

Pain Management Weight Control Diet

Note: Before starting this diet, make sure to talk to your primary care physician to make sure it is safe for you.

Breakfast:

- 1 boiled or pouched egg. You may use the egg white ready-made preparations.
- 1 wheat low calorie toast.
- 8 oz. black coffee with stevia (maximum of 2 packs). (No milk or creamer, and no other type of sweetener but stevia).

Lunch & Dinner:

- 5 oz. Lean Protein like chicken, fish, or lean meat (above 95% fat free).
 - No pork or any type of cold cuts or processed meats.
 - Steamed, backed or grilled, but not fried.
 - No oils, fats, or butter.
- 1 cup of steamed vegetables, or 1.5 cups if raw.
- 1 serving of salad, but no dressings, except vinegar or lemon juice.

Mid-day & Mid-afternoon snack:

- 1 fruit. No bananas. (total of 2 fruits per day)

Important Rules:

1. Must drink 100 oz. or more of water per day.
 - a. Consult your Primary Care Physician if you have a history of kidney failure, or congestive heart failure before doing this.
2. Take calcium and magnesium every day to avoid night cramps.
 - a. Consult your Primary Care Physician if you have a history of kidney failure, hypercalcemia, or parathyroid problems before doing this.
 - b. Over-the-counter calcium 600 to 1200 mg per day (in the morning). Take with Vitamin D 2000 IU every day.
 - c. Over-the-counter magnesium 400 to 500 mg per day (1-2 hours prior to bedtime).
3. Control salt intake. (You can use it but in moderation.)
4. Do not eat anything after 6:00pm.
5. Weight yourself every morning at the same time and record weight on a notebook.
6. Mix "**Benefiber**" 3 to 5 table spoons in water and drink before meals.
7. No sodas.
8. No alcohol.
9. No sugar.
10. No artificial sweeteners.
 - a. Stevia without sugar is the only sweetener aloud.
11. No bread except for the one breakfast toast.
 - a. Low calorie wheat bread.
12. Duration of diet: 2 weeks at a time with 2 days' rest, then repeat.
13. Do not over-eat or over-indulge yourself in the 2 days of rest from the diet.