

the **real food** diet

Lose a size by summer without going hungry

by Jackie Newgent, R.D.

IT'S NEVER TOO SOON TO start shaping up for the summer—but this year, let's get real. Forget fat-free, artificial “diet” foods: Promising research suggests that eating whole, natural food is the best way to stay satisfied, lose weight and keep it off.

A study published in the *Journal of the American Medical Association* found that people following restrictive lowfat diets are not very likely to stick with them, and several studies have found that people who regularly eat nuts (which many people avoid because of the high fat content) tend to be slimmer than those who don't. You may also be surprised to learn that diet soda and other sugar-free products may disrupt your body's natural ability to regulate calorie intake.

Ready to eat delicious, real food and still peel off the pounds? We've created a nutritionally balanced menu that includes full-fat cheese, nuts, steak and even brownies, and provides 1,500–1,700 calories, 61 g fat, 33 g fiber and 80 g protein per day. You can follow each day's menu, or mix and match meals as you like.

(Please turn to 126)



your real food menu

day

breakfast

lunch

dinner

snacks

1

- ½ large whole-grain bagel, toasted and spread with 2 tsp cream cheese
- 1 cup fresh strawberries

- **SOUTHWESTERN SALAD:** Toss 3 cups mixed salad greens with ½ cup each diced tomato, diced onion and drained canned kidney beans; ⅓ avocado, diced; ½ cup (2 oz) shredded Monterey Jack cheese; and 1 Tbsp chopped fresh cilantro. Dress with mixture of 1 Tbsp lime juice and 2 tsp olive oil.
- 1 large orange

- 1 oz whole-wheat dinner roll
- 4 oz lean beef tenderloin or sirloin steak, grilled or pan-grilled and splashed with 1 tsp soy sauce
- 8 grilled or steamed asparagus spears, each splashed with ½ tsp soy sauce
- 1 cup steamed brown rice topped with 2 Tbsp pan-toasted sliced almonds

- 6 corn tortilla chips with 3 Tbsp salsa
- 1 cup red or green grapes

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- 1 cup oat bran flake cereal with ¾ cup whole milk and 1 sliced small banana

- 2 slices toasted whole-grain bread with 3 slices crisp bacon, 1 cup fresh arugula, 4 large slices tomato and 1½ tsp mayonnaise
- 10 baby carrots

- **PAPAYA CHICKEN:** Grill 4 oz boneless, skinless chicken breast. Top with mixture of ½ cup diced papaya, ¼ cup diced red bell pepper, 2 Tbsp minced scallion, and 2 tsp each chopped fresh mint and fresh lime juice. Add minced jalapeño to taste.
- 1 cup cooked whole-wheat couscous sprinkled with 2 Tbsp pan-toasted sliced almonds or pine nuts
- 1½ cups steamed broccoli

- 1-oz wedge Gouda cheese
- 1 cup fresh pineapple chunks with ¾ cup cottage cheese

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- 12-oz latte made with whole milk
- 1 egg and 1 egg white scrambled in nonstick skillet with 1 Tbsp basil
- 1 whole-wheat English muffin with 2 tsp apricot jam
- 2 fresh apricots

- **CURRY CHICKEN ROLL:** Top 1 whole-wheat tortilla with 2 romaine lettuce leaves and mixture of 2 oz pre-roasted (or rotisserie) chicken breast pieces, ¼ cup diced jicama, 2 Tbsp plain whole-milk yogurt, 1 tsp each mayonnaise and mango chutney, and ¼ tsp curry powder. Roll up tightly.
- 1 cup sliced jicama strips
- 1¼ cups red or green grapes

- 3 oz grilled or pan-grilled wild salmon, seasoned to taste
- 1½ cups steamed spinach, drizzled with 1 tsp extra-virgin olive oil, with lemon wedge
- 1 cup steamed brown rice with lemon wedge

- 1 (2-inch-square) brownie (homemade or from bakery)
- 1 small scoop (½ cup) mint chocolate chip or other flavor ice cream

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- **PEACH OATMEAL:** Stir ½ cup peach whole-milk yogurt and ¾ of a diced peach into 1 cup hot oatmeal. Top with ¼ cup yogurt, rest of peach and a dash of cinnamon.

- 3 cups mixed salad greens with 2 Tbsp Caesar dressing, 4 large restaurant-style croutons and 1½ Tbsp grated Parmesan
- 1 cup French onion soup topped with 1 small slice toasted French or whole-grain bread and ¾-oz slice Swiss cheese

- ½ large whole-wheat pita spread with ¼ cup hummus and filled with 2 slices lean deli roast beef, ½ cup arugula and 1 oz crumbled feta cheese
- 1½ cups cherry tomatoes served with ½ cup hummus for dipping

- 2 kiwi fruits
- ½ cup granola

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- Whole-grain sandwich bun filled with 1 oz lean deli-sliced ham, 1 egg (fried in nonstick skillet without added fat) and 1-oz slice mozzarella
- 1 peach

- **TURKEY-AVOCADO WRAP:** In a large (2-oz) whole-wheat tortilla, arrange 2 oz deli-sliced turkey breast; ½ avocado, sliced; 1½ cups arugula leaves and ¼ cup sliced red onion. Dress with 2 tsp red-wine vinegar and 1 tsp flaxseed oil; roll tightly.
- 2 cups arugula topped with segments from 1 tangerine, drizzled with 1 tsp each red-wine vinegar and flaxseed oil

- 4 oz grilled or pan-grilled tuna steak, drizzled with 1 tsp soy sauce and sprinkled with 1 tsp roasted or pan-toasted sesame seeds
- 1 cup soba or udon noodles tossed with 1 tsp each sesame oil and soy sauce and chopped fresh cilantro to taste
- 1 cup steamed broccoli or snow peas

- 15 cherry tomatoes, sliced, tossed with 1½ oz cubed mozzarella, 2 Tbsp sliced fresh basil and 2 tsp balsamic vinegar
- 1 pink grapefruit, halved, sprinkled with 1 tsp sugar

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- **BERRY-SOY SMOOTHIE:** Purée 1 cup frozen strawberries, ½ cup frozen blueberries, 1 cup soy milk and ¼ tsp vanilla extract in a blender.

- 1 medium baked potato topped with 1 cup turkey chili, ¼ cup shredded Cheddar, and 1 Tbsp each sour cream and sliced scallion

- 2 cups mixed salad greens with 2 tsp each balsamic vinegar, olive oil and pan-toasted pine nuts
- 1½ cups whole-wheat or regular spaghetti with ½ cup marinara sauce
- 1 cup steamed zucchini topped with 1 Tbsp chopped fresh basil

- 1 oz piece dark chocolate
- 1 nectarine

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- ½ cup plain whole-milk yogurt drizzled with 1 tsp honey and mixed with 2 cups mixed berries
- 2 graham cracker squares

- 1 large slice thin-crust cheese pizza
- 3 cups mixed salad greens with ½ cup artichoke hearts (not packed in oil) and 1 Tbsp Italian dressing or balsamic vinaigrette

- 4 oz grilled turkey burger on whole-grain hamburger bun with ¾ oz mozzarella, 2 tsp each ketchup and mustard, 3 lettuce leaves, 2 tomato slices and 1 onion slice
- ½ cup deli potato salad
- ½ cup celery strips

- Nachos made with 6 corn tortilla chips, ¼ cup pinto beans, ½ cup scallions, 3 Tbsp salsa and 1 oz Monterey Jack cheese
- 1 slice whole-wheat bread with 1 Tbsp peanut butter and 1 Tbsp raspberry jam