

Sample 10 Day Leptin Diet

Each day **breakfast** will be a meal replacement shake. Have another shake between lunch and dinner if desired. See later pages for shake recipes and possible food substitutions

Day 1

Lunch: Spinach salad: ½ cup of fresh organic spinach leaves, ¼ or ½ cup of sliced fresh mushrooms.

Add extra-virgin olive oil seasoned with lemon or lime with baked chicken breast or fish

Dinner: 6 oz. baked turkey breast with either baked winter squash or 1 medium sweet potato.

Enjoy this with steamed asparagus or green beans.

Day 2

Lunch: Mixed-green salad or green veggies stir-fried in olive oil, plus sliced cucumber or steamed broccoli with baked haddock or flounder.

Dinner: Dinner Oven-roasted vegetables (recipe #10) and 4-6 oz. baked salmon.

Day 3

Lunch: Fresh mixed greens, stir-fried with chicken, or a salad with chicken. Use olive oil and lemon dressing.

Dinner: Pinto beans and rice with steamed broccoli, cauliflower or stir-fried vegetables, or a mixed-green salad with salmon.

Day 4

Lunch: Mixed-green salad with olive oil and lemon, and an organic chicken breast.

Dinner: Almond butter on rice crackers, with red-leaf or romaine lettuce. Use extra-virgin olive oil with lemon/lime as dressing, and add 1 can water-based tuna.

Day 5

Lunch: Lightly steamed broccoli, with olive oil and lemon/lime dressing. You may add basil or oregano with sliced cucumber, and green onion with turkey breast or chicken breast.

Dinner: Chicken breast with green beans and baked winter squash, or spicy baked Flounder filet with mixed green salad (recipe #11).

Day 6

Lunch: Stir-fried mixed vegetables, with almonds and steamed white rice.

Dinner: Steamed vegetables with baked Haddock and Tahini (recipe #9).

Day 7

Lunch: Marinated vegetables (recipe #1). Optional: add lamb chops or chicken breast.

Dinner: Halibut or Cod filet with steamed spinach.

Day 8

Lunch: Salad; shredded cabbage, **OR** fresh greens with olive oil and lemon/lime with a slice of broiled or steamed fish, such as salmon, flounder, halibut, cod or haddock.

Dinner: Falafel (recipe #6) and steamed broccoli **OR** stir-fried chicken with mixed greens **OR** stir-fried beef with vegetables (recipe #13).

Day 9

Lunch: Mixed-green salad with a chicken or turkey breast **OR** 4-6 oz. grilled or baked flank steak.

Dinner: Turkey salad (recipe #5) or baked Haddock Italiano (recipe #12).

Day 10

Lunch: Spinach salad (recipe #4).

Dinner: Hurry-up hearty hash (recipe #7), steamed asparagus **OR** zucchini **OR** rice soup with lamb

Leptin Diet Basics

Foods To Avoid

All gluten-containing foods like wheat, rye, oats and barley which are commonly found in breads, pasta and other products from refined flour.

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.

Alcohol, caffeine (coffee, black teas, sodas and soy milk), soda and fruit drinks that are high in refined sugars.

Both alcohol and caffeine are hard on the liver. So give your liver a vacation!

Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish.

Meats are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.

Corn and tomato.

These vegetables are common allergens and can contribute to pain and inflammation.

All dairy (milk, cheese, butter, yogurt, etc.)

Dairy products are most likely to cause allergies and increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy.

Fruit of any kind

Avoid fruit of any kind during this phase. If you are having trouble with the taste of the detox shake you may add small amounts of fruit, but this is counter-productive and should be avoided if possible. This phase attempts to reduce sugar intake as much as possible.

Foods high in fats and oils, including peanuts, refined oils, margarine and shortening.

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.

Any other foods not listed on these pages that you know you are allergic to.

Give your healthcare practitioner a list of foods that you know you are allergic to.

Shopping List

For Sample 10 Day Leptin Diet

Vegetables choices Sweet potatoes, green beans, shredded cabbage, zucchini, squash, broccoli, cauliflower, chives, mushrooms(Fresh), cucumber, asparagus, Pinto beans, spinach(organic), mixed-greens or Red-leaf/romaine lettuce, stir-fry vegetables

Meat/Seafood choices Chicken breast, turkey breast, flank steak, lamb chops, salmon, flounder, cod, haddock, halibut

Choice of Grains White rice (not minute rice), rice crackers

Choice of Dressings Extra-virgin olive oil with lemon or lime with Basil/oregano

Additional Condiments Almonds, almond butter

EXPANDED FOOD LIST CHOICES (or Shopping List)

If you do not wish to follow the sample 10 leptin diet on the previous pages, you may eat any of the foods on the list below. You may eat the foods listed below on any day (days 1 – 10). Always keep in mind not to eat the same foods every day. Eat a variety of foods and always rotate the meals.

