

The 2-Week Stress Free Diet

This dietary approach is for those individuals who have passed being 'Stressed Out' and are headed to 'Crash and Burn' mode. This person is usually emotionally wasted, their get up and go got up and went. They are sick all of the time; life as it used to be is a faint memory. These people need drastic changes and the magic word is NOW! They need to drastically reduce carbohydrate intake to stop throwing their metabolic teeter-totter out of whack.

Foods to avoid: bread, pasta, cereal, rice, beans, legumes, fruit and fruit juice, milk, yogurt, rice cakes, crackers, potatoes, sweets.

Allowable foods: unlimited vegetables, meats, fish, sea food, cheese, eggs, tofu, nuts & seeds, nut butters, vegetable juices.

Basic Rules During the Two-Week Test

- Do not go hungry! Eat as much of the allowed food as desired.
- Do not worry about calories or fat during these two weeks.
- Eat any amount of allowable foods.
- Eat only one piece of 100% whole grain bread or toast daily.

Remember, don't allow yourself to get hungry! Keep some items ready to eat at all times such as almonds, cashews, carrot and celery sticks, cheese, etc.

Meal Ideas

Eggs

Omelets with any combination of vegetables, meats and cheeses.
Scrambled with guacamole, sour cream and salsa.
Scrambled with a scoop of ricotta or cottage cheese and tomato sauce.
Boiled or poached with spinach or asparagus and hollandaise or cheese sauce.
Add turkey or chicken slices if appealing.
Soufflés.

Salads

Chef - leaf lettuce, meats, cheeses, eggs.
Spinach - with bacon, eggs, anchovies.
Caesar - Romaine lettuce, eggs, Parmesan cheese, anchovies.
Any salad with chicken, tuna or shrimp.

Salad Dressings

Extra virgin olive oil and vinegar (balsamic, wine, apple cider).
Plain or with salt and spices to taste.
Creamy - made with heavy cream, mayonnaise, garlic and spices.

Fish & Meats

Pot roast cooked with onions, carrots and celery.
Roasted chicken stuffed with a bulb of anise, celery and carrots.

Chili made with fresh chopped meat and a variety of vegetables such as diced eggplant, onions, celery, peppers, zucchini, tomatoes and spices.

Steak and eggs.

Any meat with a vegetable and a mixed salad.

Chicken Parmesan with a mixed salad.
Fish (not breaded or fried) with any variety of sauces and vegetables

Tuna melt on bed of broccoli or asparagus

Sauces

A quick cream sauce can be made by simmering heavy cream with mustard or mustard powder and cayenne pepper, or any flavor of choice. Delicious over eggs, poultry and vegetables.

Italian style tomato sauce helps make a quick Parmesan out of any fish, meat or vegetables. Put this over spaghetti squash for a vegetarian pasta-like dish. Or make a "lasagna" out of slices of eggplant or zucchini instead of pasta.

Snacks

- Celery stuffed with nut butter or cream cheese
- Guacamole with vegetable sticks for dipping
- Hard-boiled eggs
- Rolled slices of fresh meat and cheese
- Vegetable juices
- Almonds, cashews, sunflower seeds

When Dining Out

Use these tips to make it a pleasurable event;

- Let the waiter know you do not want any bread, to avoid temptation.
- Don't hesitate to ask for an extra vegetable instead of rice or potato.
- Avoid fried food (it's usually laden with bread crumbs and bad fat).
- Avoid iceberg lettuce. Choose a Caesar or spinach salad instead.

Dining Menu Options

- Chinese; Steamed dishes, or Moo Shu (No rice, pancakes or sweet sauce). Continental; Filet mignon or other Steak, Duck, Fish or Seafood.
- French; Coquille Saint-Jacques, Boeuf A La Bourguignonne.
- Italian; Eggplant Parmesan, Veal Marsala, Mussels marinara.
- Vegetarian; Tofu or cheese and vegetables, egg dishes.

Grocery Shopping

When shopping always read labels to avoid sugars. They are disguised under many names including maltose, corn syrup, dextrose, etc. Also look for and avoid hydrogenated and partially hydrogenated fats and oils.

Many people find the loss of grains in the diet leaves the digestive tract sluggish, which may make you a little constipated. Adding plain unsweetened psyllium (available in health food stores) to a glass of water or tomato juice will keep your system running smoothly. Another way to add psyllium to your diet is to use it in place of flour for thickening sauces or in place of breadcrumbs to coat meats and vegetables.

After the Two-Week Test

If you feel better and your signs and symptoms have improved, your next task is to find out how sensitive you are to carbohydrates. In other words, what's your limit? (If you feel no different following the Two-Week Test, you may not be carbohydrate intolerant.)

Begin adding one carbohydrate food every few days or until carbohydrate intolerance symptoms occur: Bloating, tired after meals, weight gain, etc. Do not experiment with carbohydrate foods at back-to-back meals.