



# Latin Crash Diet

## EARLY MORNING

1 cup of papaya, watermelon,  
melon, jicama, or  $\frac{3}{4}$  cup of any  
other fruit

Plus 2 whole walnuts or 4 almonds

zucchini in free quantities plus  
salt, pepper, garlic, lemon juice,  
and balsamic vinegar

$\frac{1}{2}$  medium avocado or 2  
teaspoons of extra virgin olive  
oil

## BREAKFAST

1 cup of any cold breakfast cereal  
(Cheerios, etc.)

$\frac{3}{4}$  cup of 2% fat milk

1 cup of blueberries, diced apples,  
or bananas

## MID-NOON 1

1 cup of papaya, watermelon,  
melon, jicama, or  $\frac{3}{4}$  cup of any  
other fruit

Plus 2 whole walnuts or 4 almonds

## MID-MORNING 1

2 cups of papaya, watermelon,  
melon, jicama, or  $\frac{3}{4}$  cups of any  
other fruit

Plus 4 whole walnuts or 8  
almonds

## MID-NOON 2

1 cup of papaya, watermelon,  
melon, jicama, or  $\frac{3}{4}$  cup of any  
other fruit

Plus 2 whole walnuts or 4 almonds

## LUNCH

3 ounces of cooked chicken  
breast w/o skin, low-fat cheese,  
or fish

Arugula, beets, broccoli, onion,  
organic spinach, lettuce  
(choose one), mushrooms,  
carrots,


## DINNER

Tostadas: 1 oven-baked corn tortilla  
or 20 grams of sourdough bread

1 ounce of cooked chicken breast,  
low-fat cheese, or fish

$\frac{1}{4}$  cup mashed beans

$\frac{1}{4}$  medium avocado or 1 teaspoon  
extra virgin olive oil



Arugula, beets, broccoli, onion, organic spinach, lettuce (choose one), mushrooms, carrots, zucchini in free quantities.

2 ounces of any fruit juice, fresh squeezed or bottled (no added sugar)

EAT AS MANY TOSTADAS AS YOU WANT: INCLUDE ALL INGREDIENTS

### LATE EVENING

1 cup of papaya, watermelon, melon, jicama, or  $\frac{3}{4}$  cup of any other fruit

Plus 2 whole walnuts or 4 almonds



## GENERAL INSTRUCTIONS

### DISCLAIMER

Dr. Rafael Bolio is a board-certified specialist in Internal Medicine in his native country. However, he does not provide medical consultations through this website. The information in this program is for **educational and guidance purposes only**. It is not intended to diagnose, treat, or replace professional medical advice. Always consult your physician before starting this or any program that changes eating habits.

### HOW TO GET THE BEST RESULTS

#### 1. Eat everything on your program

Follow the plan as written. Eating all the indicated foods ensures maximum results.



## **2. Track inches, not just weight**

These programs reduce body volume and measurements more effectively than weight alone. Weigh yourself and measure your waistline daily. Take weekly pics of your body. Before-and-after pictures can demonstrate how much your body has changed, even if there are no changes in weight and measurements.

## **3. Follow the recommended meal times**

- Most people eat 3 meals daily.
- Increasing frequency (e.g., 5–6 smaller meals/snacks) often accelerates fat loss.
- If this is difficult, you can add your snacks to your meals (e.g., early snack with breakfast, mid-morning snack with lunch, etc.)

## **4. Do not replace foods**

Each food is chosen for its unique effect on your body. Avoid substitutions. If you have allergies, this program may not be suitable for you.


## **5. Weigh proteins after cooking**

Organic, grass-fed, or hormone- and antibiotic-free options are ideal, but not mandatory

## **6. Choose better quality foods when possible**

Organic, grass-fed, or hormone- and antibiotic-free options are ideal, but not mandatory.

## **7. What to do if you add food that is not on the menu (chips, candy, pastry, etc.)**

- Do **not** skip or reduce any food from your plan.
  - Continue as instructed.
  - Frequent extras may mean you need more calories—consider adding more dinner tostadas or a smoothie from Instruction # 13
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### **8. Hydrate wisely**

- The menus provide ~6 cups of water. Add up to 8 more daily.
- Drink more water in hot weather.
- Avoid excess water (too much can cause mineral loss).
- Flavor naturally with lemon, orange peel, tea leaves, mate, or coffee.

### **9. Seasoning is allowed**

Use in moderation: sea salt, Himalayan/Celtic/Real Salt, pepper, apple cider vinegar, lemon juice, hot peppers, garlic, onion, fresh herbs, and spices. *If your doctor has restricted salt intake, consult them before using Himalayan or other specialty salts.*

### **10. Alcohol in moderation**

- ½ glass (4–6 oz) of red or white wine may aid weight loss.
- 3 + glasses in one evening causes weight gain.

### **11. Duration of the program**

- Visible results often appear within 48 hours.
- You may apply the program for one or two weeks. After that, use any one of my other special diets.

### **12. Expected results**

- ~70% notice changes within 24 to 48 hours.
- ~10% see results after 5 days.
- ~20% may see little or no change

Even when there is no visible change, the program continues to improve dietary balance and overall health.

### **13. Journal your plan.**

Use a tape measure, fitted non-stretch clothing, or photos.







#### **14. Watch for signs of undernutrition**

Add calories if you notice:

- Loss of firmness in buttocks or breasts
- Thinner calves
- Dull skin or hair


##### **Solution:**

- Add as many dinner tostadas as you wish at any time of the day, including ALL ingredients.
- Smoothie 1
  - ½ cup fat-free yogurt
  - ¼ medium avocado (30–40 g)
  - ½ medium apple or banana
- Smoothie 2
  - 2 ounces or ¼ cup of non-fat Greek yogurt
  - 50 grams of apple, banana, or pear
  - 10 grams of walnuts
  - 20 grams of honey
  - Cinnamon or vanilla

Add 1 to 3 smoothies per day. You can mix and match.

**If you continue to lose firmness of breasts and glutes despite adding smoothies and tostadas, consult your doctor.**

#### **15. Exercise guidelines**

- Best fat-burning activity: walking slowly.
  - Start with 5 minutes/day; increase gradually to no more than 40 continuous minutes per day.
  - More intense exercise may slow the speed of fat loss.
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### Target fat-burning heart rate:

- Formula:  $(220 - \text{age}) \times 0.60$
- Example: age 40  $\rightarrow (220 - 40 = 180) \times 0.60 = 108$  bpm

Suppose you already engage in moderate to intense exercise (30+ minutes, 3+ times per week for 2+ months). In that case, continue with your exercise, always being careful not to lose glute firmness or, in women, breast consistency. If this happens, either add smoothies and tostadas, or reduce your activity.

### 16. Vitamins and minerals

- Adding one multivitamin every other day is a good decision.
- Myths: vitamins do **not** cause weight gain or block weight loss.
- Times when you should consult your doctor concerning vitamins and minerals:
  - Women: calcium (adolescence, pregnancy, breastfeeding, menopause).
  - General population: vitamin D, omega-3, magnesium. Consult your doctor for the correct type and dosage.

### 17. If you have a medical condition

- Conditions like diabetes, cholesterol, or high blood pressure do not exclude this program, but **doctor approval is required**.
- Your physician will adjust medications when needed.

### 18. Avoid weight-loss supplements

Pills, powders, or stimulants may lead to rebound weight gain.

### 19. How to stop the program

No special steps are needed to discontinue.





**With my best regards,**

**Dr. Rafael Bolio**

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