

UN DIET



Day #1 PROTEIN DAY

Day #2 STARCH DAY

Day #3 CARB DAY

Day #4 FRUIT DAY

BREAKFAST

For all 90 days, breakfast is always FRUIT. Choices:
 - Two of the fruits from the same tree.
 Two apples, oranges, pears, peaches, etc. but only ONE banana!
 - A cup of berries
 - A handful of dried fruit (about 8 pieces)

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LUNCH

- One bowl of soup or broth, about 10 oz, without noodles. Substitute soup with either milk or yogurt.
- Grilled, boiled, stewed, or cooked meat or fish, about 8-9 oz. Substitute with 3 boiled or baked eggs or dairy products (soy products if you're dairy-free)
- One piece of whole wheat bread
- Non-calorie vegetables in large quantities or salad - unlimited quantities but without heavy dressings. Use just one tablespoon of oil and some lemon juice

- A full plate of any starch-rich foods such as beans, peas, chickpeas, soybeans, lentils, rice, corn, wheat, millet, cereal, and potatoes. They are cooked in the form of a soup with only the addition of spices
- One piece of whole wheat bread
- Salad - unlimited but without dressings, just one tablespoon of oil and some lemon juice

- Cooked pasta seasoned with tomato sauce with vegetables (except starchy vegetables), or pizza with pizza sauce and vegetables but without cheese or meat. Instead of pasta you can have 2-3 croissants or one soft pretzel or other plain pastry.

- Eat only mixed fruits in unlimited amounts. Fresh fruit is recommended, but baked fruit without sugar is also allowed.

DINNER

Dinner is same as lunch, but without the soup and the bread. It is mandatory that if the meat is eaten for lunch, same meat is eaten for dinner, and if eggs are eaten for lunch, eggs must be for dinner.
Note: Soup is mandatory except when dairy products are consumed. Drink milk or yogurt instead.
 DO NOT mix different types of proteins in one meal or even in a day. If eating chicken for lunch, chicken must be for dinner.

Dinner is half the size of lunch but without the bread.

You can have one or two pieces of pie or 4 squares of a sheet cake. Substitute with 3-4 ice cream scoops or 4 cookies. In addition, eat one row of dark chocolate (70% cocoa or more).

- Eat only mixed fruits in unlimited amounts. Fresh fruit is recommended, but baked fruit without sugar is also allowed.

NOTES

* The span between the meals must be at least **four** hours and no eating after 8:00 PM, although coffee and tea without sugar and water is allowed.

Consumption of proteins leads to stimulation of gluconeogenesis (sugar glucose production from primary non-carbohydrate sources), which is an important system for obtaining energy in people on a diet.

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* The span between the meals must be at least **two** hours and no eating after 8:00 PM, although coffee and tea without sugar, water, and freshly squeezed juice are allowed.

- The diet cycles 4x7 days, or 28 days three times during the diet. After a whole cycle, on the 29th day, you're supposed to drink only water or herbal sugar-free tea and then continue on with the protein day.
- Diet has to stop after 90 days. If you wish, you can repeat the diet after a 3 month period.
- Replenish your intake of vitamins and minerals with multivitamin supplements once a day.
- Alcohol intake is not allowed during the diet.