

BUILD YOUR PLATE

phase 1

based on *Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently* by David Ludwig MD, PhD

No tropical or dried fruit. No starchy vegetables like sweet potato, winter squash, peas or beets. (Spaghetti squash is okay.) Refer to Appendix A for foods by phase. No alcohol until Phase 2.

No grains, potatoes or other simple carbohydrates.

No sugar or sweeteners of any kind, whether natural or artificial, other than up to 1 ounce daily of 70% or higher chocolate.

HOW MUCH?

CHOOSE ONE:

- | | |
|-------------------------|----------------------------|
| 4-6 ounces meat or fish | 1 ounce protein powder |
| 3 eggs* | about 4 ounces seitan |
| cheese - 3 ounces* | 4-6 ounces tempeh or tofu* |

**These are lower protein/higher fat items that might need additional protein such as 1/2 cup Greek yogurt, 1/2 cup beans, 1-2 oz. cheese, or 2-3 tbsp nuts or nut butter.*

start with
PROTEIN

add
FAT*

HOW MUCH?

- FOR LOWER FAT, LEAN PROTEINS add:
- dressing and sauces (2-4 tablespoons)
 - oils (1-2 tablespoons)
 - heavy cream or canned coconut milk (3-4 tablespoons)
 - nuts or nut butter (2-3 tablespoons)
 - 1/2 avocado

- FOR HIGHER FAT PROTEINS add:
- dressings and sauces (1-2 tablespoons)
 - oils (up to 1 tablespoon)
 - heavy cream or canned coconut milk (1-3 tbsps)
 - nuts or nut butter (1-2 tablespoons)
 - 1/4 avocado

**If your protein sources include cheese, nuts/seeds, or nut butter, or if your meat is very high in fat, like lamb, do not add any additional fat.
If your protein sources include egg, tempeh or tofu, use the lower amount of added fat.*

HOW MUCH?

- 1/2 cup of beans or 1 cup bean soup
OR
1 cup fruit (non-tropical)**
OR
1 cup vegetable soup

***see pages 112-113 for fruit list by phase*

add
NON-STARCHY CARBOHYDRATE
(if your meal doesn't already include beans)

add
UNLIMITED NON-STARCHY VEGGIES

INCLUDE AS MANY AS YOU LIKE

salad greens, peppers, onions, broccoli, brussel sprouts, carrots, cabbage, kale, spinach, celery, tomatoes ...
for full list, see book pages 111-112

HOW MUCH TO EAT?

- Eat until you no longer feel hungry, but not stuffed.

- Try your best to eat without distraction (tv, phone time, etc.), so that you can be more in tune with your feelings of hunger and satiety. Take your time and savor your meal - not only will it be more pleasurable that way, it will also allow enough time for that "full" signal to reach your brain.

- Eat "around the plate" (a little bit of everything as you go).
Even if you don't finish, you will still maintain the desired ratios.