

Dr. Niemtow's
High Protein with Acupuncture Diet

1. If you cheat on this diet it will take about 3 days for your metabolism to reset itself. So think about it, a few moments of cheating = 3 days of lost effort.
2. It is important that you eat meat with every meal and make meat the greatest portion of your meal.
3. Design your diet so that you take in nutrients from all the food groups allowed in this diet.

What you can Eat! (Yeah!!!)

Meat

- All the red meat you can handle (Red meat works best for this diet)
- Chicken
- Low fat fish – baked or tuna

(Stay away from the processed meats like bologna and sausage)

Vegetables

- Small portions of **only green** veggies with each meal.
- Greens, spinach, peas, asparagus, green beans, broccoli, lettuce, cucumbers.

Fruit, Juice, or Bread

- 2 (8 oz) glasses of fruit juice **OR** 2 pieces of fruit **OR** 2 teaspoons of sugar **OR** 6 slices of low calorie bread a day (30-40 calories per slice)
- Mix and match ----- just **DO NOT** exceed

Dressings

- 1 Tablespoon of salad dressing a day. You may also use spices.

BEVERAGES

- Drink 6 (8 oz) glasses of water a day; you can add a twist of lemon, lime or orange to the water for a little flavor.
- You can drink all the diet, caffeine-free soda you want.
- **NO ALCOHOL**

VITAMINS/SUPPLEMENTS

- Take 1 multivitamin pill a day
- Take 500mg Calcium daily

THE NO-NO'S OF THIS DIET

NO SUGAR PRODUCTS – cakes, cookies, candy, and regular soda

NO STARCH PRODUCTS – except what is listed on the diet- potatoes, rice, noodles, and cereals

NO SAUCES – gravies, mustard, ketchup

NO tomatoes, onions, or any vegetables that are not green

NO DAIRY PRODUCTS – EGGS, MILK, CHEESE

are some helpful hints:

Cook a roast, let it cool then slice the entire roast in thin slices. You can pack the roast in a small sandwich bag and bring it for lunch or to snack on throughout your workday. You can do with chicken or turkey.

If you are a soda drinker, purchase a couple of cases of your favorite sugar and caffeine free soda. Bring them to work with you. It is cheaper than going to the vending machine and you have the kind of drink you need for this diet. The vending machines might not have it.