be more liberal with your dessert options – low Calorie desserts

DIRECTIONS:

If you are in the mood for something sweet besides fruit or if you are faced with a fattening and unhealthy dessert and you want to indulge, choose a dessert that is 90-100 Calories (see list below).

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DESSERTS

By Phase 3, you may also be more liberal with your dessert options. Initially we are trying to cleanse our bodies and remove unhealthy cravings. That is why we allow only applesauce and certain types of fruit for the dessert option during Phases 1 and 2. On the other hand, some people may want a greater variety of dessert options by Phase 3, and they may not want to wait until they reach their goal weight. After all, it could take some people a longer time to reach their goal. For them, the risks are too high not to offer more dessert options, because it could possibly jeopardize their whole eating plan.

So if you are in the mood for something sweet besides fruit or if you are faced with a very fattening unhealthy dessert and you want to indulge then the following desserts are the best choice at this stage. They can satisfy any sweet tooth. In effect, you are indulging an unhealthy craving with smarter choices.

These are your dessert options during Phase 3, in order of preference:

- | Ice pops, sugar-free (each has 0 fat, 15–25 calories/62–104 klj)
- | Ice pops, sugar (each has 0 fat, 40–90 calories/188–376 klj)
- | Tofutti pops, non-dairy, sugar-free (each has 0 fat, 30 calories/125 klj)
- | Gelatin dessert, sugar-free (½ cup has 0 fat, 10 calories/42 klj)
- | Hard candies, sugar-free (1 piece has 0 fat, 5–10 calories/20–41 klj)
- | Hard candies, sugar (1 piece has 0 fat, 10–24 calories/41–100 klj)
- | Sorbet, nonfat, sugar (½ cup has 0 fat, 80 calories/335 klj)
- | Gelatin dessert, sugar (½ cup has 0 fat, 80 calories/335 klj)
- | Pistachios, 20 nuts (7 grams of fat, 80 calories/335 klj)
- | Almonds, 13 medium (7.5 grams of fat, 85 calories/355 klj)
- | Frozen yogurt, nonfat (½ cup has 0 fat, 90 calories/377 klj)
- | Ice cream, soft-serve, nonfat (½ cup has 0 fat, 90 calories/377 klj)

I am certainly not suggesting that you eat the maximum quantity of low-calorie foods! However, it makes an important psychological point. Sometimes, we are not aware that certain high-calorie foods come with a steep caloric price relative to how much we can eat. You could be eating much better foods and in larger quantities, certainly from a weight-loss perspective.

I am aware that the sugar-free options will cause some eyebrows to be raised because artificial sweeteners are a subject of debate among health professionals. Certainly, natural products are preferable, and there are certain foods that are low enough in calories such as regular nonfat ice pops. However, when it comes to soda or certain desserts, there is a big difference between the regular and diet versions. If you choose to eat these foods anyway then the low-calorie version is preferable from a weight loss perspective. Everyone agrees that being overweight or obese is extremely dangerous, and at the moment are focusing on reducing that danger. Once you are down to your correct weight, you can choose to start zoning in on potential health issues that are not weight issues and eliminate products that are unhealthy. Nevertheless, if you feel strongly about avoiding these products now, stick to the *regular* low-calorie items (90-100 Calories) or simply avoid those dessert choices altogether.

Various brands of the dessert options mentioned above differ in their calories per serving. Some are higher than our guidelines. However, there are many brands which fit into these guidelines. So pay attention to the nutrition label on the package.

Remember, these are not food options between the meals. You are not ready to eat other foods besides the four preferences of the Substitution Method until you are down to your goal weight *and* your inner controls are in clearer focus. At that stage, you will be able to eat these foods as snacks between meals and you will also have the option to eat other, higher calorie desserts.

Take note: Everyone reacts differently to food choices at different stages, so gauge your own reaction honestly. If after eating one of these dessert options, you find that you are craving more between meals, or if you are finding it hard to limit the quantities, then keep these options to a minimum or cut them out. In fact, I suggest that until you are close to your goal weight, you should enjoy these dessert options only on special occasions or when you are faced with a much worse dessert choice. You do not want to embolden any unhealthy cravings.

PHASE 3

Week 3

WEEK 3 – Exercise

Add some dumbbells to your exercise routine and try to step up your cardio

DESCRIPTION:

Implementing a well-balanced exercise program that will lead to optimum cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.

DIRECTIONS:

Cardio: At least 30 minutes of moderate activity, 5 times a week OR 20 minutes of vigorous activity, 3 times a week

Strengthening: At least one set of 8 – 12 reps of 8 – 10 different exercises, two days per week, repetitions representing maximal weight lifted to fatigue.

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CARDIO

By now you are getting used to a nice level of exercise. If you would like to step it up a notch – and you feel you are ready – you can move both your cardiovascular and your strengthening exercises up to the next level.

Regarding cardiovascular exercise: According to The National Center for Chronic Disease Prevention and Health Promotion, in order to achieve all the benefits from exercising, an adult should do:

| Moderate exercise for [at least] thirty minutes, five or more times week,

OR

| Vigorous exercise for [at least] twenty minutes, three or more times a week.¹

The following are examples of moderate and vigorous exercise:¹

Moderate	Vigorous
Walking briskly	Race walking, jogging or running
Golf, pulling or carrying clubs Recreational swimming	Swimming laps
Mowing the lawn with a power motor	Mowing the lawn with a hand mower
Tennis doubles	Tennis singles
Bicycling 5 to 9 mph, level terrain, or with a few hills	Bicycling more than 10 mph, or on steep uphill terrain
Scrubbing floors or washing windows	Moving or pushing furniture
Weight lifting, Nautilus machines or free weights	Circuit training

According to *Fitness and Sports Medicine*, 'High' fitness status:²

- Duration: 30 – 60 minutes
- Exercise frequency: 5 times a week
- Exercise intensity: 75 – 85 % of heart rate reserve (Karvonen).

You may choose to do your cardio exercise at different paces. Exercise-rest intervals and intensity can be determined by how you feel. This is known as *Fartlek Training*. For example, if you jog on a treadmill, you could begin by warming up at 3.5 miles for five minutes, run at 5.5 miles for ten minutes, move up to 6.5 miles for another ten minutes and then cool down at 3.5 miles for five minutes. There are so many different ways to 'spice up' your cardio workout. *Aerobic circuit training*³ is also popular at gyms. Between four and eight aerobic exercise stations with one to five minutes per station and a 15 second rest break between stations constitute a circuit. Stations may include stationary cycling, treadmill exercise, elliptical training, moderate stair climbing and rowing.

Don't skip a workout because you don't have the strength to get on a treadmill. Rather step it down a notch and get moving! When I am very tired and not in the mood to run, I get on to the treadmill and walk at a fast pace like 4.3 miles and do it for 40-60 minutes. Just make sure you are doing something you enjoy while on the treadmill. In Part 3, Chapter 3, you will learn how to measure the pace of your exercise - "training zone." Your heart rate during exercise can be an even more precise way to measure whether an exercise is moderate or vigorous.

STRENGTHENING

Physiologically, regular strength training results in increased muscle fiber, increased muscle contractile strength, increased tendon tensile strength, increased bone strength and increased ligament tensile strength. Research indicates that previously untrained men and women gain 40 – 60 % more strength after two months of regular

¹ For more information, see the first Internet reference for Phase 3 in Appendix E (page 310).

² Neimean D.C (1996) *A Health related Approach* (3rd ed.). Palo Alto: Bull Publishing. American Council on Exercise, Personal Trainer Manual, pg. 334

³ ACE Manual, pg. 229

exercise. Strength training plays a major role in enhancing our body composition and physical appearance—more muscle and less fat. Unfortunately if we do not do regular strength exercise, we lose more than one-half pound of muscle every year of life after age 25. Furthermore, an increase in muscle tissue causes a corresponding increase in our metabolic rate. Gradual loss of muscle tissue in non-training adults leads to a 5% reduction in metabolic rate every decade of life. This is closely related to the gradual increase in body that typically accompanies the ageing process.⁴

A minimum weight-training program according to the American College of Sports Medicine⁵ involves at least one set of 8–12 repetitions of 8–10 different exercises conducted two days per week.

