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CALL ME ANY TIME !!!

THREE-DAY DIET:

Anti-inflammatory goals.

Help reduce pain associated with inflammation caused by high Glycemic-Index foods

Therefore lower inflammation by eating low Glycemic-Index foods

See <http://www.mendosa.com/gi.htm> For Glycemic-Index chart

Supplements – Fish Oil (MAX EPA) or omegas

Lots of FLAX SEED

Lots of water

NO PROCESSED FOODS !

Let's talk about rye bread! Rye is much lower on the glycemic index chart than wheat (or rice, for that matter). I'm talking about bread that has NO WHEAT in it. It is purely rye, rye flour, and other ingredients such as salt. A very simple product. You can buy it in Safeway, but you might have to ask for it to find out where it is! Give it a try!

NO PORTION RESTRICTIONS if you stay WITHIN REASON

Inflammation stems from TYPE of food and AMOUNT.

Let's get started:

DAY ONE:

Breakfast:

Big glass of water

apple

2 eggs

Oatmeal with frozen berries and cinnamon sprinkled on top

Tea

(coffee is OK) – I drink coffee but no more than 2 total cups of caffeine a day

NOTE: in your tea or coffee, I recommend REAL SUGAR if you must make it taste sweet, instead of artificial sweetener. Just be reasonable.

NOTES ABOUT SUGAR: brown sugar is lower on the GI chart than white sugar. Whatever floats your boat.

Mid-morning Snack:

4 almonds

Apple

Lunch: (any or all of the following – just make sure to INCLUDE protein, and watch your PORTIONS).

chicken breast

Quinoa (or tabouleh) with lime juice

Vegetable soup – squash soup

Huge salad

Rye crackers – these are called RYVITA – you can buy them in Safeway. Buy those that have no wheat.

Yam – cooked in the microwave

Vegetables – raw or slightly cooked or cooked broccoli, cauliflower, carrots.

Afternoon Snack:

Cottage cheese

Turkey on crackers (preferably RYE crackers; not wheat)

Supper:

Tofu noodles (shirataki mushroom noodles)

Meat (whatever it may be – turkey, chicken, lamb, etc)

Tons of vegetables

Salad

Rye crackers

Bedtime snack:

A small amount of cooked oatmeal

4 almonds

Apple

Healthy alternatives:

Instead of the food on the left, try the food on the right:

Sugar – agave

Rice – brown rice

Pasta – brown rice pasta

Tortilla – wheat tortillas are much lower on the glycemic index chart than corn tortillas

Some people talk about excluding fruit that is mid-to-high on the Glycemic-index chart:

I don't exclude fruit and I love cherries.

A GREAT SNACK:

Delicious smoothies:

Fresh strawberries

Banana

Almond Milk

Almond butter if you like

Put in enough liquid to just cover the fruit, mix with an electric hand mixer, and enjoy!

Or frozen blueberries, bananas, a couple of fresh strawberries, almond or coconut milk, and mix.

Other tricks to help keep your inflammation down:

Eat protein first

Eat protein with every meal

Other way to conduct portion control:

Take a sip of water between EACH bite. You'll eat surprisingly less

Put your fork down between each bite. (This helps us eat slower).

Cow's milk can cause problems for some people. Delicious and LOW-CALORIE alternatives include

- Almond's milk

- coconut milk

- Almond milk even comes in chocolate !

Other healthy things to consume:

- cherry juice – about a ¼ cup every day – EXCELLENT for memory.
- a healthy condiment: HOT SAUCE ! It's low-calorie, and adds ZIP !

DAY TWO:

Breakfast:

Big glass of water

apple

2 eggs

Oatmeal with frozen berries and cinnamon sprinkled on top (if you want a little sweetener, try agave syrup)

Tea and/or coffee

Mid-morning Snack:

Can of tuna or salmon (eat as much of the can as you like), again, just in moderation (don't stuff yourself!)

Apple and/or veggies: carrots are delicious !

Lunch:

Turkey breast

Yam cooked in the microwave – a bit on butter on top is "OK"! just in moderation

Vegetable soup – broth, or squash soup

Huge salad

Toasted rye bread. NOTE: Almond butter is better than peanut butter, and is a delicious additive to (RYE) toast

Vegetables – raw or slightly cooked or cooked broccoli, cauliflower, carrots.

Afternoon Snack:

Cottage cheese

Canned beets

Supper:

Tofu noodles (shiritake mushroom noodles)

Meat (whatever it may be – turkey, chicken,

Tons of vegetables

Or Tofu:

Bedtime snack:

A small amount of cooked oatmeal

4 almonds

Apple

DAY THREE:

Breakfast:

Big glass of water

apple

2 eggs

Oatmeal with frozen berries and cinnamon sprinkled on top

Tea and/or coffee

Mid-morning Snack: 4 almonds

Apple

Lunch:

Tofu

Spaghetti squash

Soup

Pickles (watch sodium and sugar content)

Huge salad

Rye crackers

Yam

Vegetables – raw or slightly cooked or cooked broccoli, cauliflower, carrots.

Afternoon Snack:

Cottage cheese

Turkey on crackers

Supper:

Brown rice pasta

Canned beans

Turkey, chicken, or Fish

Vegetable

Bedtime snack:

Oatmeal

NOTE: * SLOW-COOK oatmeal. It is lower on the Glycemic-Index chart than instant or “quick” oats.

4 almonds or tofu

Apple

For more information, go to www.reganmoves.com.