

THE 7MIN DIET

RULE # 1

Avoid “white” carbohydrates

Avoid any carbohydrate that is — or can be — white. Don’t eat the following foods: white bread, white rice, cereal, potatoes, pasta, and fried food with breading. If you avoid eating anything white, you’ll be safe.



RULE # 2

Eat the same few meals over and over again

The most successful dieters, regardless of whether their goal is muscle gain or fat loss, eat the same few meals over and over again. Mix and match, constructing each meal with one from each of the three following groups:

Proteins

- » Egg whites with one whole egg for flavor
- » Chicken breast or thigh
- » Grass-fed organic beef
- » Pork

Legumes

- » Lentils
- » Black beans
- » Pinto beans

Vegetables

- » Spinach
- » Asparagus
- » Peas
- » Mixed vegetables

Eat as much as you like of the above food items. Just remember: **keep it simple**. Pick three or four meals and repeat them. Almost all restaurants can give you a salad or vegetables in place of french fries or potatoes.

Most people who go on “low” carbohydrate diets complain of low energy and quit, not because such diets can’t work, but because they consume insufficient calories. A 1/2 cup of rice is 300 calories, whereas a 1/2 cup of spinach is 15 calories! Vegetables are not calorically dense, so it is critical that you add legumes for caloric load.

Eat every 3 hours:

- » 7am – Breakfast
- » 10am – Morning Snack
- » 1pm – Lunch
- » 4pm – Afternoon Snack
- » 7 Pm – Dinner
- » 10 PM – Evening Snack (if you are hungry) and make sure it’s something light. Some vegies will help you to sleep too.

HERE ARE SOME EXAMPLES



MEAL 1

Scrambled Egg Whites

(you can buy them in a box) with one whole egg, black beans, and microwaved mixed vegetables.



MEAL 2

Grass-fed organic beef, pinto beans, mixed vegetables, and extra guacamole



MEAL 3

Grass-fed organic beef lentils, and mixed vegetables.

RULE # 3

Don't drink calories.

Drink massive quantities of water and as much unsweetened iced tea, tea, diet sodas, coffee (without white cream), or other no-calorie/low-calorie beverages as you like. Do not drink milk, normal soft drinks, or fruit juice.

No beer allowed, but a glass of wine is ok. If you have to have a beer, have a low carb one. Straight alcohol like scotch or vodka is allowed, but don't add mix (like coke or sprite or juice) and only one or two drinks a week.

RULE # 4

Take one day off per week.

I recommend Saturdays as your "Dieters Gone Wild" day. I am allowed to eat whatever I want on Saturdays, and I go out of my way to eat ice cream, Snickers, Take 5, and all of my other vices in excess. I make myself a little sick and don't want to look at any of it for the rest of the week.

Paradoxically, dramatically spiking caloric intake in this way once per week increases fat loss by ensuring that your metabolic rate (thyroid function, etc.) doesn't downregulate from extended caloric restriction. That's right: eating pure crap can help you lose fat **as long as it's only one day a week.**