

Jill's Real-Life Results with 3 Diet Plans

“The first diet plan [below] is representative of the food I ate when I kept **gaining weight**. The second plan is the food I ate years ago when I was dieting. The third plan is a sample of what I eat now. I’m thrilled because I am now ‘lean-for-life,’ as you like to say!

Notice that the current carb grams consumed are HALF of what they were in Diet Plan #1. I am living proof that cutting carbs, NOT calories, is the answer!”

Jill's Diet Plan #1: Low-Calorie / Low-Fat / Very High-Carbohydrate (63%)

(I kept gaining weight on this plan)

	<u>Calories</u>	<u>Fat (gm)</u>	<u>Carbs (gm)</u>
Breakfast			
2 cups raisin bran	340	2	82
1 cup skim milk	90	0	13
Lunch			
turkey sandwich	70	1	13
mayo	90	10	0
2 slices wheat bread	100	2	20
grapes	87	0	23
Snack			
2 cookies	120	5	17
Dinner			
boneless chicken breast	154	1	0
rice 3/4 cup	136	0	33
salad	30	0	5
Italian dressing	120	14	1
Dessert			
frozen yogurt, low fat, 1 cup	179	2	32
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Totals	1,516	37	239

Results:

- Couldn't stop gaining weight
- Tired constantly
- Hungry all the time

- Got sick easily.

Jill's Diet Plan #2: VERY Low-Calorie / Low-Fat / VERY High-Carb (65%)
(Didn't work either!)

	<u>Calories</u>	<u>Fat (gm)</u>	<u>Carbs (gm)</u>
Breakfast			
1 cup wheat/rice flakes	100	0	25
3/4 cup milk	68	0	10
1/2 banana	50	0	13
Lunch			
1/2 turkey sandwich	70	1	6
mustard	0	0	0
1 slice bread	50	1	10
cantaloupe, 1 cup	60	0	14
Snack			
diet cookies	111	3	20
Dinner			
salmon	190	10	0
brown rice 3/4 cup	144	1	30
salad	30	0	5
low fat dressing	50	2	7
Dessert			
peach sorbet, 1/2 cup	130	0	33
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Totals	1,053	18	173

- Results:**
- Starving all the time
 - Diet is NOT maintainable for long periods
 - Weak and tired
 - Irritable

Jill's Diet Plan #3: HIGH-Calorie / HIGH-Fat / Lower-Carb (21%)
(SUCCESS!)

	<u>Calories</u>	<u>Fat (gm)</u>	<u>Carbs (gm)</u>
Breakfast			
1 cup organic oatmeal	160	3	27
1 tsp brown sugar	15	0	4
10 raw almonds	90	7	3
Lunch			
grilled chicken on salad	154	1	0
2 Tbs olive oil &			
1 Tbs bals vinegar	265	28	2
2 flatbread crackers	71	1	13
1 Tbs organic butter	100	11	0
organic cheddar cheese	110	9	0
1 1/2 Tbs coconut oil for grilling	187	21	0
Snack			
cantaloupe	60	0	14
49 pistachio nuts, raw	158	13	8
Dinner			
flank steak, 6 oz.	360	19	0
broccoli w/ 1 Tbs olive oil/garlic	180	15	11
roasted potatoes w/ onions	165	7	26

No Dessert - *Not Hungry*

Totals: **2,075** **135** **108**

Nearly DOUBLE the calories & 8x the fat!

(Compared with traditional low-cal diets. Note: Natural fats only)

Results:

- **Lost excess body fat easily**

- **Easy to keep weight off**
- **Energetic and not tired all day**
- **Not hungry all the time**
- **Rarely sick**
- ***EXCEPTIONAL blood chemistry!***

“I thought this would be interesting for you to see with actual numbers. A few of my friends have asked to see it. One of them [replied] that she would choose plan #1 because she thought she could lose weight on 1500 calories! She **totally missed the boat on what I was trying to say.**” ~*Jill*



I am 5'4". I weighed 116 lbs when that picture was taken.