The Leptin Correcting Fat Loss Diet
First 3 Weeks

This is a dietary program used for people that find it difficult or impossible to lose weight. It is a low carbohydrate program designed to help correct certain metabolic problems associated with the hormones leptin and insulin. These hormonal problems cause a person to store excess body weight and are not able to lose it. This program causes the body to use fat as its fuel source instead of carbohydrates.

The Basics of the First 3 Weeks:

What to eat:
This is an easy program to follow because each meal consists of a small amount of low-fat protein and a large amount of non-starchy vegetables.

Your plate will look like this:

1. Low-Fat Protein:
Each meal should contain a small amount of protein about the size of a deck of cards or about one half the size of the palm of your hand.

Protein sources include:
Fish, chicken, turkey, protein powder, tofu and low carbohydrate veggie burgers
You may have eggs and no-fat or low-fat cheese if you are not on the modified elimination diet

2. Non-Starchy Vegetables:
Asparagus, artichoke hearts, avocado*, bamboo shoots, bell peppers, Bok Choy, broccoli, brussel sprouts, cabbage, cauliflower, celery, chard, chives, cilantro, cucumbers, eggplant, olives*, peppers, kale, Kohlarabi, lettuce, leaks, mushrooms, okra, onions, parsley, radishes, rutabaga, scallions, seaweed, snow peas, spinach, sprouts, string beans, turnips, water chestnuts, watercress, zucchini

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Technically, avocados and olives are fruits and are the only fruits allowed during the first 3-week period.

3. **High-Fiber Starches:**
   Low carbohydrate bread: “Manna from Heaven” is a low-carbohydrate bread that is also high in protein and fiber.

4. **Nuts**
   All nuts are allowed except peanuts. The nuts should be unsalted and not roasted.

5. **Oils**
   Olive oil, almond oil, and avocado oil
   These oils can be used with salads, but you may not use commercially prepared dressings that contain other oil products.
   Balsamic vinegar though not an oil, can also be used on salads with the oil.

6. **Beverages**
   Water and Tea (Herbal tea)

**What to AVOID: EVERYTHING ELSE!**
During the first 3 weeks, please do not eat anything else that is not listed above. The first 3 weeks are crucial because it is a time when you are causing your body to become a fat burner. If you vary from the program you may not lose weight. Stick to it; the results will be worth it!

**The RULES:**
1. Eat only the foods allowed as listed above and do not vary from the program.
2. Avoid all sugar and starches.
3. Avoid beef, pork, lamb and most cheeses since this program limits the saturated fat during the first 3 weeks.
4. This is not a starvation program! Eat if you are hungry. Eat a good snack in between your main meals. You should eat about 5-7 times daily; eat every 2-3 hours.
5. Drink lots of water. No soda and no juice.
6. Do not eat for at least 3 hours before bedtime. Your last meal in the evening should be at least 12 hours before breakfast the next day.
7. Exercise after the last meal of the day for at least 15 minutes; longer if possible. This will get the body into a fat burning mode for the nighttime.
8. Take your recommended supplements.

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