

DR TUNBRIDGES WEIGHT LOSS DIET

BREAKFAST: 1-2 scoops of Isowhey Diabetic Powder in water or milk. Pea protein can be substituted.

LUNCH: 1 x 80gm tin of TUNA. Must be in OIL not spring water, have with a salad.

Because you will get sick of doing this every day, then on the weekend you are allowed a Full Cooked breakfast (bacon and eggs, omelettes, sautéed mushrooms in butter, fried onions and sausages) and have your shake for lunch.

DINNER: Meat and veg. or a salad. It does not have to be red meat but pan fry it in olive oil rather than grill it, and toss the salad in olive oil and white balsamic vinegar (or lemon juice).

NONE OF THE FOLLOWING ARE ALLOWED FOR THE 6 WEEKS DURATION OF THE DIET

- NO PASTA
- NO POTATO
- NO PUMPKIN
- NO RICE
- NO BREAD OR CEREALS
- NO SUGAR IN ANY FORM (This means cakes, lollies, biscuits, sweets, chocolate, honey and artificial sweeteners)
- NO CAFFIENE But lots of green tea

ALLOWABLE ITEMS

FRUIT: any sort except grapes. BUT it must be WHOLEFRESH FRUIT – No fruit juices, no dried fruit and no tinned or preserved fruit.

NUTS: any sort in any amount, but remember peanuts are legumes NOT nuts.

DAIRY: milk, cream, yoghurt and butter.

ALCOHOL: You are allowed ONE GLASS (standard drink) of RED wine only - and you are not allowed to save them up and have seven on Saturday night !!!

ITEMS NEVER TO BE CONSUMED AGAIN

- SOY PRODUCTS
- EVENING PRIMROSE OIL
- FLAX OR LINSEED (this includes LSA)

AVERAGE OUTCOME

6 Kg in 6 weeks and only 1 kg weight gain after 2 years.

This diet is developed to change your actual eating habits, and when you have finished the 6 weeks your taste will have changed and sweet will taste awful. If you eat the wrong thing then 15 minutes later you will feel weak and sick and this means EVERY TIME you eat that item it will do that to you – SCRAP it forever from your diet! Or you will wake up the next day with the hangover from hell, won't want to get out of bed, feel irritable and anxious, be bloated and have diarrhoea. You will be able to trace this back to what you ate the day before, and therefore if you don't eat it, you don't get sick.

This whole diet is about understanding how to manage your wellness – not your illness!

ONCE YOU HAVE LOST WEIGHT AND GOT YOUR WELLNESS BACK – THEN YOU NEVER WANT TO LOSE THAT FEELING AGAIN!