It is best to select at least one exercise for each major muscle group to ensure comprehensive muscle development. Training only a few muscle groups leads to muscle imbalance and increases the risk of injury. Most exercise specialists agree that the following eight muscle groups must be worked on in order to have a full body exercise program. See below for a list of gym equipment and dumbbell exercises, which work these different muscles:

1. **Legs, quadriceps**
2. **Legs, hamstrings**
3. **Chest**
4. **Back**
5. **Shoulders**
6. **Triceps**
7. **Biceps**
8. **Abs**

Lower body muscles - quadriceps, hamstrings, Hip adductors and hip abductors, low back, abdominals

Upper body muscles - pectoralis major, rhomboids, trapezius, latissimus dorsi, deltoids, biceps, triceps, neck flexors and neck extensors

Gym Circuit Equipment: All equipment is labeled and muscles worked on are indicated on the machine.

Seated Row

Back and biceps

Lower back extension machine

Back

Lateral raise

Shoulders

Arm curl

Biceps

Leg extension

Quadriceps

Seated leg curl

Hamstrings

Abs

All Abs muscles

⁴ ACE Manual, pg. 248

⁵ American College of Sports Medicine, 2006

Seated Fly

Chest

Overhead press

Shoulders and triceps

Chest press

Chest

Pull down

Back and biceps

Lat pull or pulley machine (triceps move)

Triceps

Dumbbell Exercises:

These are a list of some exercises using nothing but dumbbells. Some will require a bench or seat to lay or sit on.

Chest

- Flat bench dumbbell press
- Incline bench dumbbell press
- Decline bench dumbbell press
- Dumbbell flyes (flat/incline/decline bench)

Back

- Deadlifts
- Single arm bent over rows
- Double arm bent over rows
- Lying row

Biceps

- Standing dumbbell curls
- Seated dumbbell curls
- Incline dumbbell curls
- Preacher curls (if you have a preacher curl bench)
- Concentration curls
- Hammer curls

Triceps

- Single arm overhead tricep extensions (can also be done with both arms)
- Dumbbell skull crushers (flat, incline or decline bench)
- Tricep kickbacks

Shoulders

- Seated dumbbell press (can also be done standing)
- Arnold press
- Front raises
- Lateral raises
- Shrugs

Legs

- Squats
- Lunges (or split squats)
- Stiff legged deadlifts
- Calf raises

You should do at least one exercise from each muscle group. If there is a particular muscle that you want to concentrate upon, choose more than one exercise from that muscle group. It is suggested that you do the 8-10 exercise routine three times a week, every other day. Monday, Wednesday and Friday or Tuesday, Thursday

and Sunday. This should take between 25 -30 minutes per time.

At a gym, you have professional machinery or weight stations that allow you perform strengthening exercises that work all the different muscle groups. *Circuit training* takes you through a series of weight exercise stations, with relatively brief rest intervals between each station. A gym really makes your life easy because they have professional machines that are labeled with brief instructions and an explanation regarding the muscle group. These machines are usually safer to use than free weights, especially for a non-professional. If you don't have a gym membership, don't worry; exercises can be done with dumbbells, which are relatively cheap

Recommendations for improving muscular strength 'endurance' for the general adult population⁶:

		Number of Sets	Number of Reps	Sessions per Week	Number of Exercises	Overall Purposes
ACSM		1	8 - 12	2 - 3	8 - 10	Fat Free Mass
CIAR	Minimum	1	8 - 12	2	10	Maintenance
	Recommended	2	8 - 12	2	10	Improvement
	Optimal	3	8 - 12	2	10	Strength Gains

ACSM is the American College of Sports Medicine. CIAR is the Cooper Institute for Aerobics Research.

In all examples listed, repetitions represent maximal weight lifted to fatigue.

In other words, you are lifting a weight that will allow you to do 8 – 12 reps. If you can lift more than twelve reps then the weight you are lifting is too light and if you cannot do at least eight reps, then the weight is too heavy.

These are suggestions for building muscle endurance.

Here are some excellent weight training guidelines that I adapted from the American Council on Exercise manual⁷:

Exercise Selection: It is important to select at least one exercise for each major muscle group to ensure comprehensive muscle development

Exercise Sequence: Start from the larger muscle groups so that you perform the most demanding exercises when you are the least fatigued. Another option is to group exercises into upper / lower body movements as this provides recovery between exercises and decrease duration of the workout.

Exercise Speed: Training recommendation is 1 - 2 seconds each lifting movement and 3 - 4 seconds for each lowering movement

Exercise sets: Several studies have shown similar strength gains from one, two or three sets of exercise. If you do more than one set, rest 1 – 3 minutes between sets.

Exercise Resistance and Repetitions: 70 – 80 % of maximum resistance is a sound training recommendation for safe and productive strength development (usually about 8 – 12 repetitions)

⁶ ACE Manual, pg. 336

⁷ Adapted from the ACE Manual, pg. 253

Exercise Range: Important to perform each exercise through a full range of joint movement

Exercise Progression: One should begin with a resistance that can be performed at least 8 times. When 12 repetitions can be completed, the resistance is increased by 5% or less. It is not advisable to increase the resistance by more than 10% between successive training sessions.

Exercise Frequency: The muscle building process requires about 48 hours, so workout should be scheduled on an every other day basis. If you prefer to train more frequently, avoid working the same muscle group on consecutive days.

I suggest doing push ups, squats and sit ups on the in between days when you are not lifting weights. You can do these before you shower in the morning or at night. Eventually this can become part of your shower routine. These simple and quick strengthening exercises are important for muscle endurance and will eventually lead to a ‘ripped’ look. Since you are not lifting weights, you don’t need a day of rest between these exercises. Remember, doing 100 push ups does not achieve gains in strength. If increased muscular strength is a goal, your time can be used more effectively by progressively overloading the body’s musculature in 8 – 20 repetitions.

Another option is a split routine. Besides adding some variation to your program, you will spend less time per workout but you will need four days. The reason is that you are working different muscle groups twice a week. You should also pick exercises that work the same secondary muscles. For example, the bench press works the chest but also works the triceps. So if you are doing a split routine workout, you should choose to work the triceps on the same day that you work the chest. The split routine happens to be my preference, well at least for the moment. If you want to build muscle ‘strength’ (as apposed to muscle endurance) this way, do 2-3 sets of 6-8 reps to fatigue. Beginners should wait for several weeks of conditioning before going to this level. Here's a sample 2-day split:

Day one: Chest, shoulders, triceps

Day two: Legs, Back, Biceps, abdominals

Sample: Four days per week, working each muscle twice per week:

Mon: Chest, Shoulder, Triceps

Tues: Legs, Back, Biceps, Abs

Wed: Off (cardio)

Thu: Chest, Shoulder, Triceps

Fri: Legs, Back, Biceps, Abs

Sat: Off (cardio)

Sun: Rest day

Flexibility exercises are also important. You should be doing at least 4 – 6 different stretching exercises. You should do 2 – 3 repetitions of each, sustaining the stretched position for 15 – 30 seconds. See below for some examples.

Let me stress that you must comfortably be able to do twenty minutes of cardiovascular exercise along with the basic strengthening exercises like push ups, sit ups and squats three times a week, before even thinking about increasing your exercise load. You can only build from a solid foundation. There are really so many different options when it comes to exercise. But the key is to keep it simple and practical.

Often, it is easier to be motivated about exercise when you have a clearly defined goal, as you have during weight loss. This is especially crucial the closer you get to goal weight, because then the temptation to become lax about

exercising increases. It is important to renew your enthusiasm, because exercise is a cornerstone in the preservation of health, regardless of your weight.

I have found that it is effective to compartmentalize your exercise program in your head. Choose three non-consecutive days, such as Sunday, Tuesday and Thursday, as the foundation of your exercise program. (Remember, you need a one-day rest between the same weight-strengthening exercises.) From this base, add two other days a week of a different, perhaps lighter, type of exercise. This way your exercise program seems less daunting and easier to accept.

