

Dr. Clay Lowder's Fuel Diet

Keys to losing weight:

1. Understand this is NOT a diet... it must be a lifestyle changes to achieve long term success.
2. Eat six meals a day. Eat a big breakfast and a light supper. Eat every two hours.
3. If you wait to eat until you are hungry, your body is in fat storage and is not burning fat.
4. You want to eat plenty throughout the day and with each meal.
5. Drink plenty of water throughout the day and with each meal.

Sample Meal Plan

Breakfast

- A one-to-four egg omelet with a small amount of cheese
- Black coffee
- Ice water

10am snack

- One of the following: two pieces of bacon or one handful of peanuts or almonds
- Ice water or coffee

Lunch

- Sandwich or hamburger without the bun/bread
- Celery sticks with hummus (no chips)

Salads are good, but no dressing except oil and vinegar. NO bread!

2pm Snack

- A few leftovers from lunch (remember, you are not hungry), almonds, peanuts, cheese stick, jerky
- An apple

4pm Key Snack

- A boiled egg, peanuts, almonds, jerky

Eat as much as you can. Your mother said, "Don't eat that! IT will ruin your appetite!" Your doctor says, "Exactly!"

Supper

- A small amount of fish, chicken or steak
- Vegetables- all you can eat

Last but not least, dessert!

- One small piece of dark chocolate, a strawberry, and some low carb Cool Whip

Dessert tells my brain that I am done- no seconds. Eat it as early as you can.

Foods to avoid: Bread, rice, pasta, cereal, sweet drinks, alcohol

Foods to limit: Fruits (except apples), yogurt

All you can eat: Protein, lean meats, vegetables, nuts