

STEP 4

Follow the Two Staple Nutrition System

By now you are aware of the essential ingredients of a health-promoting diet, the benefits of lifelong supplementation, and the rewards of a regular exercise plan that suits your particular circumstances. Step 4 is to incorporate the wellness principles you have learned into a simple yet effective system of eating that will deliver the healthy body nature intended you to have. My Two Staple Nutrition System is a practical, easy-to-follow formula that puts your nutritional knowledge into action. Its flexible structure allows you to choose the foods and recipes that best suit your taste preferences and lifestyle, so that you won't feel deprived or discouraged. By designing a system that is both simple and realistic, I was able to reach my own goals and have helped many of my clients attain lean, fit, age-resistant bodies while still enjoying their daily lives. Let's get started.

The Two Staple Nutrition System

There are only two food staples to focus on under this system: protein foods and carbohydrate foods.

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Protein foods, as you know, provide the building blocks of the body's structure: its muscles, bone, skin, hair, and nails. They are vital to the optimal performance of the immune system and the manufacture of specialized body proteins. On this program you will consume a low-fat protein selection at every meal. One low-fat dairy protein selection should be consumed at breakfast and one low-fat flesh protein selection each at lunch and dinner. These three servings will provide most of the protein you need every day, along with the bulk of your calcium, vitamin D, iron, and vitamin B12 requirements.

The second staple is carbohydrate foods, which are converted into the glucose that powers every cell in the body. By ingesting carbohydrates in moderation and adhering to an exercise program, you will prevent the conversion of carbohydrates into fat. As described in Step 1, the right amount of carbohydrate foods can actually encourage weight loss, and Category 1, 2, and 3 carbohydrates are high in dietary fiber and other protective nutrients that help defend against cancer, heart disease, macular degeneration, cataracts, and other diseases.

Except for your intake of oils used in food preparation and salad dressings, there's no need for strict regulation of the portion sizes on this program. Eat the amount of food that your body tells you it needs, and consume the amount of protein you require based on the information presented in Step 1. At the same time, it is critically important that you don't overeat. Only you know how fast or slow your metabolism functions and how much food you can eat without gaining weight. For those who want to lose weight, I have created an intensive weight loss version of the Two Staple Nutrition System that explains the exact portion sizes for every meal. For all others your job is to pay attention to your body's responses so that you can determine the amount of food, especially carbohydrate foods, that makes you feel good and stay lean.

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PROTEIN FOOD

Flesh Protein:

- chicken breast (skin removed),
 - turkey breast (skin removed),
 - Cornish game hens,
 - fish and seafood,
 - soy products such as tofu and veggie burgers.
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Dairy Protein:

- low-fat cheese (less than 4% M.F.),
 - plain yogurt (less than 2% M. F.),
 - milk (less than 2% M. F.),
 - egg whites,
 - protein shake (whey-, egg white-, or soy-based).
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Carbohydrate Foods:

- Category 1 carbohydrates—should comprise 40 to 45 percent of your carbohydrate intake each day.
 - Category 2 carbohydrates—should comprise 20 to 25 percent of your carbohydrate intake each day.
 - Category 3 and 4 carbohydrates—should comprise 20 to 25 percent of your carbohydrate intake each day, with most coming from Category 3.
 - Category 5 carbohydrates—should comprise no more than 15 percent of your carbohydrate intake each day.
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The Two Staple Nutrition System Meal Plan

With this plan, you eat three meals a day. At each meal you choose a protein food and surround it with two or three carbohydrate foods. For breakfast your protein staple comes from a low-fat dairy selection. If you are lactose intolerant, I suggest a lactose-free, low-fat dairy alternative; egg whites or try the protein shake option.

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For lunch and dinner choose a protein food from the low-fat flesh protein selections, and surround them with two or three carbohydrate foods. You may also eat between-meal snacks judiciously from the list of solution-substitutions.

THREE MEALS PER DAY

1. Breakfast	one low-fat dairy selection (Dairy Protein Meal): plus two carbohydrate selections.
2. Lunch	one low-fat flesh protein (Flesh Protein Meal): selection plus two to three carbohydrate selections.
3. Dinner	one low-fat flesh protein (Flesh Protein Meal): selection plus two to three carbohydrate selections.

For Vegetarians and Soy Lovers

Vegetarians can substitute different soy products for the flesh protein meal, as can non-vegetarians who are trying to include more soy in their diets, something I encourage. Most soybean products are moderately high in protein, but you should eat them with beans, peas, or grain products such as rice, bread, or pasta, for additional protein. Tofu, miso, tempeh, and texturized vegetable proteins are all reasonable sources. Vegetarians should be sure to take the multiple vitamin and mineral formula outlined in Step 2.

Soy milk can substitute for a low-fat dairy selection in the morning, but keep in mind that even fortified soy milk does not contain the amount of calcium found in cow's milk and is not usually fortified with vitamin D. A high-potency multivitamin and mineral that contains 500 mg of elemental calcium and 400 IU of vitamin D is mandatory for individuals using these soy substitutes. In many cases further supplementation with a calcium and magnesium supplement may be warranted to acquire the 1000 to 1500 mg of calcium required, depending on gender and stage of life.

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Three Other Components to Track Daily

As well as consuming one dairy-protein meal and two flesh protein meals every day, you must monitor your intake of three other elements: oil, water, and fiber.

