

Extract from *Keeping It Off* by Jason L Schembri (all rights reserved)

Chapter 6: Falling Off The Wagon, Pages 57/58

What is Steak Day, and why does it work?

I discovered the concept of Steak Day during one of my many diets. I am deliberately refraining from talking about the different diets. I've tried many and feel that they all have merit, and if you have lost weight, then you have all found the one that worked best for you. Steak Day is a concept or a tool that anyone can employ at any stage of a weight maintenance program. So long as steak is a food that is acceptable to your life choices, it can be a lifesaver to get back on the "wagon" after an accidental or planned departure.

The time to do a Steak Day is the day after you've "fallen off the wagon". More specifically, I recommend a Steak Day if you wake up the following morning and have gained two or more pounds due to an indiscretion the day before. When I say indiscretion, I generally talk about bad culinary choices - food, beverage, or both. If employed successfully, the weight you gained yesterday will be gone tomorrow. It's that simple, but it's not always easy. It must be done the very next day, which is why planning for a "cheat day" is so important. If I am planning to step off the wagon on a Friday night, the first thing I ask myself is: "Am I able to do a Steak Day on Saturday?" If the answer is no, then I choose a different day to step off the "wagon".

This is the process to follow to successfully complete a Steak Day for the temporary weight gain to disappear the following day: Do not eat all day. You can drink as much water, tea, and coffee as you see fit. (Lots of water is encouraged). For dinner, eat the biggest steak that you can manage. The steak does not need to be lean as fat does not have a nullifying impact on this protocol, and cooking it with oil is also acceptable. With the steak, you will eat one whole raw tomato or one whole apple. (It's your preference which you choose. I always chose the tomato myself as it just seemed more appropriate as a pairing for a steak dinner.) This is the only meal permitted for the day.

Eating the steak at the end of the day lets your body know that the supply of food has not been cut off and gives your body permission to let go of whatever is being held from the previous day. The tomato or apple acts as a diuretic, helping your body to eliminate built-up fluids and releasing them through your urine.

I've not been very successful in finding solid scientific data to support why this works, but I have plenty of personal experience and empirical data to confirm that it does work consistently. I would not recommend; however, a lifestyle that requires you do a Steak Day more than once a week. This could be a sign that your "wagon" lifestyle is too restrictive for you.