EXCURSIONS

What happens if we break one of our principles or give in to a craving? (I call it “having an excursion.”) It may happen at a fast food outlet, during a weekend afternoon snack or at a family celebration. In fact, it could happen anywhere and at any time. Of course, we have all the information we need in order to combat these challenging situations, but sometimes it is hard to access this knowledge when we need it most. So, what *can* we do if we slip up?

Having two “lapses” a week is built into the system.

This does not mean that you should *plan* on having these excursions. Obviously, you will experience more rapid weight loss and quicker accumulation of new, healthier traces if you make fewer deviations from *The Life Transforming Diet*.

Nevertheless, if you are keeping to the guidelines the rest of the time and you happen to make two “excursions” in the same week, it will not rock the boat.

However, if you overdo it a third time in a week then you need to sit down and have a sincere talk with yourself. It doesn't have to be a loud conversation, especially if someone is within earshot! Seriously, it is *vital* to reaffirm your commitment to *your* goal. You cannot expect health, energy and weight maintenance if you are going to eat without clear guidelines. The third time is considered a precedent of breaking your desired regimen, and it signals the necessity to get back on track immediately.

It is crucial not to procrastinate. The less accumulation of traces that a new bad habit has set in motion, the quicker you can reinstate your inner, positive equilibrium. Just STOP what you've been doing and get back on track.

THREE HELPFUL SUGGESTIONS

The biggest problem with an excursion is that it will upset your balance of meals. After all, your body cannot tell the difference between a “large snack” and a meal!

1. If your excursion took place at a mealtime – i.e. you ate junk food in a fast food outlet – drink water and eat only high-water-content foods (fruits and vegetables) until the next meal.
2. If your excursion took place between meals, try to make the next meal a High-Water-Content Meal, even if you already ate one that day. Some excursions are very high in calories and fat. As far as your body is concerned, you have eaten a low-nutritious meal.
3. If you overdo it a third time in a week, there is the popular option of getting onto Phase 2 for three to five days. This will help reinstate your natural controls and our accumulated good habits. This is the ‘Turbo Phase’ (see below). The reason is that Phase 2 is the ultimate mode of *The Life Transforming Diet* - according to the guidelines of Maimonides. It gives the quickest results and the most cleansing effect. In short, it will get you back on track quickly.

These three suggestions are simply good recommendations. They are not requirements. In a nutshell, until you are down to your goal weight these are the guidelines:

- First lapse is built into the system
- Second lapse is built into the system
- Third lapse requires serious re-contemplation of your goals

TURBO PHASE

Turbo Phase for three to five days:

- | High-Water-Content Meal once a day
- | Fifteen to twenty minutes of cardiovascular exercise plus strengthening exercises, five times a week
- | Substitution Method between meals
- | Main One CF Meal once a day
- | Light One CF Meal once a day

In general, once in a while, some people like to revert back to the main guidelines of Phase 2 for one to two weeks. This measure will allow you to achieve a 'detox'-type experience.

If going onto Turbo Phase is not effective and you continue gaining weight or eating badly, try the following steps: Continue the diet at the stage of your particular Phase, but start keeping your Personal Ledger from the beginning of Phase 1. This can be done by starting the Personal Ledgers from Phase 1, Week 1. For example, if you were up to Phase 2, try to continue with the practical guidelines of your particular week in Phase 2, but start from the beginning of the Personal Ledgers, Phase 1, Week 1. This way, you can pay attention to the build-up of each principle, starting with the HWC Meal and its Summary Statements. In other words, you are trying your best not to backtrack on a practical basis, but you are rebuilding subconsciously from the foundation up. Perhaps your new habits were not firmly established, and all you need is to build a stronger foundation.

If this does not work, you may have to return to the beginning of your particular Phase. If that is still not enough, you may have to start from the beginning of the program, i.e. Phase 1, Week 1. I have seen some people who went back to the beginning of the program two or three times before reaching their goal weight. This was necessary in order to break firmly entrenched habits and set those new positive subconscious accumulations in place.

Relax, we all give in once in a while!

Don't panic;

just calmly get back on track – without berating yourself!

It is an expected part of the process of accumulating enough subconscious traces to overcome old habits.

This is not just "motivational talk." It is the way the mind works.

The excerpt from *'Accounting of the Soul'* that we quoted in Chapter 3 bears repeating: The sheer strength of "willpower" is inconsequential when compared to an intense desire...if there is a sudden confrontation between these two forces, willpower will be overcome easily. Nevertheless, the small impressions of willpower are not eliminated completely. Instead, they constantly leave traces which, over time, accumulate so that eventually the strength of willpower increases enough to overwhelm even the most intense desires through this Divine assistance.¹

In other words, when we stumble, it may seem as if all is lost!

However, each time this happens, small impressions of the effort we expended to try to overcome that craving are made on the subconscious mind. Although we are not aware of these impressions, they are there. If we choose to continue trying to overcome that bad craving, eventually all the traces of willpower accumulate into a force which is strong enough to overwhelm the craving. If we stay on track, we will succeed and conquer our old bad habit. But we must be persistent and patient, allowing enough time for the subconscious accumulation of traces.

⁸ See *Accounting of the Soul* 56.

PHASE 3

Week 4

WEEK 4 – Meal Options

If you want, you can have two Mixed Meals a day

DESCRIPTION:

“Mixed Meals” will allow any number of foods, even from different food groups, at the same meal. Any meal that includes both protein and starch is considered a Mixed Meal.

DIRECTIONS:

Take your normal portion of food, but take seconds only of the vegetables.

The essence of these measures is to avoid second helpings of concentrated foods.

At this stage, you may choose to have either a One CF meal or Mixed Meal for the two main meals.

Complete the Personal Ledger found on page or on our website

The One CF meal is practical, enjoyable, and has many physiological advantages! By this stage, you may already be eating one Mixed Meal a day, which was first introduced at the beginning of Phase 3. You now have the option of eating two Mixed Meals a day. Maimonides believed that the One CF meal offers the best advantages for digestion, as he writes in his medical works. However, the *main principle* is that you should stop eating before satiation. This is evident by the fact that he only mentions the principle and not the method in his magnum opus.

The Mixed Meal is an effective and practical method for preventing unhealthy satiation at a meal.

MEAL PLANNING

All this does not mean that you have to eat a Mixed Meal. I feel that for most people, it is best to wait until goal weight before eating more than one Mixed Meal a day. However from Phase 3, Week 4, you can choose to eat two Mixed Meals a day. Some people may feel, at least on some days, that this is the best way to maintain success on our program. We don't want people experiencing feelings of despair because they are finding it too inflexible to keep to an optimum principle like the One CF meal. You see, the Mixed Meal is a safe and acceptable option. Knowledge of this fact may help prevent the yo-yo syndrome of countless 'failures' and 'getting back on track' modes of behavior. You are better off maintaining a realistic eating schedule without excessive fluctuations rather than aiming for constant perfection. Importantly, having two Mixed Meals a day would make it easier to fulfill the food group requirements of the US Dietary Guidelines, which prescribe a significant amount of daily grains per day (see chapter). However, let me stress that overeating is never preferable. If you feel that you will overeat at a meal or eating a poor quality meal, you are *always* better off eating a One CF meal. Furthermore, you can still fulfill your daily carbohydrate requirement - according to many professionals - with only one Mixed Meal a day, HWC meal and a One CF meal.

This is how a "two Mixed Meals a day" schedule could look:

DAY 1

| Exercise: Well-balanced program

| *Breakfast: HWC Meal* (Assorted fruit meal)

| Snack: Substitution (Yogurt)

| **Lunch: Mixed Meal** (Tuna in pita)

| Snack: Substitution (Low fat cream cheese)

| **Dinner: Mixed Meal** (Chicken and rice)

| Snack: Substitution (Vegetable soup)

DAY 2

| *Breakfast: Mixed Meal* (Cereal with milk)

| Snack: Substitution (Tall Latte)

| Exercise: Well-balanced program

| **Lunch: HWC Meal** (Soup and salad)

| Snack: Substitution (Fruit or veggies)

| **Dinner: Mixed Meal** (Fish and cous cous)

| Snack: Substitution (Yogurt)

DAY 3

| *Breakfast: Mixed Meal* (Egg and toast)

| Snack: Substitution (Tall Latte)

| **Lunch: Mixed Meal** (Turkey in sandwich)

| Snack: Substitution (Fruit or veggies)

| **Dinner: HWC Meal** (Soup and Salad)

| Exercise: Well-balanced program

| Snack: Substitution (Yogurt)

It is apparent that eating two mixed meals at this stage of the program can add flexibility of meals and simplify food group requirements. Think about your different options and preferences, and then apply our powerful principles as you see fit. You *will* achieve long term optimum health and weight maintenance.