Oils

Incorporate one to two teaspoons of monounsaturated oil to your diet daily for the health-promoting benefits provided by these fats and to acquire the bit of linoleic acid an essential fat the body needs—they contain. Mix olive oil with vinegar to make salad dressings or use it to sauté vegetables or brown poultry.

The rest of the fat in your diet will come from the small amounts that are present in the low-fat dairy and flesh protein selections, as well as in some of the solution-substitution snacks and treats I will describe shortly.

Water

Try to drink at least six to eight glasses of fluids every day. If possible, drink distilled water or water that has undergone a process of reverse osmosis and deionization. Some of your fluid intake can be soda water, mineral water, or water from a deep spring.

Fiber

As we saw in Step 1, there are two equally essential kinds of fiber: cholesterol crunchers and colon cleaners. Cholesterol crunchers help keep blood cholesterol levels low, and colon cleaners dilute the effects of cancer-causing agents that may be present in the colon and rectum.

How can you be sure you are eating enough fiber? The Fiber Scoreboard (Appendix 1) will help answer that question. Drawing on the findings of two prominent researchers, Dr. D.A. Southgate

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and Dr. J. W. Anderson, I have reviewed the fiber content of the most common foods containing cholesterol crunchers or colon cleaners. Each has been given a point value, or score. A medium apple, for example, scores one fiber point, while half a cup of kidney beans scores three. Every point is the equivalent of three grams of fiber.

I recommend the consumption of eight to 15 fiber points every day. This amount is based on the guidelines set out by the Canadian and American cancer societies, the American Heart Society, and the Heart and Stroke Foundation. Focus most of your carbohydrate intake on Category 1, 2, and 3 carbohydrate choices, and ingest two tablespoons of flaxseed powder a day, as described in Step 2. Eating a high-fiber breakfast cereal, low-fat popcorn, beans and peas, broccoli, and apples are great ways to attain a higher fiber score every day. Additional fiber can be acquired from psyllium husk fiber supplementation.

Those eight to 15 fiber points constitute a daily prescription for keeping cholesterol levels down, glucose and insulin levels regulated, and the intestinal tract functioning properly. Keep the Fiber Scoreboard handy and consult it often. You will soon learn which are the high-fiber foods. Note your total daily fiber points to see how you're doing.

Snack, Treats, and How to Cheat

The reality is that however well-intentioned, virtually everyone will occasionally indulge in snack foods or desserts. From my experience with hundreds of patients over the years, I can tell you that most people are willing to give up high-fat animal products and switch to chicken, turkey, fish, and low-fat dairy items. But when it comes to snacks, treats, and desserts, many people lose control all too easily and undermine their whole wellness program. This is a major stumbling block to overcome, but there is a strategy to beat these cravings—one that has worked successfully for my patients and myself.

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When it comes to treats and food in general, there are two types of people in this world. There are those who experience an overwhelming craving for a snack of some kind when they feel anxious, bored, depressed, or upset, or just arrive at a place in the day where they feel the need of a break before carrying on with the tasks at hand. Understand that this craving has nothing to do with hunger; it is emotionally driven. There are others who cannot eat a thing if they are anxious, depressed, upset, etc. About 80 percent of us fall into the former category. For us, eating a snack is emotionally soothing, which drives us to eat when confronted by an emotional trigger of any kind. On a subconscious level we associate the pleasure of eating with an easing of our anxiety, or a relief from tedium—or we just need the gratification of a tasty treat working over our taste buds. In our fast-paced world, most of us experience some chronic stress, and the impulse to comfort or reward ourselves at certain points in the day is a common behavior.

If this is your nature too, then understand that it will always be so. No diet plan or miracle cure is going to change this aspect of your relationship with food. It's more important to know what you can do in these moments of temptation to prevent yourself from sabotaging your wellness and weight-loss goals. The best thing you can do, of course, is realize that you are not really hungry and so not eat anything. Maybe a cup of green tea will get you through the moment. The next best thing is to eat an apple or a low-calorie/high-fiber fruit or veggie snack, but this may not work all the time either. At the very least, though, you can confront temptation with alternatives to snacks that are loaded with fat— with what I call solution-substitutions.

Solution-substitution snack foods are primarily carbohydrate-based and contain little total fat and saturated fat. Solution-substitutions are the choices to make at moments of temptation when you just can't resist. I admit that they don't taste as good as their high-fat

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counterparts, but it's worth making the adjustment to these kinds of comfort foods to win the anti-aging and wellness game. My patients have found it easier to remember these solution-substitution snacks and treats by categorizing them as Ooey-Gooey, Chippy-Dippy, Frozen Desserts, and Bars. Here are the in-the-moment, solution-substitution choices available to you:

