



Rucker Integrative Medicine

Alternative Health

Weight Loss Protocol - Typical Day of Eating:

Breakfast:

If you are a vegan, you may eat any of the **vegetables** listed in the lunch section for breakfast. If you are able to eat eggs, you can eat two eggs as long as they are cage free, antibiotic free, omega-3 rich in quality.

Also allowed is tea or coffee in any quantity without sugar. Only one tablespoon of milk is allowed per 24 hours. Saccharin or Stevia may be used. No splenda or Aspartame/equal.

Lunch:

1. 170-220 grams (6 to 8 ounces) of veal, lamb, beef, chicken breast, turkey, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Also acceptable are salmon, tuna, and flounder.

2. One type of vegetable only to be chosen from the following: Swiss chard, beet greens, green salad, tomatoes, celery, fennel, onions, red radishes, zucchini, bell peppers, cucumbers, asparagus, cabbage, broccoli, cauliflower, turnips, Artichokes, brussel sprouts, string beans, alfalfa and bean sprouts, bamboo shoots, broccoli, bok choy, collard greens, dandelion leaves, eggplant, endive, escarole, garden cress, romaine, garlic, herbs, jicama, kale, leeks, lettuce, mushrooms, mustard greens, parsley, pea pods, red peppers, pumpkin, radishes, rhubarb, sauerkraut, scallions, spinach, squash, spaghetti and summer squash, water chestnuts, watercress. Fresh are preferred, but frozen may be used.

3. If you find yourself getting hungry in between meals snack on healthy nuts (i.e. almonds or cashews, as they are a great source of protein and fiber.

4. An apple, orange, handful of strawberries, blackberries, blueberries, raspberries, cherries, one-half of a grapefruit, pear, or tangerine. (you can eat your snack at anytime in between any of your meals or with any of your meals)

Dinner: The same four choices as lunch above (so a total of two snacks allowed daily)

Liquids: No sodas allowed. No splenda, or aspartame, or sugars of any kind. Drink lots of water. Bottled or filtered water is preferred. You can drink "So" brand of coconut milk in two separate servings that is unsweetened. You can sweeten it with stevia. Vitamin zero water with stevia is acceptable.