SUMMARY – PHASE 3

PHASE 3

Option to substitute a Mixed Meal (take seconds of vegetables only) for a One CF Meal, once a day or even twice a day by the end of Phase 3

More dessert options

Follow a well-balanced exercise program that will lead to cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.

DAILY REGIMEN:

Meals:

- | High-Water-Content Meal
- | Choose two: Light One CF Meal, Main One CF Meal, Mixed Meal
- | Low-calorie dessert option

Between Meals:

| Substitution Method – four preferences - Drink, low fat dairy (90-120), vegetables and fruit

GOAL WEIGHT

SMART EXCEPTIONS & MAINTENANCE

GOAL WEIGHT

Smart Exceptions

DESCRIPTION:

When you are down to your correct weight, you will be ready to make responsible exceptions, because your inner controls are strong and in focus. You can also be more flexible regarding the types of meals you eat

DIRECTIONS:

There are two methods of making “Smart Exceptions”:

1. High-Cal Exception is a *planned* weekly or biweekly excursion of any food or snack containing more than 120 calories.
2. A Low-Cal Exception is a food eaten between meals that has 120 calories or less. You can choose to have the whole 120 calories at one time or you can split it up, but you should not make more than 120 calories’ worth of exceptions in one day.

(One calorie = 4.184 kilojoules, so 120 calories is about 502 kilojoules.)

Complete the Personal Ledger found on page or on our website

SMART EXCEPTIONS

In *his Magnum opus on Law*, Maimonides writes that if we keep his primary principles of health, we will not become ill and our strength will increase, *even if bad foods are eaten.*⁹ *This will apply when you are down to your correct weight and your healthy eating practices have become a habit.*

⁹ *Hilchos De’os 4:14.*

High-Cal Exception: This method allows you to make an exception and eat any food or snack *exactly the way you like it*. That's right! It may be a full-fat ice cream at the ice cream store, a regular chocolate chip muffin at a fast food store, Thursday night pizza with French-fries, a weekend afternoon piece of cake or any dessert at a restaurant.

You may have a High-Cal Exception either at a meal or between meals. It can be a very powerful method for dealing with constant cravings if you are experiencing them.

It is much better to have your High-Cal Exception out of the house. If you must bring it home, try to bring into the house only the amount for that exception. Otherwise, you will find yourself overdoing it, which defeats the whole purpose.

Low-Cal Exception: In order to qualify as a Low-Cal Exception, the food should be less than or equal to 120 calories. Sometimes a less nutritious snack between meals, such as an ice pop or a sugar-free ice cream bar, is what you really want. If you are simply not in the mood for the regular Substitution Method or a nutritious Low-Cal Exception – when you are at goal weight – then a 25 to 90 calorie fat-free ice cream or ice pop is certainly a much better option than a 300-plus calorie regular full-fat ice cream bar! The same applies to other snacks such as a fat-free muffin, a small bag of baked chips or light beer. Obviously, these are neither the most nutritious nor the best food choices, but within the guidelines of Low-Cal Exceptions they offer the possibility of having a responsible Smart Exception.

If you choose to split up your Low Cal Exception, you could eat about 90 calories' worth of nuts and still have room for a nonfat, sugar-free Tofutti pop (30 calories) between meals. But you should not make more than 120 calories' worth of exceptions in one day. (Of course, it is preferable to make exceptions less frequently.)

In this system, we pay attention to calories when comparing or limiting non-nutritious foods. The only other time we pay attention to calories is when measuring nut or seed toppings or dairy between meals. In these cases, awareness of calorie intake insures that we will not surpass the definition of a topping or overeat a protein between meals. Otherwise, on the *Life Transforming Diet*, the nutritional value of a food always supersedes the calorie consideration.

When it comes to Low-Cal Exceptions, *quantity* is of utmost importance. The challenge of a Low-Cal Exception is to control the amount you eat. This goes back to Maimonides' Primary Principle of Food Quantity as opposed to his Secondary Principle of Food Quality.

What happens if your 'exceptions' get out of hand? Get back on track as soon as possible and if this is not effective, follow the main guidelines on page for dealing with excursions. It will help reinstate your natural controls.

Remember: it is always best to first implement the Substitution Method between meals. Drink, eat vegetables *or/and* nonfat dairy products *or* fruit, as explained. If you do make a Smart Exception between meals, do not eat the fruit or nonfat dairy options of the Substitution Method before the next meal. Each one of these options between meals is exclusive. However, drinking water and eating vegetables is always ok.

Smart Exceptions – both High-Cal and Low-Cal – only become a possibility after you are at goal weight. You are risking the effectiveness of this whole program if you try to make these exceptions before then. After all, one of the main goals of the Phases is to realign your inner controls, and this is impossible if you are making too many exceptions. However, when you are

ready, Smart Exceptions can be very effective in insuring that exceptions remain exceptions.

MAINTENANCE AT A GLANCE

CONTINUE

- High-Water-Content (HWC) Meal once a day
- Substitution Method between meals
- One-Concentrated-Food (CF) OR Mixed Meal twice a day
- Low Cal Dessert options
- Balanced Exercise routine

In Addition:

- High-Cal Exceptions
- Low-Cal Exceptions

SMART EXCEPTIONS TABLE

Below you will see a list of some examples of High-Cal and Low-Cal Exceptions. Foods with 120 calories or less are highlighted in grey. Foods with more than 120 calories are not highlighted. Of course, the list is not conclusive. The list provides the average nutritional information for these foods. However, there are many different brands, and each one may have a different calorie and fat content. So check the nutrition label to see if a particular food falls within the category of a Low-Cal or a High-Cal Exception. It will take only a few minutes, and it only needs to be done once for each food.

Smart Exception	Amount	Fat grams	Total Calories
Ice Cream			
Ice pops	1	0	20–50
Fruit ice pops	1	0	80
Sorbet	½ cup (4 fl. oz.)	0	90–120
Frozen yogurt	½ cup (4 fl. oz.)	0–3	100–120
Low-fat/nonfat ice cream	½ cup (4 fl. oz.)	0–4	90–120
Regular ice cream	½ cup (4 fl. oz.)	7–18	130–270
Regular ice cream bar	1	10–35	210–375
Cookies and Pastries			
Crackers	1 average	1	20
Small chocolate chip cookies	1	2	35
Fat-free muffins	1	0	80
Muffins	1 (3 oz.)	10	240
Doughnut	1 (2 oz.)	11–14	210–260
Brownie, frosted	1	9	180
Cookie (large)	1 (2.3 oz.)	12–16	280–310
Chocolate			
Small-bite chocolates	1	1.5	25
Low-calorie bar	1	0	120
Average chocolate bar	2 oz.	20	300
Chocolate-covered nuts	1 pack (1.5 oz.)	13	230
Candies and Snacks			
Hard candies	1	0	9–18
Lollipop	1	0	30
Gum	1	0	5–35
Fruit leather	1	0	45
Licorice (twists)	1 piece	0	30