SOLUTION-SUBSTITUTIONS

High-Risk Foods Substitutions

1. Ooey-Gooey

cheese cake, chocolate cake, apple pastries, doughnuts	angel food cake, low fat muffins, pie filling (cut away the crust), fresh fruit, bagels, cinnamon raisin bread, low-fat cookies such as Fig Newtons, ginger snaps, or graham crackers
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2. Chippy-Dippy

potato chips, nacho chips, cheese twists, peanuts	melba toast, low-fat biscuits with salsa, rice crackers, low-fat popcorn (less than 1.5 grams fat/3cups), pretzels, roasted chestnuts
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3. Frozen Desserts

ice cream, milkshakes	low-fat frozen yogurt, sherbets, frozen fruit ices <i>Note:</i> Don't keep these frozen desserts items at home. If you are out for dinner and everyone else is having a rich dessert, choose one of these instead.
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4. Bars

chocolate bars	licorice, jujubes, raisins, gumdrops, jelly beans, nutritional bars such as low-fat granola or nut-seed bars <i>Note:</i> Buy these substitutions only as needed during the day so they are not in your home in large quantities to tempt you late at night. The best snack to have in the cupboard is low-fat popcorn.
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What Happens in Real Life

When we are stressed, upset, or just tired, we respond by overeating or eating foods we know we should not. Identifying the problem is the first step and then understanding that between the stimulus and the response, there's an all-important gap—a chance to make a better decision. Imagine that you are walking down a cafeteria line selecting healthy food, perhaps a stir-fry and a decaffeinated drink. At the end of the line you see a slice of raspberry cheesecake. An inner voice says, "Wait a minute now. You're on this wellness program, eating only low-fat food. You're exercising every day. That cheesecake is not who you are." Another part of your brain replies, "So what; you're not going to live forever. You've had a tough morning. Enjoy yourself. It's only a little piece of cake." Anxiety, conflict, and tension move you towards the cheesecake. You say, "I'm going to hate myself later," but you do pick it up anyway. Afterwards, you berate yourself: "I can't believe I did that. I was being so good, and now I'm so bad."

There's another script you can follow instead. From now on, try this in the moment of temptation:

- Step back and visualize the saturated fat in that cheesecake entering your fat cells and making them larger, raising your blood cholesterol levels and clogging your heart and vascular system.
- Take a deep breath. Slow breathing defuses the anxiety and the craving.
- Play a game of "Let's Make a Deal." Use the gap between temptation and action to say, "I know I'm tempted, but I'm going to do something less harmful than I was about

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to do. It may not be the healthiest thing, but a muffin will be less harmful. And then, if I still want the raspberry cheesecake, I'll go back and have it." Don't tell yourself you will never enjoy a particular food again; you don't need that kind of pressure. Instead, on a moment-by-moment basis, start making better solution-substitution choices. Soon it will feel natural and automatic.

Joey's Turnaround

Several years ago, my friend Joey broke up with a girl he was living with. He was sad and didn't have any place to turn. I asked him if he would like to live with me for a few months until he found a new place and got his life back on track. I set three conditions: there would be no smoking, we would eat wholesome food, and we would go to the gym every day. Joey agreed and moved in.

Joey was 40 pounds overweight when our arrangement was struck and I thought this would be the ideal opportunity to get him into shape, to restore his confidence. He began with a gentle aerobic program and followed my lead at meal times. We spent many late evenings together, munching low-fat, air-popped popcorn while watching reruns of *Perry Mason*. Every morning Joey would get on the Stair Master for at least 30 minutes. Since he didn't like to push himself too hard, he stayed in the lower end of his aerobic training zone. After three months, Joey found that he had lost 36 pounds. What had changed? He'd cut out high-fat foods—no sausages, meatballs, chicken fingers, or butter on his bagels. He focused on healthier carbohydrates and he exercised for at least 30 minutes daily. Occasionally he ate some solution-substitution carbohydrates too—jujubes, licorice, and the late-night popcorn snacks. Joey didn't deprive himself completely nor did he struggle with an unrealistic

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diet plan. Instead, he slowly changed his relationship with food and exercise. As he progressed, he felt healthy, not hungry. He found solutions that worked for him.

Mrs L.'s Choices

Mrs. L. was a busy real estate agent. On her travels around town, she was in the habit of stopping at coffee-and-doughnut shops for a quick break. Trying to reduce her fat intake, she always intended to limit herself to black coffee, but the aroma of freshly baked doughnuts was irresistible. Always eating on the run, she found herself succumbing two or three times a day.

After working with her for several weeks, I persuaded her to break the pattern. Instead of a doughnut, she would choose a bran muffin. To keep the calories down, she would only eat the top half of the muffin—her favorite part. With one simple substitution, Mrs. L. eliminated doughnuts from her daily routine. She learned to step back and make a less damaging choice that still satisfied her craving. It would be better if she stopped drinking coffee and eating muffins altogether, but until she's ready to make that change, she substitutes a healthier alternative. The pyramids in Egypt were built of individual blocks of stone; similarly, Mrs. L. has added one more block to the structure of her new life.

The Evolution of the New You

The Two Staple Nutrition System plan represents a goal that you're working toward, and in time, you will be able to follow it almost flawlessly. But don't expect to be perfect every moment. This is not an all-or-nothing process: it's the gradual development of a wellness-oriented lifestyle.

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Most individuals begin this program attached to an old habit that may be hard to break in the beginning: bacon and eggs on Sunday morning; cheddar cheese melting over a plate of nachos after a baseball game; potato chips and sour cream dip in front of the television. These are small addictions that you must overcome if you want to reduce your risk of serious disease and have the body you are shooting for.

Be prepared for the occasional setback. You may stumble sometimes on the road to success, but don't be too hard on yourself. Like Mrs. L., keep trying to make choices that are health-promoting, rather than health-hazardous. Like Joey, know that your relationship with food and exercise can change for the better.

