

Breakfast: A protein shake with 2 heaping tablespoons of Metamucil
OR hard-boiled eggs
OR 2 ounces of cheese

Mid-morning snack: A handful of peanuts or mixed nuts

Lunch: A large mixed green salad
AND/OR large bowl of non-starchy soup (without potato, rice, corn)
Dr. Griffith's TIP: Order the salad dressing on the side and dip your fork into the dressing before getting a fork-full of salad.

Mid-afternoon snack: Celery and carrot sticks
OR 1 ounce of cheese
OR small handful of nuts

Dinner:

1. Learn to "spoil" your appetite prior to dinner with:
A protein shake with 2 heaping tablespoons of Metamucil
OR 2 hard-boiled eggs
OR 2 ounces of cheese
OR a handful of nuts.
2. Wait 10 minutes after "spoiling" dinner to start the meal.
3. Start dinner with a large mixed green salad
AND/OR large bowl of non-starchy soup.
4. Wait 10 minutes before beginning the rest of the meal.
5. Have an entrée of 3 or 4 ounces of fish, chicken, turkey, beef, or pork PLUS 2 servings of non-starchy vegetables such as broccoli and spinach.

Doctor's Griffith's TIP: Halfway through the entree put your fork down for about 10 minutes before resuming. Try and have a pleasant conversation or contemplate world events to pass the time!

Dessert: Enjoy a slice of cheese PLUS a non-starchy fruit (berries, cherries, apples, plums, pears, peaches) for dessert.

Evening snack: A handful of mixed nuts

◆ Remember - there is no magic bullet that will effortlessly dissolve fat. ◆
◆ The bottom line is your own dedication and perseverance. ◆