Smart Exception	Amount	Fat grams	Total Calories
Homemade popcorn (made without oil)	1 oz ()	0-1	100
Marshmallows	6 (regular size)	0	100
Licorice	1 oz.	0	100
Toffee	1 oz. (regular)	9	15
Halvah	1 bar (4 oz.)		780
Chips			
Potato Chips (fat free)	(1 oz.) Package	0	70-100
Potato Chips (baked)	(1 oz.) Package	1.5-3	110
Potato Chips (reduced fat)	(1 oz.) Package	6-8	140-150
Potato Chips (regular)	(1 oz.) Package	10-11	150-160
Onion Rings	(1 oz.) Package	6	140
Pretzels			
Pretzels (fat free)	(1 oz.)	0-1	100-110
Pretzels (hard baked)	(1 oz.)	2	110
Pretzels (Coated)	(1 oz.)	6	140
Drinks			
Water (plain), seltzer (plain, calorie free), diet soda, tea and coffee	Unlimited	0	0
Vegetable juice	1 cup (8 fl. Oz.)	0	50-60
Wine	4 fl. Oz.	0	80-100
Fruit juice	1 cup (8 fl. Oz.)	0	110
Soy milk (plain)	1 cup (8 fl. Oz.)	0-5	60-120
Cow's milk (plain) – nonfat, 1%,	1 cup (8 fl. Oz.)	0-5	90-120
Liquor	1 shot (1 fl. Oz.)	0	65-85

Smart Exception	Amount	Fat grams	Total Calories
Beer (light)	1 can (12 fl. oz.)	0	70–120
Reduced-calorie soda	1 can (12 fl. oz.)	0	85
Iced tea (sweetened)	1 can (12 fl. oz.)	0	90–165
Beer (regular)	1 can (12 fl. oz.)	0	160–200
Regular soda	1 can (12 fl. oz.)	0	150
Flavored milk, milkshake	1 cup (8 fl. oz.)	0–9	120–300
Dairy			
Fat-free cheese	1 slice (1 oz.)	0	50
Low-fat cheese	1 slice (1 oz.)	1.5	50
Light cheese	1 slice (1 oz.)	5	80
Cheese stick, light	1 stick	5	80
Plain yogurt, nonfat	1 cup (8 oz.)	0	80–100
Low-fat yogurt	1 cup (8 oz.)	4	140
Whole-fat yogurt	1 cup (8 oz.)	7	180
Nuts¹⁰ and Seeds			
Pistachios (shelled)	½ oz. (22 nuts)	7	80
Sunflower seeds	½ oz. (½ cup) ½ oz.	7	80
Almonds	(13 medium) ½ oz. (15 large)	7.5	85
Pecans	halves)	9	95
Cashews	½ oz. (13 small)	7	80
Walnuts	½ oz. (10 halves)	8	88
Macadamia	½ oz. (7 small)	10	100

LOSING WEIGHT CYCLES, PREGNANCY AND DIABETES

In general, there are no set rules of how your body will react to weight loss. Losing weight usually occurs in cycles. It is normal to reach a plateau after losing a significant amount of weight. For instance, after losing twenty to thirty pounds, many people find that they simply stop losing weight. It is as though the body is getting used to its new form. If this happens to you, please be patient and take your eyes off the scale. Don't give the scale the power to make or break you. Soon a new wave of weight loss will begin.

Weight loss patterns are also different after childbirth. A new mother needs time to recuperate, while adjusting to the physical and emotional demands of nursing and nurturing a baby. So, for at least the first three to six

¹⁰ It is a good idea to choose small nuts and the ones that will allow you to eat as many as you can within your calorie target. This will leave you feeling far more satisfied. Remember: Raw is better than roasted, dry-roasted is better than honey-roasted, honey-roasted is better than oil-roasted and oil-roasted is better than coated nuts.

months after childbirth, most women experience a much slower pace of weight loss.

The worst thing for a new mother to do at this stage is starve herself. The body needs more energy than usual, especially if the mother is nursing. The new baby literally feeds off the mother's nutrients. The best thing to do is to stick to the guidelines of the Life Transforming Diet. Most important, the mother of a newborn child should never skimp on food at all. Eating within the guidelines of the system will leave her feeling satisfied while her body is recuperating.

Some guidelines regarding pregnancy: Woman can maintain and even improve their cardiovascular, respiratory, and aerobic capacities during pregnancy (Sternfeld, 1997). During moderate exercise, blood flow to the placenta appears to be adequate. Pregnant women are discouraged from exercising at high levels or participating in activities that require sudden bursts of movement because their heart may be already working at a very high level due to the increased demands of pregnancy.

Most pregnant women should be able to continue their normal exercise program during their first trimester without much difficulty. The conclusion of the American College of Obstetricians and Gynecologists (1994; 2002) that exercise during pregnancy is safe for most women is based on the recommendation that participants be carefully monitored by their physician, and that they understand and adhere to the following guidelines as appropriate:

- Gradually reduce intensity, duration and frequency of exercise during second and third trimesters. For example, a woman who walks or runs an average of 4 miles per day may reduce to 3 miles per day during the first trimester, 2 miles per day during the second; and 1-1.5 miles during the final trimester.
- Avoid exercise when outside temperature is too high and body temperature should not exceed 100 F (38 C)
- Try to run or walk on flat surfaces
- Wear supportive shoes
- If running becomes uncomfortable during second and third trimesters, try swimming, running in water or bicycling.
- Extend warm up and cool down
- Use RPE rather than heart rate to monitor exercise – Intensity should be comfortable
- Eat small snack before exercise to help avoid hypoglycemia
- Drink plenty of water before, during and after exercise
- Avoid overstretching or going beyond normal range of motion
- Any unusual physical changes like bleeding, severe fatigue, joint pain, irregular heart beat should immediately be reported to a physician
- Do not begin a vigorous exercise program shortly before or during pregnancy
- Exercise goals should be discussed with a physician

Nutritionists suggest that women of childbearing age who may become pregnant should eat foods high in heme-iron and/or consume iron-rich plant foods or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet.

The *Life Transforming Diet* is designed for the healthy. Individuals with a chronic health condition should consult

with a health care provider to determine what dietary pattern is appropriate for them. For example, diabetes is a condition that must be monitored by a physician. Check with your health expert because there are different opinions regarding what someone with diabetes can and should eat. Be aware that most suggestions can be incorporated into our diet plan. (See ‘Low-Carb Craze and Diabetes’ – Page 246)

Sample exercise program for someone with diabetes¹¹:

Mode: Walking, swimming and cycling

Intensity: 50-60% of cardiac reserve progressing to 60 -70%

Frequency: 4 – 7 days a week. May need to start out with several shorter daily sessions.

Duration: For Type 1 diabetes, work up to 20 -30 minutes and Type 2 Diabetes, 40 -60 minutes is recommended.

Precautions: For Type 1 diabetes, either reduce insulin intake or increase carbohydrate intake before exercise. Individuals with either type of diabetes should exercise one to two hours after a meal and before peak insulin activity. Blood glucose levels should be checked frequently when starting an exercise program and be aware of unusual symptoms prior to, during, or after exercise. Speak to your physician before starting an exercise program.

THE WEEKEND TRAP

There is certainly no shortage of challenging times when it comes to weight loss. Vacation time and big meal gatherings are familiar examples. But the biggest challenge is probably the weekend. After all, there is so much unstructured free time and large meals are often the norm. It is a real shame to throw away all the effort and successes of the week.

Over the weekend, just one deviation can easily develop into two and then three or even more. The next week begins full of sound resolve to “get back on track”, keeping to the guidelines of the Phases. But every week there is the inevitable weekend trap and we may overdo it again. In fact, according to the principles of the “Subconscious Accumulation Process”, we can develop the “habit” of overeating or breaking our achievements of the week before. Let us develop the habit of choosing to stay within the guidelines over the weekend.

Putting on two to three pounds over the weekend will mean having to re-lose them – *again* - during the next week. This could mean being stuck at the same weight for weeks. And so the cycle continues! A well-known nutritionist finds this syndrome exasperating. “Everything is thrown away when the weekend meals come around!” she says.

Interestingly, this pattern is less problematic while maintaining our correct weight. Nonetheless, it is risky to deviate on weekends as a rule because the Subconscious Accumulation Process, fueled over the weekends, could eventually overwhelm our good eating habits during the rest of the week.

While losing weight, this pattern clearly can stall weight loss.