Do your best day by day and you'll be thrilled at the results: a healthy, fit, toned, body that is younger-looking to others and to yourself.

However, there are no short cuts. That means that you must follow the Two Staple Nutrition System as I have outlined it, take the three lifelong daily supplements you learned about in Step 2 and adhere to your exercise program five to seven times per week.

Record Your Food Intake and Exercise Activity

"Record makers are record breakers" is a motto worth remembering. To kick start your program, it's helpful to record your food intake and exercise activity every day. Keep a Daily Food, Fiber, and Exercise Journal, similar to the one found in Appendix 2. You will find it much harder to cheat when you have to record your transgressions in black and white, and itemizing daily food intake and activities will give you a sense of control over the process and commitment to the program. Experience with my own patients

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suggests that you will greatly increase your chance of success by using a journal to help establish the habits that will eventually become second nature to you.

Adapt Your Recipes

Now that you understand the rules, you can decide whether a particular recipe or menu meets the requirements of your program. If it doesn't, you may be able to adapt it with a few simple techniques:

- Cut back, by as much as half, the amount of fat that a recipe calls for, especially the amount of oil needed to sauté vegetables.
- Thicken sauces and soups with mashed potatoes, pureed beans, or cornstarch dissolved in water.
- Instead of sautéing onions before adding them to the recipe, chop and cook them in the microwave for about 30 seconds.
- Replace all butter with olive or peanut oil.
- Substitute yogurt for sour cream or mayonnaise.
- Substitute skinned chicken for beef or pork.
- For muffins or quick breads, substitute applesauce for the same amount of oil or butter. The results will still be moist and delicious.
- Substitute two egg whites for each whole egg in a recipe.
- Use evaporated skim milk instead of cream in sauces and desserts.

Consult the Food Preparation Guide (Appendix 3) for suggestions on choosing, preparing, and serving the items recommended in the Two Staple Nutrition System.

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Seven Days on the Two Staple Nutrition System

Here are seven days of sample menus using some very basic meal ideas.

DAY ONE

Breakfast	Fiber Points
whey protein shake: 4 ounces of water, 2 ounces of orange juice, ice cubes, and 2 tablespoons of flaxseed powder mixed in a blender	1.5
Snack $\frac{1}{2}$ to 1 low fat bran muffin or oatmeal muffin	1.5
Lunch grilled chicken sandwich with vegetable toppings	0.5
minestrone soup	1.0
soda water with lemon	
Dinner grilled salmon	
cooked spinach	2.5
$\frac{1}{2}$ cup any bean salad with oil and vinegar dressings	2.0
diet soft drink	
Snack 3 cups popcorn	1.5
Total	10.5 pts

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DAY TWO

Breakfast	Fiber Points
8-10 oz. low-fat yogurt	
slice 1 nectarine and add it to yogurt	1.0
add 1/2 cup high-fiber cereal to yogurt	
add 2 tablespoons of flaxseed powder	5.0
herbal tea	
Lunch	
1 tin of water packed tuna	
mixed green salad with oil and vinegar dressing	1.0
whole wheat roll	1.0
mineral water	
Snack	
2 plums	1.0
Dinner	
1/4 to 1/2 roast chicken	
1/2 cup brown rice (boiled)	2.0
cranberry juice, diluted with water	
Snack	
3 cups of popcorn	1.5
Total	12.5 pts

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DAY THREE

Breakfast	Fiber Points
1 pumpernickel bagel	1.0
3 ounces of low-fat cheese (e.g., creamed cottage cheese)	
1 cup sliced cantaloupe	0.5
diluted juice with two tablespoons of flaxseed powder	1.5
Snack	
1 apple	1.0
Lunch	
1 small tin salmon (water packed)	
2 slices whole wheat bread	2.0
1 sliced tomato	0.5
vegetable soup	1.0
Dinner	
4 ounces of cooked turkey breast	
mixed green salad	1.0
whole wheat roll	0.5
soda water	
Snack	
3 cups popcorn	1.5
Total	10.5 pts

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DAY FOUR

Breakfast **Fiber Points**

egg white omelette with green peppers, tomatoes, onions, and mushrooms	1.5
1 slice whole wheat toast	1.0
diluted fruit juice with two tablespoons of flaxseed powder	1.5

Lunch

sliced turkey sandwich on a whole wheat bun, with vegetable toppings	1.0
spring water	

Snack

two peaches	2.0
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Dinner

Pasta primavera with added chicken	1.5
mixed green salad with oil and vinegar dressing	1.0
green tea	

Snack

Small fruit salad	1.5
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Total **11.0 pts**

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DAY FIVE

Breakfast **Fiber Points**

8-10 oz. low-fat plain yogurt	
add 1/2 cup fresh fruit	1.0
add 1/2 cup high-fiber cereal to yogurt and 2 tablespoons of flaxseed powder	5.0
green tea	

Lunch

1 tin of water-packed tuna	
mixed green salad with oil and vinegar dressing	1.0
1 dinner roll	0.5
mineral water	

Snack

1 apple	1.0
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Dinner

poached salmon in rosé wine	
steamed rice	0.75
cooked carrots	1.0
1 slice whole wheat bread (plain)	1.0
spring water	

