

A Weight Loss Diet That Works

Christina - Hello all. I know how hard it is to find a diet that works. I have found one that has worked well for my husband and me. He has officially as of last Friday [Aug 3] lost 69lbs since April with it. I have lost weight too and so far this is the only [diet] that I have found that works for me. My mother in law also has lost 45 lbs since April. Please remember everyone is different.

Christina and her family have been trialing a wheat-free, dairy-free, and "low-meat" diet. Below are some of her personal suggestions and some additional notes:

- We eat a lot of green salads and then put some chicken (not breaded on it). Either grilled or just cooked in a pan.
- We use Olive Oil [exclusively]. We take potatoes in a pan with a little bit of Olive Oil and add in some onions and peppers and cook it. Sometimes we will add Chicken or Fish, but I really don't like fish much.
- We make a stew in a crock pot, or you can do it on the stove, with potatoes, a little onion and celery for taste, carrots, chicken, water to cover it all, peas, corn (any veggies you have) and some pepper and garlic powder to taste. Cooked for about 3 hours in the crock-pot, any leftovers can be stored in the fridge for snacking.
- In the mornings we have eggs (scrambled) and hash browns. We make our own, but if you want to buy hash browns look for ones that is wheat free.
- Bread: we use Rice bread (you have to probably get at a health store). Keep this refrigerated. It is good toasted just so you know. We often top our toast with peanut butter and honey or small amounts of jam. We use honey as much as we can for the sugar since in PCOS there are problems breaking down sugars.
- We purchase beans called Frijoles from Wal Mart. They come with a season packet and cook for 2 hours according to the directions (best beans ever). We then mash them with the juices in the pot from cooking (yummy). Anyway, we will use that on a taco salad, just as a meal with rice.
- We also make our own chips (you can do this two ways). We take corn tortillas and cut them into 4 triangles, and then put them in a fryer with Olive oil, cook them in a pan with olive oil, or on a baking sheet and spray with some olive oil on both sides and bake in the oven (not crunchy this way though).
- We use avocados and just mash them or make our own guacamole (most in the store have wheat). We cook white rice (we like jasmine just because it doesn't stick or get mushy) in some Mexican seasoning (can't recall the brand), for a restaurant quality taste!
- We also make our own salsa though it is easy to purchase.
- We eat carrots or bell peppers raw if we want a snack or plain rice cakes with peanut butter (check for one that is wheat free).
- Soy milk isn't the best tasting, but you will get used to it and if you eat it on rice krispies or something it isn't too bad.
- Cereal, do Rice cereals once again no wheat.
- Cornmeal - see if you can find a little round container with Quaker corn meal in it. They have the best recipe for cornbread and just add about a tablespoon on honey in the batter before you cook it. YUMMY...we eat that with the stew (of course with the stew add what you need for taste).
- Stay away from the broths and soups in the store (if you use them get a low salt one and one that is wheat free).
- We drink water, and Power Aid (if outside in the heat) and juices (Apple, Fresh squeezed orange, etc...)
- OH, I also buy Decaf Green Tea and make that and drink it. Something I like but no caffeine.

At first it was hard, but after about a month, it was amazing how much better we have felt. I have been following this diet for 5 weeks and have lost about 20lbs.