If we perceive the weekend meals to be just too hard to handle, we set ourselves up for failure. Have a little “chat” with yourself before the weekend starts. It will encourage your psyche to focus on safeguarding the past week’s successes by continuing your good habits right through the weekend. Of course the weekend is challenging for us all, but it is also an opportunity to display our newly acquired, positive eating habits. Focus on your long-term goal of optimum health and weight loss.

¹¹ ACE Manula, pg. 353

Remember: *The Life Transforming Diet* allows us to live our lives to the full. By planning ahead and remaining calm, we are able to completely participate in all of life's occasions.

HEALTH ISSUES

After reaching goal weight, some people choose to start zoning in to certain health issues which are not weight issues. A good example is artificial sweeteners. Many health professionals believe with absolute confidence that these products are an excellent substitute for refined sugar. However, some believe that artificial sweeteners should be eliminated or at least limited. If you belong to the latter group, this is the time to start making a change.

(As a side issue, it is certainly not necessary to use artificial sweetener in your coffee or tea because of weight reasons. One teaspoon of sugar or honey is only about 10 to 22 calories.)

A very similar controversy exists regarding caffeine. There are those who believe that within reason, caffeine does not pose a health risk. But if you disagree, this is the time to start making a change.

Some like to go cold turkey off of an unhealthy or addictive product. Others like to move at a slower pace, beginning by skipping days between ingesting them or cutting down on the quantity consumed. Perhaps you will want to substitute an unhealthy product with a "better" version of that product.

For example, decaffeinated products are much better than caffeinated products from an addictive standpoint. So you may want to switch to caffeine-free carbonated drinks for a while. You can then move on to carbonated water with added natural flavor (no calories), then to plain carbonated water, until ultimately you may choose to drink plain water – an unadulterated gift from our Creator which the body needs and enjoys.

SHARING YOUR INSIGHTS

During your journey to weight loss and optimum health, it is so important to write down your insights, feelings and experiences. (Use the section at the bottom of the Personal Ledgers called More Notes.) Remember, you can shed light for yourself on certain issues in a way that no one else can. There is no one who has your unique perceptions of life. This is why we encourage you to *share your experiences with us*. Use the feedback form below and fax it to us at 1866 - 9 LTDIET, or you can use the Contact Sheet directly on our website at www.lifetransformingdiet.com. We look forward to hearing from you. You can remain anonymous. By communicating with us, we will all gain and you will be able to significantly help others who are on the journey you have traveled.

EXPERIENCES, FEELINGS AND INSIGHTS

Name (first or last):

E-mail / Fax:

Country:

Phase (1, 2, 3, Maintenance):

Subject:

Book Chapter:

Comments:

REINFORCING YOUR PROGRESS AND KEEPING IT REAL

Once you are down to your correct weight, you will be able to customize your personal eating plan. Of course, no one is the same and we all have different preferences and challenges. For example, some people may choose to make more exceptions and others may choose to be more liberal over the weekends. There are no set rules. This is why the program has been successful for so many different people. However, it is crucial not to fool yourself. You know if you are gaining weight or feeling your clothes getting tighter. You can feel the difference between that healthy vibrant feeling when you eat the right foods compared to the heartburn or nauseous feeling, even if you don't gain weight, when you eat the wrong types of foods or overeat. The key is to implement the principles of Phase 3 and try to stay within their guidelines when applying them to your personal preferences.

Obviously, this will not be the case while you are losing weight or initially accumulating subconscious traces for your new, healthier lifestyle. The closer you stick to the exact principles of the *Life Transforming Diet*, the quicker you will see results and the better you will feel. This is not the time to be "original" in applying our principles. If you make too many changes, you are simply deceiving yourself. The time to apply our principles more loosely is *only* when you are down to your correct weight or you are genuinely seeing a whole new perspective of how you eat and react to food.

Even once you have reached goal weight, you will continue to reinforce your progress. By now, you have made very significant changes. Yet it is important to remember that many of our bad habits and lifestyle patterns were formed over long periods of time. Thus, just as a person who is recovering from an illness will be careful not to cause a relapse, we should also beware of a "relapse" after putting in so much effort. Therefore, the more we can reinforce our new beneficial habits, the more confident and less vulnerable we will be. Continuing to keep track of your progress using a Personal Ledger is very effective. It is obvious why it plays such an important role during your progression through the different Phases, but once you are at goal weight your Personal Ledger can be just as important. This is because it is easy to lose track of your actual eating habits when you reach your goal – especially if you are making Exceptions. Success has a way of blinding people. Personal Ledgers insure that your eyes stay open.

It is time to turn those frightening health statistics around! Though you may still feel some resistance to change, just try to visualize yourself looking and feeling the best you have in years. Moreover, remember that much of our daily routine, to which we cling with loyalty, is habit-based. Some of these habits are the products of indoctrination by the media and the so-called "experts." In many cases, we have neglected simple, time-tested principles that were recorded and proven centuries ago. So let's begin to "de-indoctrinate" ourselves and return to a way of life that can be truly beneficial. It will not be long before you wonder how you ever lived differently!

AN OVERVIEW OF OUR PRACTICAL NUTRITIONAL PRINCIPLES AND THE ‘LINGO’ YOU NEED TO REMEMBER

High Water Content (HWC) Meal: This meal is an easy-to-digest, cleansing and, as the name suggests, mostly high-water-content meal. There are two choices. The first is a large bowl of fruit or mixed fruit platter. A topping of nuts may be added. The second is a large salad with a nonfat, low-fat or homemade dressing. Some people like to start with a vegetable soup. Medium-starchy vegetables such as carrots, butternut squash, pumpkin or beets and a topping of seeds such as sunflower seeds may also be eaten with this mostly vegetable meal. (I call these medium-starchy vegetables because they are higher in carbohydrates and calories than non-starchy vegetables. However, I group them with vegetables because they have about half the carbohydrates and calories of regular starches such as potatoes and rice.) Although the nuts and seeds are restricted, the fruits and vegetables are not.

One-Concentrated-Food (One CF) Meal: You may have either protein with vegetables or starch with vegetables. So instead of steak with potatoes, you would replace the potatoes with grilled vegetables. Instead of fish with couscous, you could replace the couscous with steamed vegetables. A lighter version of this meal consists of eating a large salad with a protein topping like chicken breast strips, tuna or feta cheese. Starches such as bread, potatoes or pasta are another light option. You could eat a grilled vegetable wrap, a slice of vegetable pizza without cheese, pasta with a tomato-based sauce, potatoes with some olive oil or butter, sweet potato strips with rice or corn on the cob with bread and a salad is another option. There are many different starch choices and combinations. Almost every one of these options is a popular choice at most restaurants. Portions are not restricted at One-Concentrated-Food meals.

Mixed Meal: Your other meal can consist of both protein and starch, but only take seconds of the vegetables. Thus, you can eat a meat sandwich or chicken with potatoes. Cereal with milk is another option. But if you are hungry after eating your usual portion, only take seconds of salad and/or cut up vegetables and not of the concentrated foods.

Substitution between Meals: will encourage drinking and eating vegetables, fruit or low-fat dairy products between meals.

Smart Exceptions: Ultimately, there will also be other snacks allowed between meals, even the less nutritious ones, within the guidelines of “Smart Exceptions.” At goal weight, a High-Cal Exception is a *planned* weekly or biweekly excursion of any food or snack. A Low-Cal Exception is a relatively low calorie food or snack that is eaten between meals. Dessert options change through the Phases of this diet.

Cardiorespiratory endurance: At least 30 minutes of moderate activity, 5 times a week OR 20 minutes of vigorous activity, 3 times a week

Muscle Strength: Defined as one’s ability to perform a single repetition with maximum resistance. In practice: At least one set of 8 – 12 repetitions of 8 – 10 different exercises, two days per week, repetitions representing maximal weight lifted to fatigue.

Muscle Endurance: Defined as one’s ability to perform many repetitions with a sub maximum resistance. In practice, more repetitions of lighter weights or body weight exercises like push ups, sit ups and squats

Flexibility:

Body composition: Used to describe the percentages of fat, bone and muscle in human bodies.