Total **11.25 pts**

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DAY SIX

Breakfast	Fiber Points
whey protein shake (see Day One for ingredients)	1.5
Snack	
2 high-fiber biscuits	1.0
1 nectarine	1.0
Lunch	
sliced turkey breast	
pumpernickel bagel	1.0
small fruit salad	1.5
black coffee	
Dinner	
BBQ chicken	
mushrooms, artichoke hearts, tomatoes	2.0
mineral water	
Snack	
3 cups of popcorn	1.5
Total	9.5 pts

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DAY SEVEN

Breakfast	Fiber Points
3 oz. low-fat cheese melted over an open-faced bagel	1.0
1 grapefruit	0.5
diluted juice with two tablespoons of flaxseed powder	1.5
Lunch	
sliced turkey breast	
2 slices whole wheat bread	2.0
tomatoes, lettuce	1.0
vegetable soup	1.0
mineral water	
Snack	
2 plums	1.0
Dinner	
Roasted chicken breast	
boiled rice (1/2 cup)	2.0
fruit salad (2 cups)	2.0
diet drink	
Total	12.0 pts

Dining Out

When you are dining away from home, it can be more difficult to stay within your guidelines. The following suggestions will help you enjoy the dining-out experience without feeling guilty.

- Ask that if possible your meal be prepared with less fat than the chef would typically use. For example, can the chef reduce the amount of oil used for stir-frying.

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- When travelling by air, call ahead to request a low-fat meal or the vegetarian option.
- Salad bars are filled with high-fat extras, such as bacon bits, egg yolks, olives, and potato salads. Bypass these foods in favour of fresh vegetables. Ask for sauces and dressings to be served on the side. This way you can control how much you use.
- Order baked potatoes, rice, or pasta instead of French fries.
- Order plain bean tostadas or bean burritos.
- Order fish or chicken sandwiches without the sauce. Make sure they are grilled, not fried.

Chinese Restaurants

- A personal favorite is Moo Goo Gai Pan, a bed of steamed rice covered with stir-fried vegetables—broccoli, onions, Swiss chard, Chinese vegetables, carrots, and shrimp or chicken.
- You might also want to try:
 - vegetable chow mein or chop suey
 - orange chicken
 - shrimp in garlic or tomato sauce
- Avoid fried dishes, especially foods in batter (such as chicken balls or lemon chicken), and pork selections.

Italian Restaurants

- As an appetizer, try:
 - minestrone soup
 - radicchio salad, dressing on the side
 - grilled calamari salad, oil dressing on the side.

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- For the main course, consider:
 - pasta primavera, add chicken
 - pasta with seafood in a red sauce
 - any grilled fish or chicken.

Mexican Restaurants

- A popular choice is chicken fajitas, made with stir-fried chicken and onion. Make a sandwich by rolling chicken, onions, and other vegetables with salsa in a soft tortilla. Leave out the sour cream and guacamole, both of which are high in fat.
- Bean burritos are also quite low in fat, if you forego the cheese.

Chicken Restaurants

Good choices include:

- Chicken breast, grilled or barbecued with skin removed.
- Baked potato or rice; no French fries. Eat the potato without the butter or margarine.
- Whole wheat roll, no butter.

Deli Restaurants

- Turkey sandwich on whole wheat, pumpernickel, or rye bread with tomato, lettuce, and mustard for moisture, but no butter, margarine, or mayonnaise.
- Chicken breast sandwich.
- Single serving of canned salmon or tuna on a plate, no mayonnaise.
- Toasted bagel or bread, no butter or margarine.

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- Mixed salad, dressing on the side.
- Vegetable, pea, or minestrone soup.
- Pancakes occasionally, instead of waffles or bacon and eggs. Use just a little syrup, but no butter. Buckwheat pancakes are the healthiest choice.

Fast-Food Restaurants

- Try the salad bar or grilled or barbecued chicken.

The Intensive Weight Loss Plan

For those of you who are overweight, I have created an intensive phase weight loss plan using the principles of the Two Staple Nutrition System. This is a highly structured program that will ensure the weight loss results that are important in terms of self-image and overall wellness. As we've seen, being overweight significantly increases your risk of heart attack, stroke, high blood pressure, gall-bladder disease, adult onset diabetes, breast cancer, osteoarthritis, and possibly prostate and colon cancer.

This version of the Two Staple Nutrition System will enable you to lose weight without slowing down your metabolism, as is often the case with very low-calorie diets and many high protein diets. Such diets can put your body into a state of ketosis, in which the weight loss is the result of a breakdown of lean muscle tissue. With loss of your lean mass, your metabolism slows down dramatically. To avoid regaining weight, you will have to stay on a calorie-restricted program for the rest of your life, forever refusing pasta, rice, bread, and potatoes. By contrast, my intensive weight loss plan will enable you to lose fat while maintaining or increasing lean mass and metabolic rate. You will look and feel vibrant and, once down to your ideal weight, you will keep the pounds off while enjoying a full range of healthy foods for the rest of your life.

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As with the Two Staple System, record the foods you eat, the fiber you consume, the supplements you take and the physical activity you perform in a Daily Food, Fiber, and Exercise Journal. This type of self-monitoring has been shown to be a powerful incentive to long-term weight loss success.

