

# HIGH FIBER WEIGHT-LOSS DIET

Fiber promotes weight-loss because it increases GLP-1, a hormone that suppresses appetite. This is the same mechanism behind popular weight-loss drugs like Ozempic. Hence, the principle behind this diet is the notion that *fiber is nature's Ozempic*. Furthermore, it should be noted that this diet is designed to not only produce steady weight loss but also promote health overall by lowering blood pressure, cholesterol, and blood sugar levels.

## BREAKFAST

For breakfast **choose one source of high-fiber carbohydrates, one protein-containing food and if possible/desired, add seeds...**

HIGH-FIBER CARBOHYDRATES	PROTEIN-CONTAINING FOODS	SEEDS (if desired)
<ul style="list-style-type: none"><li>• Oats (1 cup, old-fashioned or steel cut)</li><li>• Commercial Cereals (1 cup)<ul style="list-style-type: none"><li>○ Fiber One</li><li>○ All Bran</li><li>○ Grape Nuts</li><li>○ Go Lean Crunch</li><li>○ Alpen</li><li>○ Nature's Path</li></ul></li><li>• Fruit (1-2 cups of ideally these very high-fiber fruits):<ul style="list-style-type: none"><li>○ Pears</li><li>○ Apples</li><li>○ Oranges</li><li>○ Pomegranate</li><li>○ Mango</li><li>○ Blackberries</li><li>○ Raspberries</li></ul></li><li>• Bread (2 slices, of a variety that contains at least 3 grams of fiber per slice)</li></ul>	<ul style="list-style-type: none"><li>• Nuts (1/2 cup)</li><li>• Eggs (2) cooked any way</li><li>• Fat-Free Yogurt (1 cup)</li><li>• Skim Milk (1 cup)</li><li>• Low Fat Cottage Cheese (1 cup)</li><li>• Peanut Butter (2 tbsp)</li></ul>	<ul style="list-style-type: none"><li>• Flaxseeds (1-4 tbsp)</li><li>• Chia Seeds (1-2 tbsp)</li></ul>

### Breakfast Meal Ideas:

- oatmeal with milk, nuts and seeds
- fruit smoothie
- peanut butter on toast
- fruit and yogurt
- cereal and milk
- toast and eggs

## LUNCH

Lunch consists of a **hearty, balanced salad that combines a source of high-fiber carbohydrates, beans, lots of vegetables**, and if desired an animal-based source of protein.

Weekly/bi-weekly meal-prep is part of the strategy of this diet. To promote adherence, lunches are ideally prepped one to two times per week, that way the food is ready and thus minimizing non-diet indulgences. Furthermore, from an efficiency point-of-view, the one hour that it takes to make this salad is likely less than the time that would be spent waiting in line at a food outlet every day of the week. Furthermore, there is room for limitless creativity as you can design this salad any way you like. Here are ideas for ingredients that can be combined.

<b>HIGH-FIBER CARBOHYDRATES</b>	<b>BEANS</b>	<b>VEGETABLES</b> (dressed with vinegar/lemon and olive oil)	(if desired) <b>OTHER PROTEIN-CONTAINING FOODS</b> [a 3oz/thin palm sized portion]
<ul style="list-style-type: none"><li>• Quinoa</li><li>• Barley</li><li>• Soba Noodles</li><li>• Al Dente Pasta</li><li>• Brown Rice</li><li>• Par Boiled Rice</li><li>• Baked Potato with Skin</li></ul>	<ul style="list-style-type: none"><li>• Black Beans</li><li>• Cannellini Beans</li><li>• Garbanzo Beans</li><li>• Lentils</li><li>• Navy Beans</li><li>• Pinto Beans</li></ul>	<ul style="list-style-type: none"><li>• Cucumber</li><li>• Onions</li><li>• Spinach</li><li>• Lettuce</li><li>• Bell Peppers</li><li>• Carrots</li><li>• Celery</li></ul>	<ul style="list-style-type: none"><li>• Chicken or Turkey Breast</li><li>• Eggs</li><li>• Fish (ex. salmon, tuna)</li><li>• Shellfish (ex. shrimp)</li><li>• Ground Meat (extra lean ground beef, ground turkey, ground chicken)</li><li>• Beef (tenderloin, top sirloin steak, eye round)</li><li>• Pork Tenderloin</li></ul>

There are an infinite number of salads that can be created within these parameters. Here's a recipe for one example:

Ingredients:

- 1 cucumber
- 1 medium sized onion
- 4-5 bell peppers (mix of red, orange, yellow, green)
- 1 cup chopped parsley
- 2 cups of chopped spinach
- 2-4 stalks of celery
- 1 can (15 oz) black beans
- 1 can (15 oz) cannellini beans
- 3 tbsp balsamic vinaigrette
- 2 juiced lemons
- 1/4 cup of olive oil
- 1 cup dry quinoa (cooked in 2 cups of water)

Instructions: Combine all vegetable ingredients, dress with lemon juice, vinegar and olive oil. Rinse beans and add to vegetable ingredients. Boil 2 cups of water, rinse quinoa and add to boiling water. Reduce heat to low and cook quinoa for 14 minutes or until water is absorbed. Once the quinoa has cooled toss with vegetables and beans. Portion salad into lunch containers for the week.