EATING OUT - Restaurants and fast food

The beauty of the *Life Transforming Diet* is that you do not have to retreat from your life in order to succeed.

| If you are having a Main One CF Meal, you can order your favorite steak, grilled chicken, grilled fish or any other main protein dish. Have grilled vegetables or a salad to go with it. Order vegetable soup if you want a starter. (Ask the waiter if they have a plain vegetable soup that is not loaded with oil, butter or artificial ingredients.) If you enjoy wine, drink a glass of dry wine with the main course. Maimonides writes, “One may drink a small quantity of wine during the meal.”¹² Maimonides writes that wine is beneficial for the body and the soul. He mentions many benefits of drinking wine (in moderation and at the correct time) throughout his medical and other writings. For instance, “If wine is consumed properly, it is a major factor in the preservation of health and the cure of many illnesses.”¹³ On our program, you may drink one glass of unsweetened wine per day, but preferably not more than five times a week.¹⁴

| A large salad topped with a protein topping, an omelet, a grilled vegetable wrap, pasta (preferably whole wheat) with a tomato-based sauce or a baked potato with olive oil are all popular Light One CF Meal restaurant choices.

| If you would like to have a Mixed Meal, you could choose a baked potato with sour cream, a meat or chicken sandwich, or any main protein course with any starch side dish. Remember; only take seconds of salad at this meal.

In the fast food arena, chicken or fish is usually the safest. Salads with a protein topping are also very popular. Always make sure that the dressing is fat-free or low-fat (most regular dressings are very high in fat and calories). Red meat options may not be the best quality. Remember; try to keep fried food to an absolute minimum.

What about fast food pizza or hamburgers (not homemade)? I feel that these meals should be counted as High-Cal Exceptions, which become an option at goal weight or as excursions while losing weight (See next Chapter). After all, they are low-nutritious meals. Here are some suggestions to limit the damage: When you eat fast food Mixed Meals, the key is to order *moderate* portions with a salad side order (only seconds of salad). For example, try to order one slice (or one and a half slices) of pizza, and a salad or vegetable side order. Order a medium size hamburger (regular bun with ketchup and/or mustard) and a salad or vegetable side order. No high-fat dressings. Balsamic vinegar dressing or low fat dressings are the best options.

¹² *Mishneh Torah, Hilchos De'os* 4:2. One may also drink a small amount of cold water during the meal (*Regimen of Health* 1:4), if drinking with your meals agrees with your constitution (*Treatise on Asthma* 7:3).

¹³ *Regimen of Health* 4:10. See also *ibid.*, 1:10; *Treatise on Asthma* 7:1; *Commentary to Hippocrates' Aphorisms* 2:18; *The Art of Cure* (Maimonides), chapter 7.

¹⁴ People with medical issues should obviously consult their doctor concerning the consumption of wine.

A NUTRITIONAL PERSPECTIVE

A WELL BALANCED DIET

The Dietary Guidelines for Americans [Dietary Guidelines], first published in 1980, provides scientific advice to promote health and to reduce risk of chronic diseases through diet and physical activity. Because of its focus on health promotion and risk reduction, the Dietary Guidelines form the basis of federal food, nutrition education, and information programs.

By law, (Public Law 101-445, Title III, 7 U.S.C. 5301 et seq.), the Dietary Guidelines are reviewed, updated if necessary, and published every 5 years. The process to create the Dietary Guidelines is a joint effort of the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA).

The DASH Eating Plan and the USDA Food Guide are two similar eating patterns that exemplify the Dietary Guidelines. They emphasize nutrient-focused food choices for a healthy way of eating which differs significantly from common food consumption patterns in the United States. In general, they include:

- * More dark green vegetables, orange vegetables, legumes, fruits, whole grains, and low-fat milk and milk products.
- * Less refined grains, total fats (especially cholesterol, and saturated and trans-fats), added sugars, and calories.

The Dietary Guidelines recommends that diets should provide all the nutrients needed for growth and health. Each basic food group is not only the major contributor of at least one nutrient but also many other nutrients as well. It is therefore important to include all food groups in your daily diet.¹⁵

¹⁵ Adults (for a reference 2,000-calorie a day intake):

- 2 cups of fruit and 2 and a half cups of vegetables per day are recommended.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Children and adolescents:

- Consume whole-grain products often; at least half the grains should be whole grains.
- Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products.
- Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

(The 2,000-calorie level used in the discussion is a reference level only; it is not a recommended calorie intake because many

Nutritional guidelines are clear. We should be eating a diet that consists of fruits, vegetables, grains, meats, milk, oils and discretionary calories. This fact, immediately eliminates most of the popular diet programs that we have come to know. On *The Life Transforming Diet* we encourage a diet that consists of all food groups and our principles facilitate the fulfillment of this end. Let us take a look:

1. **Fruit:** It is so easy to forget to eat fruit and in fact many people don't eat sufficient fruit in their diet. The HWC fruit meal insures that you are eating fruit in your diet. Fruit is also encouraged between meals with the Substitution method.
2. **Vegetables:** There are also HWC vegetable meal options and vegetables are encouraged between meals with the Substitution method. When eating a Light or Main One CF meal, your side dish is usually a vegetable dish like a fresh salad or cooked, sautéed or baked vegetables. ,
3. **Oils:** Healthy fats are consumed in the form of cold pressed oils, low fat mayo and salad dressings
4. **Meats:** Meat may be eaten at all main meals if you choose – Light and Main One CF Meal, Mixed Meal.
5. **Dairy:** Lighter proteins like low fat dairy products are encouraged between meals with the Substitution method and feta cheese and non-fat cheese is eaten at Light One CF Meals.
6. **Grains:** You may choose to eat starches alone at a Light and Main One CF Meal or together with protein, at a Mixed Meal.
7. **Discretionary foods:** Butter and Smart Exceptions are examples of foods that have clear guidelines.

Furthermore, even from a weight perspective, there is no reason to cut out any food group. We also believe that no particular nutritious food makes you 'fatter' than another nutritious food. For instance, starches like potato or bread do not make you gain more weight than protein. Of course Rambam's basic premise of not overeating applies.

[ARE THEIR SUFFICIENT CALORIES CONSUMED?](#)

I have been asked whether *The LT Diet* provides sufficient calories.

First, let us look at the **Estimated Calorie Requirements (in Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity**¹⁶

Americans should be consuming fewer calories to maintain a healthy weight. Above I will also present a table outlining calorie levels based upon gender, age and activity.)

¹⁶ These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males.

For most adults a reduction of 50 to 100 calories per day may prevent gradual weight gain, whereas a reduction of 500 calories or more per day is a common initial goal in weight-loss programs. (See pg. for Estimated Calorie Requirements (in Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity)

Gender	Age (years)	Activity Level		
		Sedentary ¹⁷	Moderately Active ¹⁸	Active ¹⁹
Child	2-3	1,000	1,000-1,400	1,000-1,400 ²⁰
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

Others suggest a more general calorie count for **weight loss**:

- 1) Woman (non-active): 1000 -1200
 - Woman (active): 1200 -1500
- 2) Men (non-active) 1200 -1500
 - Men (active) 1500 -1800
- 3) Teenagers 1200 -1800

Consuming fewer than 10 calories per pound of your current weight will slow down your metabolism and cause you to burn calories more slowly. For example, if you weigh 145 pounds, avoid consuming fewer than 1,450 calories a day.

Always best to increase exercise while decreasing calorie intake.²¹

¹⁷ Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

¹⁸ Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life

¹⁹ Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

²⁰ The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

²¹ As recent as 2005, the ADA (American Dietetic Association) published a comparison of various equations²¹. The Mifflin-St Jeor was found to be the most accurate.

Men: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5 = \text{resting energy expenditure}$

Women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161 = \text{resting energy expenditure}$

This is how many calories you burn by doing 'nothing'. Multiply that amount by an "activity factor" based on how active you are during the day: 1.3 = sedentary, 1.4 = walking/standing, no exercise, 1.5 = exercise, 1.6 = walking & exercise, 1.8 = heavy lifting & exercise.

That gives you how many calories you need to take in to maintain your weight.

Subtract 500 calories from **that** number to lose 1lb/week.

