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The basic
premise is that
you should eat 1
pound of raw
vegetables, 1
pound of cooked
vegetables, and

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1 cup of beans a day. Think about that, it is a lot of food (you can also add more to that as long as it is healthy stuff). I often had trouble finishing the meals I was supposed to eat. What do you eat?

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or any of New
York's leading
doctors has a
patient whose
life depends on
losing weight,
they call on
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Things you can
eat and lose
tons of weight:
tons of fruits,
vegetables,
ESPECIALLY leafy
greens, any kind
of bean, whole
grains (brown

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rice, whole
wheat, barley,
farro, quinoa,
millet,
amaranth. . .)
raw nuts and
seeds (YUM!) and
10% or less of
your calories
from meat,
dairy, fat,
sugar, or
refined grains.

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bread is merely
white bread with
a fake tan."

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Losing weight
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This diet works
This diet

guidelines:

Daily, at least
a pound of salad
and raw

vegetables, a
pound of green
cooked

vegetables, at
least a cup of
beans, a cup of

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Starchy
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vegetables or
Formula For
whole grains, at
Fast And
least four
Sustained
fruits, an ounce
Weight Loss
of raw nuts, a
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teaspoon of oil,
and a tablespoon
of ground
flaxseed. No
meat, fish,
poultry or dairy
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diet is the idea of nutrient density, as expressed by the simple formula, $\text{Health} = \text{Nutrients/Calories}$.

When the ratio of nutrients to calories is high, fat melts away and health is restored.

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