



## Dave's Diet

"Give me a month of your diet and I will change your mind."

### Vitamins

Chromium Picolinate, Coenzyme Q10, Magnesium, Multivitamin, Niacin, Zinc

These vitamins may help metabolism work more efficiently. Increasing metabolism efficiency may boost the ability of cells in muscle, fat and liver to absorb and use blood sugar as energy. Consult your healthcare professional and do your research.

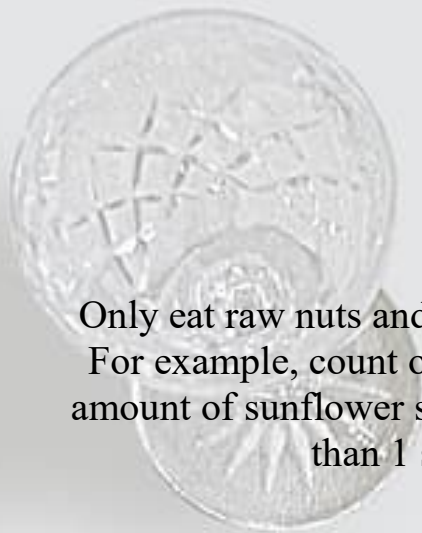


### Nutritional Facts

Read the Serving size. Only eat 1 serving per meal. Take the time to count out the number of pieces or grams or ounces or tbsp. to measure 1 serving. Read the % Daily Value\* column. The lower the percentages the better. Total Fat should be as close to 0% as possible. Saturated Fat and Trans Fat must be 0%. Cholesterol must be 0%. Sodium must be as close to 0% as possible. The Total Carbohydrate % must be kept below 100% for all servings in 1 day. Dietary Fiber should be at least 25 to 38 grams for all servings in 1 day. Includes Added Sugars must be 0%.

### Fruits and Vegetables

You can eat as much of and as often as you like anything you find in the Produce Section of a grocery store. Fruits and vegetables do not have a nutritional facts label and are not processed. Fruits and vegetables that are sliced and placed into containers or bagged are fine. If the bag or container does have a nutritional label, then read the label and contents. Stay away from "kits" like containers or bags that include things other than the raw fruits and vegetables.



## **Nuts and Seeds**

Only eat raw nuts and seeds that are unsalted. Eat only 1 serving per meal. For example, count out the number of almonds (about 28) or measure the amount of sunflower seeds (1/4 cup) to measure 1 serving. Do not eat more than 1 serving per day, 2 to 3 days per week.

## **Rice**

White rice is fat free, salt free and cholesterol free. Eat 1 serving (1/2 cup) with a meal. Brown rice has Total Fat of about 2% (no Saturated Fat or Trans Fat) and 2 grams of Fiber. Eat 1 serving (1/2 cup) with a meal.

## **Bread**

Double fiber whole wheat bread has 6 grams of fiber per slice and Sodium 6%. Eat 1 slice with a meal.

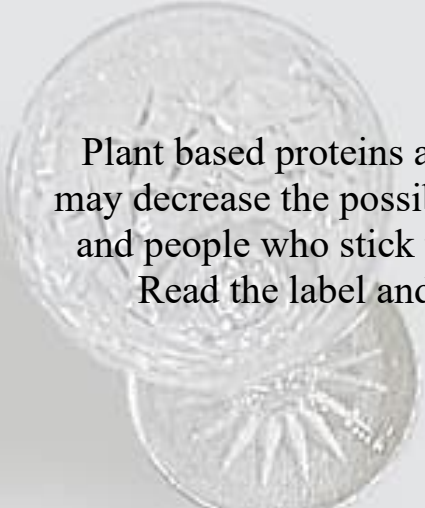
## **Pasta**

Chickpea pasta and red lentil pasta have Total Fat of 2% to 3%, no cholesterol, and about 5 to 9 grams of fiber per serving. Eat 1 serving (3 ounces) with a meal.

## **Meat, Fish and Poultry**

Kosher meat, poultry and fish only. The leaner the better for beef. Free range chicken only.

## **Plant Based Foods**



Plant based proteins are less likely to lead to heart disease and cancer and may decrease the possibility of having a stroke or developing type 2 diabetes and people who stick to a plant based diet are less likely to be overweight. Read the label and read the Nutritional Facts on plant based foods.

### **Bake Goods**

Parve (Pareve) Bake Goods, Vegan Bake Goods, Read the Nutritional Facts Label and contents.