The Intensive Weight Loss Plan provides 1,200 to 1,500 calories per day. In conjunction with the prescribed minimum amount of daily physical activity—a 30 minute power walk—most individuals will lose two pounds a week. Fluctuations in body water and other factors may prevent weight loss from occurring in a consistent manner from week to week, but over the first five-week period a 10-pound loss of body fat is normal.

This diet is moderately high in protein, low in fat, and provides safe and adequate levels of mostly Category 1, 2, and 3 carbohydrates, plus vitamins and minerals. Proportionately; it comprises approximately 50 percent carbohydrates, 30 percent protein and 20 percent fat.

THREE MEALS PLUS THREE SNACKS PER DAY

Breakfast: 1 high-protein breakfast selection

Mid-morning Snack: 1 fruit selection

Lunch: 1 flesh protein selection
1 vegetable selection
1-2 bread selections*

Afternoon Snack: 1 fruit selection

Dinner: 1 flesh protein selection
1 vegetable selection
1-2 bread selections*

Evening Snack: 3-6 cups of low-fat popcorn
No butter is allowed; use margarine sparingly or not at all.
Avoid juices, jams, and jellies.

*One serving of pasta, rice, or potatoes may be substituted for two bread servings.

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Other Daily Requirements:

1. 6-8 (8-oz.) glasses of fluids per day;
2. High-potency multiple vitamin and mineral;
3. Fat Burner supplement: one caplet taken at lunch and dinner;
4. Minimum 30-minute power-walk or aerobic program of your choice. Resistance training in addition will help increase your lean mass and resting metabolic rate.

High-Protein Breakfast Selections

1. Egg white omelette (3 or 4 egg whites) with $\frac{1}{2}$ cup of desired vegetables (no butter or margarine, use a small amount of olive oil)
 - 1 sliced tomato
2. Egg Beaters—1 serving size with $\frac{1}{2}$ cup of vegetables
3. Protein shake—1 serving of protein powder shake mix (providing 20-25 grams of whey, egg white, or soy protein, no more than 6 grams of carbohydrates and less than 2 grams of fat), mixed in a blender with 4-6 ounces of cold water, ice cubes, and 2 tablespoons of flaxseed powder.
4. 8 oz non-fat sugarless yogurt and $\frac{1}{3}$ cup cereal *or* 1% milk or skim milk and cereal

Appropriate cereals:

100% Bran	Wheetabix
All-Bran	Raw Oatmeal
Bran Buds	Puffed Wheat
Bran Flakes	Shredded Wheat

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Fiber 1 Nabisco 100% Bran Cereal
Grape Nuts Special K
Any other unsweetened cereal with a high fiber content

Lunch and Dinner Selections

At both lunch and dinner, the same formula applies:

- 1 Flesh Protein Selection (for example, chicken breast)
- 1 Vegetable Selection (e.g., a bowl of minestrone soup)
- 1 or 2 Bread Selections (1 or 2 pieces of dry toast)

Three bread servings are permitted each day. If you have two at lunch, then you must have only one for dinner and vice versa. If you have cereal for breakfast you are permitted only two bread servings for the remainder of that day.

1 bread serving equals one of the following:

- 1 slice of bread
- 1/2 bagel
- 4 soda crackers
- 2 pieces of melba toast
- 2 rice cracker biscuits (unsweetened)
- 1/2 of a 4" x 6" matzoh
- 1/2 kaiser bun
- 1/2 English muffin
- 1 small dinner roll

One serving of pasta, rice, or potatoes counts as two bread servings and maybe substituted for bread occasionally. All are easily converted into fat, however, so have no more than two selections from this food group per week (for example 1 pasta selection and

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1 rice selection = 2 selections).

One serving size equals one of the following:

- pasta: 1 cup cooked with tomato sauce
- rice: 1 cup cooked (boiled, steamed)
- potatoes: 1 whole potato (baked or boiled)

Beverages

Every day, you should drink six to eight glasses of water. Distilled water, spring water, low-sodium mineral water, and soda water are all good choices. Drink two glasses before each meal. Bottled water should be ozone-treated to help prevent bacterial growth. The best water is either distilled or has undergone reverse osmosis and deionization.

Keep your intake of caffeinated beverages to a minimum, at no more than three cups of coffee or tea a day. It's best to drink them black, but if you can't, use non-fat or 1% low-fat milk and artificial sweeteners. Try herbal teas or hot water and lemon as an alternative to coffee or regular tea. Green tea is an excellent substitute.

Diet drinks that contain aspartame are the most acceptable soft drinks, but don't overdo it: two servings maximum per day. Avoid all beverages sweetened with sugar and beware of high-sodium drinks. They make your body retain sodium and water, creating a bloated sensation.

Oils and Salad Dressings

The preferred oils are olive oil, peanut oil, and canola oil. Use the least amount possible (1 tsp. for every 1 serving size) for a stir-fry, to sauté vegetables, to brown meats, in tomato sauces or for salad dressings. Salad dressings should be made from olive oil and vinegar, or use 1 tsp of a low-fat Italian dressing.

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Food Selections and One-Serving Sizes

Low-Fat Flesh Protein Selections:

One serving of chicken, turkey, Cornish hen, fish, tofu products:
3-4 ounces.

