

DAVID KIRSCH'S NUTRITION PLAN

To get results fast, you must change the quantity and quality of what you eat in addition to following my exercise regimen. You must learn to eat for the right reasons and at the right times.

Following my Nutrition Plan, you will eat frequent small, healthful meals. You will enjoy an energizing meal or snack every 3 hours, ideally at 7AM, 10AM, 1PM, 4PM and 7PM, which will help raise your metabolism, stoke your machine (body), burn more calories, and reduce your body fat.

You will substitute high carb, high fat foods with a diet rich in lean protein and low-calorie, fiber-rich vegetables. Although I don't refer to my program as a "diet," my plan requires you to abstain from the A, B, C, D, E, and F of Nutrition. Clearing your diet of these foods will help you feel better physically and strengthen your sense of control.

Let's get started! Begin following Meal Schedule A or B based on which plan meets your weight-loss and wellness goals. Then move to Schedule B or C, respectively.

DAVID KIRSCH'S NUTRITON PLAN

For extreme results ...

FOLLOW MEAL SCHEDULE A FOR 14 DAYS

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| For 14 days | <p>Follow the A, B, C's of Nutrition: No Alcohol, Bread, Starchy Carbs, Extra sweets including soda, fruit juice or other sweeteners, Fruits and most Fats, and no coffee.</p> <p>After 14 days, move to plan B for 1-2 weeks and then to plan C indefinitely</p> |
| Breakfast | <p>Start your day with protein – either a protein shake (preferably whey protein) or egg whites.</p> <p>Supplement with a multivitamin or an equivalent like my Vitamin Super Juice, and calcium (since you'll be cutting out dairy.)</p> |
| AM Snack | <p>High protein snack such as 3 oz. canned tuna, chicken, hard-boiled eggs or 10 almonds.</p> |
| Lunch | <p>This should be your largest meal. Stick with lean sources of protein, like 6 oz. chicken, turkey or fish along with a half plate of low starch vegetables like spinach or broccoli. Dress it with plain vinegar or lemon mixed with olive oil.</p> |
| Midday Snack | <p>Enjoy another high protein snack.</p> <p>For an extra energy boost, supplement with ginseng and/or Vitamin B-12. (My B-12 Spray, Afternoon Energy, Energy Bubbles, Thermo Bubbles contain these ingredients.)</p> |
| Dinner | <p>You should get most of the calories your body needs earlier in the day. That's why I recommend ending your day with a protein shake. This also gives your body the amino acids they need to repair themselves. If you don't want a shake, go for a small, 6-oz. portion of protein (chicken, turkey, fish, shrimp), along with steamed green vegetables or a mixed green salad.</p> |

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If a few extra pounds are getting in your way ...

FOLLOW MEAL SCHEDULE B FOR 7-14 DAYS

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| For 7-14 days | <p>Adhere to the A, B, C's of Nutrition: No Alcohol, Bread, Starchy Carbs, Extra sweets including soda, fruit juice or other sweeteners, Fruits and most Fats, and no coffee.</p> <p>On this plan you can include ONE of the A, B, C's in your diet each day, but no more than one. Stick to the healthiest, leanest A, B, C's (e.g. fruit and not a cookie!). You decide which of these to include and feel free to change it up each day. If you decide to add a carb, do so in the afternoon before 3PM. Having fruit for breakfast, for example, will start your insulin levels off on the wrong foot and lead to cravings later on.</p> |
| Breakfast | <p>Start your day with protein – either a protein shake (preferably whey protein) or egg whites.</p> <p>Supplement with a multivitamin or an equivalent like my Vitamin Super Juice, and calcium (since you'll be cutting out dairy.)</p> |
| AM Snack | <p>High protein snack such as 3 oz. canned tuna, chicken, hard-boiled eggs or 10 almonds.</p> |
| Lunch | <p>This should be your largest meal. Stick with lean sources of protein, like 6 oz. chicken, turkey or fish along with a half plate of low starch vegetables like spinach or broccoli. Dress it with plain vinegar or lemon and olive oil.</p> |
| Midday Snack | <p>Enjoy another high protein snack.</p> <p>For an extra energy boost, supplement with ginseng and/or Vitamin B-12. (My B-12 Spray, Afternoon Energy, Energy Bubbles, Thermo Bubbles contain these ingredients.)</p> |
| Dinner | <p>You should get most of the calories your body needs earlier in the day. That's why I recommend ending your day with a protein shake. This also gives your body the amino acids they need to repair themselves. If you don't want a shake, go for a small, 6-oz. portion of protein (chicken, turkey, fish, shrimp), along with steamed green vegetables or a mixed green salad.</p> |

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When you are ready to maintain the new YOU ...

FOLLOW MEAL SCHEDULE C

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| For 7 days and beyond | <p>Adhere to the A, B, C's of Nutrition: No Alcohol, Bread, Starchy Carbs, Extra sweets including soda, fruit juice or other sweeteners, Fruits and most Fats, and no coffee.</p> <p>On this plan you can include TWO of the A, B, C's in your diet each day, but no more than two. Stick to the healthiest, leanest A, B, C's (e.g. fruit and not a cookie!). You decide which of these to include and feel free to change it up each day. If you decide to adding a carb, do so in the afternoon before 3PM. Having fruit for breakfast, for example, will start your insulin levels off on the wrong foot and lead to cravings later on.</p> <p>You can allow yourself one cheat meal a week.</p> <p>By now, you should have not only lost weight but gained an appreciation for how to care for the body you were born to have.</p> |
| Breakfast | <p>Start your day with protein – either a protein shake (preferably whey protein) or egg whites.</p> <p>Supplement with a multivitamin or an equivalent like my Vitamin Super Juice, and calcium (since you'll be cutting out dairy.)</p> |
| AM Snack | <p>High protein snack such as 3 oz. canned tuna, chicken, hard-boiled eggs or 10 almonds.</p> |
| Lunch | <p>This should be your largest meal. Stick with lean sources of protein, like 6 oz. chicken, turkey or fish along with a half plate of low starch vegetables like spinach or broccoli. Dress it with plain vinegar or lemon and olive oil.</p> |
| Midday Snack | <p>Enjoy another high protein snack.</p> <p>For an extra energy boost, supplement with ginseng and/or Vitamin B-12. (My B-12 Spray, Afternoon Energy, Energy Bubbles, Thermo Bubbles contain these ingredients.)</p> |
| Dinner | <p>You should get most of the calories your body needs earlier in the day. That's why I recommend ending your day with a protein shake. This also gives your body the amino acids they need to repair themselves. If you don't want a shake, go for a small, 6-oz. portion of protein (chicken, turkey, fish, shrimp), along with steamed green vegetables or a mixed green salad.</p> |