

Dr. MAT Diet

Featuring Take Shape For Life Metabolism Activation and Transformation Diet

Instructions

These are generalizations about the diet program. These will pertain to your maintenance program, as well as your weight loss program if you are not on the 5 and one meal plan.

1. Focus on drinking 3 liters (about 12 cups of water per day). Concentrate on this water intake. Bottled water is not necessary as you may bring with you a container to refill. You may have tea, coffee, and diet soda but keep in mind that they are not substitutes for water and may have a diuretic effect if taken in excess. They may not be a substitute for your water. You will need more water during your weight loss periods. Do not over drink as medical problems may occur.
2. 8 ounces of skim milk may be used in your protein shake or as you choose.
3. You may use the juice of one lemon per day however you choose.
4. You may season foods with salt, pepper, herbs and spices.
5. When sweetening foods or drinks, an Erythritol sweetener is recommended. Splenda, Stevia or Torani (sugar free flavoring syrup) are also allowed.
6. Fats, butters, oils or PAM are not allowed except as directed by your physician or diet team leader.
7. Two tbs. of fat free salad dressing per day may be used on vegetables or salad greens or used to marinate meats. Be careful because some fat-free dressings are higher in carbohydrates.
8. Vinegars: balsamic, rice wine may be used.
9. A small amount of extra virgin olive oil (at your physician's discretion) may be used with vinegar or Dijon mustard to make a salad dressing.

10. There must be no other substitutions for the listed foods even if the substitute food has the same caloric value; it may stop the weight loss.
11. Meals listed may be eaten in any order.
12. No more than four items may be eaten at any one meal. Anything not consumed may not be added to the following day.
13. There is no objection to breaking up the meals any way you choose. 5-6 small meals a day is recommended. Choose something from your list every few hours during the day.
14. Discuss all medications with your physician.
15. If you do not already take a multivitamin, begin taking one. Also, begin taking 500-1,000 mg of calcium/vitamin D, Omega 3 fatty acid supplements, and vitamin E per day. We can offer you a high-quality physician-formulated vitamin & mineral complex at your request.
16. Alcohol should not be consumed.
17. Weigh yourself daily at first, then at least twice weekly in the morning without clothing just after emptying your bladder and before eating.

Any weight gain of 1/2 pound or more during the diet is invariably due to some transgression or mistake. Please call so that we can find the error. Going off the diet for any reason during the treatment will cost about three days before the weight begins to drop again.