Talk to a professional, such as a dietician or a physician, when determining your desired weight. Always speak to a physician if you have any questions or concerns.

It should be clear why eating on *The Life Transforming Diet* is not about over-restriction.

We encourage all the main nutritious food groups and do not severely restrict food quantities. Many people are accustomed to small portions which makes all the difference when calculating total calories consumed.

First, we do not limit vegetable consumption and do not restrict fruit at the HWC meal.

Second, we do not limit the amount you eat of a concentrated food when you follow the guidelines of the One CF Meal.

For example, you are not limited to a 3-ounce piece of chicken. We say: eat any amount of chicken - and take more helpings of it together with more vegetables - provided that you do not walk away from the meal feeling sick. So for example a half a chicken breast without skin roasted (3 oz) has about 140 calories. But we all know that most people eat *at least* one chicken breast cut in strips on a large salad. That doubles the calories. The same applies to eating BBQ chicken at a meal. A roasted breast wing quarter without skin has about 190 calories and a leg quarter has about 180 calories. Now you may choose to eat both of these portions at a Main One CF meal or even more, which would be over 400 calories. Similarly, a decent sized steak at a restaurant can be at least 500-1000 calories. If you are eating bread as your one concentrated food, you could take more portions of bread. The same applies to potatoes, pasta or any other starch.

A Mixed Meal offers a balanced combination of food choices and combinations. By the end of Phase 3, you may be eating two Mixed Meals a day. Between meals, there are also low fat dairy options and at goal weight, snacking any foods within the guidelines of 'Smart Exceptions'.

Let me stress, once again, that our program is not one of counting Calories.

We present health principles, which can be applied as you choose. That means the you are able to fulfill the Dietary Guidelines or any conventional nutritional system on our program if that is important to you.. If counting calories (not weighing food!) is indispensable to your well-being, then continue to do so and create a very powerful and precise plan on *The LTDiet*. For example, let us take a woman who is 32 years old and moderately active. According to the table above, this person should be consuming 2000 Calories a day. Subtract 500 for weight loss and 1500 Calories is the number of Calories that is recommended daily. Lets us break it down: The 'Substitution method' between meals allows for 120 Calories, three times a day - between breakfast and lunch, lunch and dinner and after dinner. This is approximately 350 calories. An HWC meal can add on another 250 Calories. So we are at 600 Calories. That leaves 900 Calories for the two main meals, which can mean either two 450 Calorie meals or one larger and one smaller meal, depending on your preference. Step up the exercise that day, and you will have a few hundred more Calories to consume that day. Use your knowledge of Calorie-calculation to make your choices if this is important to you. Interestingly, many fast food restaurants and coffee shops list the amount of calories on their meals. This approach is especially powerful when

Height conversion: Height (inches) x 2.54 = Height (cm)

Weight conversion: Weight (lbs) / 2.2 = Weight (kg)

(MD Mifflin, ST St Jeor, et al. A new predictive equation for resting energy expenditure in healthy individuals. J Am Diet Assoc 2005;51:241-247; Frankenfield DC, et al. Comparison of Predictive Equations for Resting Metabolic Rate in Healthy Nonobese and Obese Adults: A Systematic Review. J Am Diet Assoc. 2005;105:775-789.)

determining a more precise measure for estimating “one portion” at the Mixed Meal. You see, for the woman in the above example, ‘one portion’ could be a 450-calorie meal. For a 31-year-old man who is moderately active and trying to lose weight, it would work out to be about 650 Calories. This allows you to estimate true moderate quantities more precisely.

Nonetheless, I want to emphasize that one of the most amazing aspects of this diet is that most times, you do not have to be concerned with quantities for example at the One CF meals and HWC meal. Again, this is within reason. In other words, we provide you with flexible principles, tools and knowledge so that you can decide how to apply our effective principles to your own personal preferences.

The *Life Transforming Diet* has so many possibilities.

Our system is not about restrictions, practically or psychologically.

It’s about gaining balanced nutritional information and implementing it through a practical system.

As I have shown you, our proven system allows for flexibility and personal customization while still fulfilling all nutritional requirements.

It allows you to have a “mature” relationship with food.

VITAMINS

Most nutritionists suggest a daily multi-vitamin while dieting. The Dietary Guidelines emphasize foods consumed should provide an array of nutrients (as well as phytochemicals, antioxidants, etc.) and other compounds that have beneficial effects on health. Of course, Supplements are vital when they fill a specific, identified nutrient gap that is not being met by the individual’s intake of food. Remember that nutrient supplements cannot replace a healthful diet.

Based on dietary intake data and evidence of public health problems, intake levels of the following nutrients may be of concern for:

- Adults: calcium, potassium, fiber, magnesium, and vitamins A (as carotenoids), C, D and E,
- Children and adolescents: calcium, potassium, fiber, magnesium, and vitamin E,
- Specific population groups (see below): vitamin B₁₂, iron, folic acid, and vitamins E and D.

* People over age 50. Consume vitamin B₁₂ in its crystalline form (i.e., fortified foods or supplements).

* Women of childbearing age who may become pregnant. Eat foods high in heme-iron and/or consume iron-rich plant foods or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods.

* Women of childbearing age who may become pregnant and those in the first trimester of pregnancy: Consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet.

* Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e. Consume extra vitamin D from vitamin D-fortified foods and/or supplements.

<p>Sources²² of vitamin A (carotenoids) Bright orange vegetables like carrots, sweet potatoes, and pumpkin Tomatoes and tomato products (sauce, paste, and puree), and red sweet pepper Leafy greens such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce, and romaine lettuce Orange fruits like mango, cantaloupe, apricots, and red or pink grapefruit</p>
<p>Sources of vitamin C Citrus fruits and juices, kiwi, strawberries, guava, papaya, and cantaloupe Broccoli, peppers, tomatoes, cabbage (especially Chinese cabbage), (Brussel Sprouts CANNOT be checked!!!!) and potatoes Leafy greens such as romaine lettuce, turnip greens, and spinach</p>
<p>Sources of folate Cooked dry beans and peas Oranges and orange juice Deep green leaves like spinach and mustard greens</p>
<p>Sources of potassium Baked white or sweet potatoes, cooked greens (such as spinach), and winter (orange) squash Bananas, plantains, many dried fruits, oranges and orange juice, cantaloupe, and honeydew melons Cooked dry beans Soybeans (green and mature) Tomato products Beet greens</p>

Regarding salt, consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day.

Individuals with hypertension, middle-aged and older adults: Aim to consume no more than 1,500 mg of sodium per day, and meet the potassium recommendation (4,700 mg/day) with food.

Another dietary measure to lower blood pressure is to consume a diet rich in potassium. Potassium should come from food sources. Potassium-rich fruits and vegetables include leafy green vegetables, fruit from vines, and root vegetables. Although meat, milk, and cereal products contain potassium, the form of potassium in these foods is not as readily available for absorption.

This table shows the importance of reading food labels to determine the sodium content of food. The levels can vary by several hundreds of milligrams in similar foods.

Food Group	Serving Size	Range (mg)
Breads, all types	1 oz	95-210
Frozen pizza, plain, cheese	4 oz	450-1200
Frozen vegetables, all types	1/2 c	2-160
Salad dressing, regular fat, all types	2 Tbsp	110-505
Salsa	2 Tbsp	150-240
Soup (tomato), reconstituted	8 oz	700-1260
Tomato juice	8 oz (~1 c)	340-1040
Potato chips ^a	1 oz (28.4 g)	120-180
Tortilla chips ^a	1 oz (28.4 g)	105-160
Pretzels ^a	1 oz (28.4 g)	290-560

²² <http://web.health.gov/dietaryguidelines/dga2005/toolkit/healthfacts/fruits.htm>

^a All snack foods are regular flavor, salted.

Serving sizes were standardized to be comparable among brands within a food. Pizza and bread slices vary in size and [weight](#) across brands.

Note: None of the examples provided were labeled low-sodium products.

All the above is informational and a doctor or health professional should be consulted before implementation. Please see <http://www.lifetransformingdiet.com/index-7.html> for terms of use.