### **Condiments**

Vegetable Oil Spray, Balsamic Vinegar, Gluten Free Less Sodium American Soy Sauce, Black Pepper, 50% Less Sodium and Sugar Ketchup, No Salt Added Mustard, Chipotle Hot Sauce

### **Drinks**

Water, Herbal Tea, Sugar Free Caffeine Free Drink Enhancer

### **Snacks**

Air Popped Popcorn, Unsalted Blue Corn Chips, Unsalted Pretzels, Soft Pretzels (no salt), High Fiber Chewy Bars Oates & Chocolate, No Sugar Added Italian Ice, Sugar Free Popsicles, Sugar Free Fudgsicles, Sugar Free Chocolate Baking Chips, Sugar Cones, Bite Size Shredded Wheat, Multigrain Whole Grain Crispbread, Chocolate Rice Cakes, Caramel Rice Cakes

### **Other**

Vegan Pancake Mix, Black Bean Burgers, Plant Based and Veggie Dogs, Plain Instant Oatmeal



## **Stretching (daily)**

### **Chair Stretches**

Sit in a kitchen chair and raise your arms over your head making sure your back is strait and your posture is correct. Hold this for 10 seconds. With your arms still raised lift each leg 10 times alternating each leg. With your arms still raise do 10 seated forward bends.

[Cat-Cow](#)

[Child's Pose](#)

[Sphinx Stretch](#)

[Supine Twist](#)

[Pelvic Tilt](#)

[Bridge Pose](#)

[Knee-to-chest Stretch](#)

[Seated Spinal Twist](#)

### **Exercises**

**(twice a week, 1 set for each exercise and as many reps as you can)**

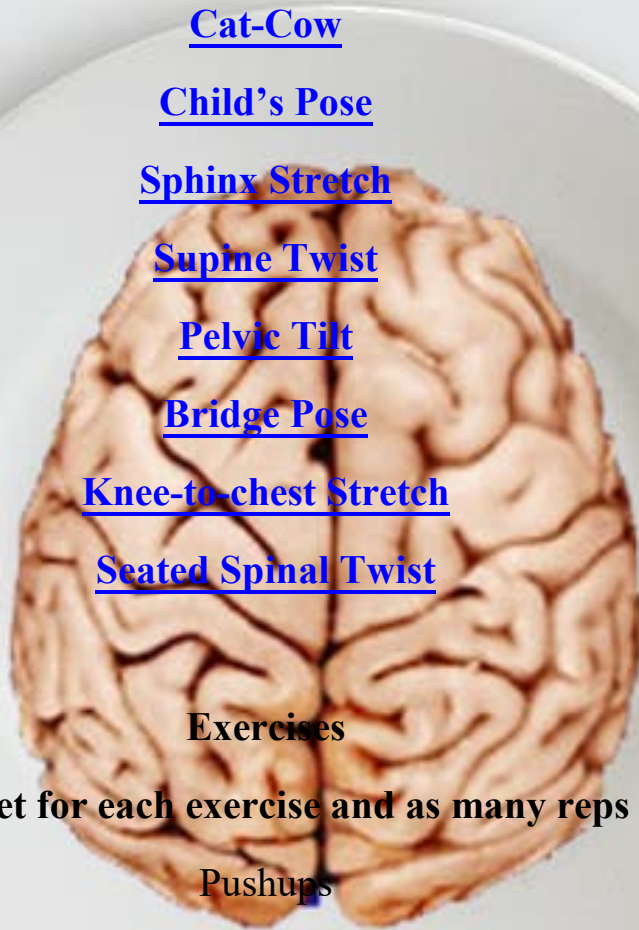
Pushups

Bicep Curls (5 to 10 pound dumbbells)

Sit-ups

[Squats](#)

[Lunges](#)



A glass and a plate with a brain on it. The glass is on the left, and the plate is in the center. The brain is on the plate. The glass is a clear glass with a decorative pattern. The plate is white. The brain is a realistic illustration of a human brain, colored in shades of brown and orange. The background is white.

Squat Thrust

Crunches

Plank Twists

Knee-bends

Planks

U-boats

Reverse Planks

Leg-lifts

Frogs

**Aerobic Exercise**

**(3 to 4 times per week, heart rate between 110 to 135)**

Load bearing exercise such as fast walking, jogging or running on a treadmill. Using a motorized treadmill, set the incline for 10% to 15% and set the speed for 3 to 3.5 MPH. Using a manual treadmill try to keep your speed at 2.5 to 3.5 MPH. Use a Pulse Oximeter and try to keep your heart rate at 110 or above for 10 minutes or more.