Vegetable choices

Carrots, celery, yams, sweet potatoes, green beans, yellow wax beans, squash, broccoli, cauliflower, peas, mushrooms, cabbage, Jerusalem artichoke, avocado, beets, kale, Swiss chard, cucumber, asparagus, bok choy, brussel sprouts, spinach, chives, leeks, shallots, common artichoke, parsley, okra, etc.

Meat/Seafood choices

[*Note: Always try to buy organic meats.*] Chicken, turkey, duck, lean natural beef or lamb, Cornish game hen, Halibut, Salmon, Haddock, or Flounder. Seafood is okay, except shellfish, including shrimp, lobster, mussels and scallops. Try to avoid tuna which is high in mercury.

Choice of Grains

White rice, tapioca, Quinoa, 100% buckwheat, millet, or amaranth.

Choice of Dressings

Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil. Flax seed oil dressing.

Additional Condiments

Bay leaf, Dill, Marjoram, Caraway seeds, Dry mustard, Nutmeg, Chives, Garlic, Poppy seeds, Cinnamon, Ginger, Tarragon, Curry, Mace, Cilantro

Beverages

Water, Herbal teas (no citrus)

Meal Replacement Shakes

These meal replacement shakes are to be substituted each day for breakfast and can be taken again between lunch & dinner. Be forewarned, these shakes are not like the ones you get at McDonald's. These mild protein shakes are also detox shakes that medical foods that are designed to stimulate the release of toxins from your body. The shakes are a little chalky and do not have the greatest taste.

That is because they are primarily from rice and are rich in minerals and phytochemicals and also don't

have the sugar and taste enhancers that commercial foods add to create the food addictions that we all possess. After a few days your taste bud addictions will have been weakened you will actually begin to enjoy the shakes, many people have noticed that their bodies even crave the shakes.

Most people follow the basic shake recipe and have no problem with drinking the shakes. Those who are much more taste sensitive may need to follow some of the alternate recipes provided below.

Basic Shake Recipe (Use this shake recipe exclusively unless you cannot stand the taste)

Nutri-Clear	2 scoops
Whey protein (filtered to remove casein)	1 scoop (2 scoops for a larger frame or need additional protein)
Filtered or pure water	½ fill shaker cup
Stevia Clear (any flavor)	2 dropperfulls
Ice cubes ---shake and drink	

Combine ingredients with 2 or 3 ice cubes in a screw top shaker and shake till chilled. Pour into tall glass and drink immediately. It is helpful to have a spoon handy and stir the glass between each sip, as the powders can tend to sink to the bottom and cause the last 1/3 of the shake to taste slightly chalky.

More Flavorful Shake Recipes (Try to keep fruit to an absolute minimum.)

Pina Colada Blend

1/3 cup organic pineapple (in natural juices or freshly cut)
coconut milk: to taste
1/2 banana
½ cup water
2 scoops Nutri-Clear
1-2 scoops of Isolated Whey protein
Ice
Blend

Berry Blend

1/3-cup blueberries fresh or frozen
1/3-cup raspberries/strawberries fresh or frozen
1/2 banana
¼ cup pineapple
½ cup water
2 scoops Nutri-Clear
1-2 scoops whey protein
Ice
Blend

Feel free to come up with your own favorite shake recipe

Drink recipes can substitute rice protein for whey or vice versa. The rice is grittier and tends to sink to the bottom of the blender. Using things like bananas or coconut milk as a form of natural emulsifier will reduce this dramatically. (Try not to use too much fruit as one of the goals of this step is to reduce all forms of sugar.) The rice protein used here is the highest quality on the market but the grit factor makes it difficult for some people. My preference is always the Isolated Whey. The whey tastes better and has additional immune and gut healing benefits. Lecithin may be added to any of the above to make a creamier shake especially if it will not be drank right away it prevents separation of ingredients. One of the ways people have used the OPTIMAL-EFA'S LIQUID is to add them to one of the whey protein smoothies