## DINNER

Dinner is flexible and should be comprised of **vegetables, protein and high-fiber carbohydrates, ideally eaten in that order**. Half of your plate should be covered in vegetables, one-quarter filled with protein and one-quarter filled with carbs. Ultimately, there are an infinite number of dinner meal options on this diet.



<b>VEGETABLES</b> (can be dressed/cooked with olive oil, balsamic vinaigrette and lemon juice)	<b>PROTEIN-CONTAINING FOODS</b> (meats should not be deep fried or breaded)	<b>HIGH-FIBER CARBOHYDRATES</b> (portions are for cooked carbs)
Ways to Eat Vegetables: <ul style="list-style-type: none"><li>• Steamed or Boiled</li><li>• Stir Fried</li><li>• In a Salad</li><li>• In Soup</li><li>• Roasted</li><li>• Grilled</li><li>• Raw</li><li>• In Tomato Sauce</li></ul>	<ul style="list-style-type: none"><li>• Beans</li><li>• Chicken or Turkey Breast</li><li>• Eggs</li><li>• Fish (ex. salmon, tuna)</li><li>• Shellfish (ex. shrimp)</li><li>• Ground Meat (extra lean ground beef, ground turkey, ground chicken)</li><li>• Beef (tenderloin, top sirloin steak, eye round)</li><li>• Pork tenderloin</li></ul>	<ul style="list-style-type: none"><li>• Quinoa (1 cup)</li><li>• Barley (1 cup)</li><li>• Al Dente Pasta (1.5 cup)</li><li>• Brown Rice (1 cup)</li><li>• Par Boiled Rice (1 cup)</li><li>• Soba Noodles (1 cup)</li><li>• Bread (2 slices, of a bread that contains at least 3 grams of fiber per slice)</li><li>• Baked Potato with Skin</li></ul>

### Dinner Meal Ideas:

- salad, baked fish and quinoa
- roasted vegetables, chicken breast and brown rice
- salad with a turkey burger on a bun
- stir fried vegetables, chicken and noodles
- hearty soup with vegetables, beans and barley
- beef and vegetable stew with potatoes
- scrambled egg sandwich on high-fiber bread with vegetables
- baked casserole with vegetables, macaroni and lean ground beef

## SNACKS

Snacks can be consumed twice daily, ideally between breakfast and lunch or between lunch and dinner. Snack options include:

- One fruit, or the equivalent of one cup of fruit [this is especially important if fruit was not consumed at breakfast], once again, high fiber fruit options (as listed in the breakfast section) are ideal
- Air-popped popcorn (1-3 cups) or one bag of low calorie popcorn (~100 kcal), [NOTE: air-popped popcorn can be made in the microwave with a microwavable bowl]

## BEVERAGES

This diet aims to re-train the palate, enabling the taste buds to appreciate more subtle flavors. Ultimately, this strategy reduces cravings for unhealthy foods. That being said, ideally, **the only beverage on this diet is water, calorie-free/artificial sweetener free seltzer, and calorie free sources of caffeine (ideally coffee and tea)**. If possible, calorie-free soft drinks should be avoided as they prevent the re-training of the taste buds. Furthermore, alcohol should also be avoided.

## TIMING OF FOOD INTAKE

For best results, **eat all of your food within a 10 hour window and fast for 14 hours overnight**. Ideally, you should front load your day and avoid eating within 4 hours of bedtime.

## BE ON THE DIET 95% OF THE TIME

To be successful, **you should be on this diet 95% of the time**. Therefore, every week, on two occasions (5% of the time) you can either eat a moderate portion of whatever meal you wish OR eat dessert/treats. This means you can go out for a burger and fries (or whatever your preferred indulgence may be), but you cannot eat two burgers and two servings of fries! Similarly, you can eat a moderate portion of dessert, but you cannot binge on desserts.

## A NOTE ON INCREASING FIBER

It's important to **increase fiber intake slowly to avoid side-effects** (gas, bloating, constipation). Depending on your baseline fiber intake, it may be necessary to slowly transition onto this diet. **After the body adjusts to a higher fiber diet, the aforementioned side-effects of increased fiber consumption will disappear**. Furthermore, always match increased fiber consumption with increased water consumption.

## MOVEMENT

One of the most important weight-loss strategies is to **minimize sitting and instead, walk, stand and climb stairs as much as possible every day**.

## EXERCISE

Beyond walking and stair climbing, strive to **engage in heart-pumping exercise for 30 minutes 3 to 5 times per week**. Strength training that builds muscle increases metabolism and should ideally be performed at least twice per week, this can involve the use of weights/resistance bands or could be achieved with calisthenics (sit-ups, push-ups, plank, squats).