Vegetable Selections:

Option 1

One serving size is up to 3 cups of the following vegetables
in a salad:

- carrots
- peppers
- dark green leafy vegetables
- tomatoes
- broccoli
- cauliflower
- onions
- cucumbers
- radicchio

Option 2

A serving is one of the following items:

- $\frac{1}{2}$ cup cooked carrots
- $\frac{1}{2}$ cup of raw or cooked broccoli, cauliflower, Brussels sprouts or cabbage
- $\frac{1}{2}$ cup of cooked spinach or other greens such as bok choy or rapini
- $\frac{1}{2}$ cup of cooked zucchini

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- $\frac{3}{4}$ cup of cooked peppers
- $\frac{1}{2}$ cup of beets
- $\frac{1}{2}$ cup of cooked asparagus
- $\frac{1}{3}$ cup of cooked corn
- 1 ear of corn on the cob
- $\frac{1}{2}$ cup of beans, peas, or lentils (cooked or dried)

Option 3

A serving is one bowl of soup (non-cream, non-milk, non-chowder)—vegetable, minestrone, or pea soup (no ham).

Fruits

A serving is one of the following:

- 1 apple
- 2 apricots
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ cup of berries
- $\frac{1}{2}$ cup of cantaloupe
- 10 large cherries
- 2 dates
- 1 fig
- $\frac{1}{2}$ grapefruit
- 12 grapes
- $\frac{1}{3}$ honeydew melon
- $\frac{1}{2}$ mango
- 1 nectarine
- 1 orange
- $\frac{3}{4}$ cup of papaya

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- 1 peach
- 1 pear
- 1 persimmon
- 1/4 cup of pineapple
- 2 plums
- 2 prunes
- 2 tbsp. of raisins
- 1 tangerine
- 1 cup of watermelon

Potato

A serving is one potato with no butter. You may use low-calorie margarine, but no sour cream unless it is non-fat.

Dairy

A serving is one of the following:

- 1 cup (8 oz.) skim or non-fat milk
- 1 cup (8 oz.) yogurt made from skim milk or
- 1% milk (plain, or sweetened without sugar or fruit)
- 1/4 cup (2 oz.) soy cheese or other cheese (less than 4% milk fat or total fat)
- 2-3 oz. low-fat cottage cheese (not creamed)
- 3-4 egg whites (no yolks allowed)

Seasonings

All spices and herbs are allowed except those which are sodium-based or which contain sodium. Celery salt, garlic salt, and onion salt, for example, are not allowed.

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Allowable seasonings:

Aspartame	Mustard
Basil	Nutmeg
Celery seasoning	Onion Powder
Cinnamon	Oregano
Cumin	Parsley
Garlic	Pepper
Lemon	Rosemary
Morton's salt	Vinegar

A Typical Day on the Intensive Weight Loss Plan

Breakfast

3-egg-white omelette with mushrooms, green peppers, and onions served with sliced tomatoes

1 cup of black coffee with sweetener

Midmorning Snack

1 nectarine

soda water

Lunch

broiled skinless chicken breast

bowl of vegetable soup

1 dinner roll

1 diet cola

Afternoon Snack

1/2 cup cantaloupe slices

mineral water

(continued)

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(Continued)

Dinner

4 oz. grilled swordfish
one large mixed salad with olive oil and vinegar dressing
spring water

Evening Snack

3-6 cups of low-fat microwave popcorn
2-3 glasses of soda water
Multivitamin and Mineral Supplement

Exercise

30-minute power walk after dinner

Fat Burner Supplement

3 capsules

Fat Burning Supplements Can Speed Weight Loss

It's well established that some people gain weight more easily and have more difficulty losing weight than others. Animal research and human twin studies reveal that genetic factors may play a role in susceptibility to weight gain. In the past decade, a number of intervention trials with overweight subjects have investigated responses to this phenomenon. They have found that three naturally occurring nutrients, when taken at optimal doses, can facilitate weight loss, even in subjects with a genetic predisposition to weight problems.

These three metabolic fat-burning conditioning agents help the body overcome the resistance to fat-burning that is frequently encountered in overweight individuals. In conjunction with the Two Staple Nutrition System and exercise, they can help speed up metabolism, enabling the body to burn more calories while at rest.

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Unlike ephedra, an herbal product that can adversely affect the heart and nervous system, these nutrients are completely safe and produce no undesirable side effects at recommended levels of intake. The fat-burning trio of metabolic conditioners I am referring to are chromium, hydroxycitric acid (HCA), and coleus forskohlii.

Chromium: Blocking the Conversion of Carbohydrate to Fat

One of the most frustrating aspects of being overweight is that your body tends to convert carbohydrates into fat with greater ease. As body fat increases, the cells become less sensitive to the effects of the hormone insulin. The pancreas must secrete ever-higher levels of insulin to overcome the body's insulin resistance. As we know, insulin is needed to help the cells extract glucose from the bloodstream. But higher levels of insulin encourage the liver to convert more carbohydrates into fat following a meal or snack containing carbohydrate foods. The newly formed fats are shipped to your fat cells, contributing to further weight gain and increased body fat. It becomes a vicious cycle—and a low-fat diet alone won't help, because your body is conditioned to convert carbohydrates into fat by its high levels of circulating insulin.

Insulin requires the presence of the mineral chromium in order to maximize its effect on body tissue. Studies have demonstrated that when subjects supplemented with chromium, their body tissues became much more sensitive to the influence of insulin and the amount of insulin secreted was significantly reduced. Most diets contain only 25 to 50 micrograms of chromium per day. To optimize insulin sensitivity, levels of 200 to 400 mcg are required. Only through supplementation is it possible to ensure chromium intake in this range.

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Endurance exercise also helps to increase insulin sensitivity and lower circulating insulin levels. Thus, regular exercise and chromium supplementation are a powerful combination in body fat reduction and insulin regulation.

Chromium and exercise can also increase your metabolism, speeding up the rate at which your body burns fuels at rest. By aiding the action of insulin, chromium helps to increase the delivery of protein to your muscles. If you exercise regularly, more protein gets laid down inside the muscle, increasing muscle tone, definition, and lean mass. As your lean mass increases, your body burns more calories every minute, since muscles burn calories even at rest. As a result your metabolism speeds up, allowing you to eat more calories without gaining weight.

Together, regular exercise and chromium supplementation help block the conversion of carbohydrates into fat and facilitate an increase in lean mass, tone, definition, and metabolism. Studies using chromium supplementation have confirmed its effects on body fat reduction and increases in lean mass.

Hydroxycitric Acid (HCA): A Natural Appetite Suppressant with No Side Effects

Another effective metabolic conditioner that aids in weight loss is hydroxycitric acid (HCA), a naturally occurring appetite suppressant that is found in the rind of the garcinia cambogia fruit. Traditionally, it has been used as a food additive and condiment in many dishes native to the Southeast Asian countries in which it grows. Toxicity studies have shown that HCA is an extremely safe dietary supplement, with no reported toxicity at recommended intake levels. At the same time, studies on human subjects have demonstrated remarkable weight loss results at doses of 750 mg to 1500 mg.

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The available research indicates that HCA inhibits the key enzymes that convert carbohydrates into fat. As a result, the liver shunts carbohydrates to its carbohydrate fuel tank. As the tank fills, nerve signals travel from the liver to the brain that suppress appetite. Simply stated, you feel content and stuffed. HCA offers a double benefit: it blocks the conversion of carbohydrate into fat and it triggers nerve signals that suppress appetite, thus reducing the tendency to overeat.

Best of all, appetite suppression occurs in a natural way. Drugs like ephedra are known to have life-threatening side effects, acting directly on the central nervous system.

Some studies involving subjects taking 750 mg of HCA per day have demonstrated weight losses in subjects of almost 20 pounds in just eight weeks, even in patients who had reached a weight loss plateau on a prior two-month diet plan.

Coleus Forskohlii

Coleus forskohlii is a member of the mint family and is recognized in the world of herbal medicine as the only plant source of the diterpene compound known as forskolin. What makes forskolin so important is its ability to stimulate the synthesis of cyclic adenosine monophosphate (AMP), which among other outcomes, triggers the release of fat from fat cells and speeds up metabolism by increasing the rate at which the body burns calories at rest. Another agent known to produce a similar effect is ephedrine and its adrenaline-like sister compounds, all capable of dangerous side effects. Unlike ephedrine, forskolin does not stimulate the nervous system. Clinical trials involving overweight human subjects have demonstrated that supplementation with a standardized grade of *coleus forskohlii* can help patients lose up to 10 pounds in just eight weeks. Subjects also increased their lean mass, which further speeds up the resting metabolic rate.

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Experimental evidence suggests that forskolin may also have a mild thyroid stimulating action, which may also explain its effectiveness in helping overweight subjects increase their metabolism and thermogenic activity. However, more research is required to determine if forskolin affects the thyroid gland in living subjects in a similar manner as it does in laboratory studies. My experience indicates that the combination of chromium, hydroxycitric acid and coelus forskohlii, taken as an adjunct to a proper weight management program, can be quite useful.

Together with a proper nutrition and lifestyle plan, these three ingredients have been shown to be safe and effective. I routinely recommend the inclusion of a dietary supplement containing these three metabolic fat-burning conditioning agents to my weight loss patients and to other health practitioners. The product I prefer contains the following in a single capsule: chromium – 66.7 mcg; hydroxycitric acid – 333.4 mg; coelus forskolin – 66.7 mg.

I suggest one or two capsules, three times a day with meals, during the weight reduction period. A maintenance dose of two or three capsules daily can help maintain weight loss indefinitely and improve blood sugar regulation for individuals with non-insulin dependent diabetes, glucose intolerance, or syndrome X, a pre-diabetic state.

Starting Right Now...

1. Buy a notebook or loose leaf binder and set up your Daily Food, Fiber, and Exercise Journal. Tomorrow morning, start making your entries. Even if you are not yet on a full exercise and eating program, these early entries will focus your mind on the changes you want to make.
2. Prepare a shopping list of the food items that are included in the Two Staple Nutrition System and stockpile them in your home. That way, you'll always have the right foods on hand.

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3. Go through your favorite recipes and adapt them to your new wellness lifestyle. Toss out those you can't adapt; if you don't have them, you won't use them.
4. Purchase or borrow a few wellness-oriented cookbooks and add new recipes to your repertoire. Start a file of healthy recipes clipped from magazines and newspapers.
5. Enlist your spouse or family in the effort: tell them your plan for healthy eating and ask for their help. Better yet, ask them to join you.

*For access to the references to Step 4 and additional education on wellness please visit the author's web site at **www.meschinohealth.com***