

## Dr. Stillmans' 14 Day Shape Up Program

You choose from the foods selected as being high in protein low in carbohydrates and low in fats. Eat a satisfying amount without stuffing yourself. If you overload your stomach, eating portions of mammoth size you won't lose weight as rapidly as you can and should. You should feel comfortably satisfied and not badly deprived or you might start feeling so sorry for yourself that you'll eat your head off. And if you have to "cheat" on the diet, cheat on proteins.

You don't eat any fats on this diet. You will note that all visible fat and skin are to be removed from fish, poultry, meat – whatever fat and skin seen and cut away as you eat your portion.

You avoid as completely as possible the use of butter, margarine, oil, or any other fats used in preparation as well as in eating.

Don't eat anything not in the listing.

Don't overload with one big meal a day on this diet. Spread your eating over at least 3 meals ( you will reduce even more rapidly if you distribute your days food intake over 5 or 6 meals instead of 3) If you take most of your daily food total in one meal, you overload your system. The elements (including proteins) are not "wasted" as efficiently, and your quick weight loss will be impeded.

You should lose 10 to 25 or more pounds (depending on how heavy you are at the start)-and trim off inches off all over- by following the Protein-PLUS Diet precisely.

If you aren't losing rapidly, you are eating too much food or the wrong food.

Eat from this listing of foods for the Protein-PLUS Diet

### POULTRY

CHICKEN

TURKEY

but NO DUCK OR GOOSE since they are generally much more fatty and higher in calories.

You may enjoy chicken livers twice a week if desired but no larger than two-ounce portions because of their high uric acid content.

ROASTED, BROILED, BOILED, BAKED OR STEAMED IS FINE.

DON'T EAT ANY SMOKED, SALTED OR PICKLED POULTRY WHILE ON YOUR PROTEIN PLUS DIET.

FISH - Fish is one of the very best foods you can eat on your Protein-PLUS diet. Since fish is generally, lower in calories than meats or even poultry you may eat larger portions, although they should still be moderate for the speediest slimming.

BASS PIKE

CARP RED SNAPPER

COD SALMON

CROAKER SEA BASS

FLOUNDER SMELTS

HADDOCK SOLE

HALIBUT STRIPPED BASS

PERCH TROUT

PICKEREL WHITING

Canned Salmon or Tuna are permitted but either use water packed canned fish, or drain off the oil from regular tuna or salmon.

CANNED SARDINES ARE NOT PERMITTED because of the salt content.

DON'T EAT ANY SMOKED, SALTED OR PICKLED FISH.

## SEAFOOD

You may enjoy a large variety of seafood, including the following:

CLAMS OYSTERS  
CRABMEAT SCALLOPS  
LOBSTER SHRIMPS  
MUSSELS

You may include seafood variations such as Crab legs, Lobster tails and prawns.

DON'T EAT ANY SMOKED, SALTED OR PICKLED SEAFOOD OF ANY KIND.

## MEATS

(Remember only the "Lean" varieties all visible fat trimmed off)

BEEF  
LAMB  
VEAL  
LEAN BACON  
HAM  
PORK  
ALL-BEEF FRANKFURTERS

Cooking meats until Well-Done instead of "rare" reduces the calories per serving considerably.

DON'T EAT ANY SMOKED, SALTED OR PICKLED MEATS (other than mild All-Beef Frankfurters, and lean ham, and Bacon...and these in small portions only.

NO Bologna, NO salami, NO sausages or NO pressed luncheon meats.

## EGGS

You may enjoy 1 or 2 Eggs at a time cooked you favorite way but without butter, margarine, oils or any other fats.

Don't overeat Eggs , just as you should not overeat any other permitted foods. Keep in mind 1 large Egg is about 80 calories. That's low enough when eaten in moderation but adds up if you pile in too many eggs daily.

Don't eat Pickled or Creamed Eggs.

## VEGETABLES

Though it is unusual for a High Protein diet to include vegetables there is certain restricted vegetables permitted.

If you prefer to skip Vegetables while on this diet you will be speeding your loss of pounds and inches even more effectively. The choice is yours.

You may have Salads made with all varieties of lettuce but just remember your salad takes the place of your vegetable at a meal- DON'T HAVE BOTH

You may eat raw vegetables if you like but only in moderation.

You may have the equivalent of a cup of permitted vegetables for lunch and another for dinner if desired.

ASPARAGUS  
BAMBOO SHOOTS  
BEEN SPROUTS

BEANS: Green, Sting & Waxed  
BEET GREENS  
BROCCOLI  
BRUSSEL SPROUTS  
CABBAGE  
CAULIFLOWER  
CELERY  
CHARD  
CHICKORY  
CHINESE CABBAGE  
CHIVES  
COLLARD GREENS  
CUCUMBER  
EGG PLANT  
ENDIVE  
ESCAROLE  
FENNEL  
KALE  
KOHLRABI  
LETTUCE (all types)  
MUSHROOMS  
MUSTARD GREENS  
PARSLEY  
PEPPERS  
RADISHES  
SAUERKRAUT  
SPINACH  
SUMMER SQUASH  
TOMATOES  
TURNIP GREENS  
WATERCRESS  
ZUCCHINI

Don't use unlisted vegetables since many of them are higher in calories...such as Avocado, potatoes, corn etc..

Don't use any rich dressings such as mayonnaise, thick salad dressings or any other high calorie dressing while on the Protein PLUS Diet. You may use low calorie dressings (under 10 calories per tablespoon) in limited quantities- no more than a tablespoonful-

You may use vinegar and fresh lemon or lime wedges (but no other fruits) on salads and on fresh raw or cooked vegetables if desired. Avoid salt as much as possible (salt substitute is permissible), but use as much as you desire of your favorite herbs and spices.

#### CHEESE

You may have up to a half cup of certain cheeses, which are relatively low in fat and high in protein:

COTTAGE CHEESE,  
POT STYLE COTTAGE CHEESE  
FARMERS CHEESE

When selecting your cheese keep in mind the calorie content for a half a cup serving and aim for the one that are between 80-95 calories for a half of a cup. The exception is for Farmer's Cheese which is a compressed bar, read the label and use your judgment again aim for a serving size that is about 80-95 calories.

NO OTHER CHEESE is permitted while the on the Protein-Plus Diet.

## SKIM MILK / BUTTERMILK

You may have a 4 ounce glass of skim milk or buttermilk daily if wanted BUT NOT BOTH on the same day or you may use the skim milk in coffee or tea if you prefer.

However, you will lose weight faster if you skip the skim milk and buttermilk entirely.

## YOGURT

In place of the skim milk / buttermilk you may have a half cup daily of plain skim milk yogurt if desired. You are not permitted any sweetened or flavored yogurt. You may wish to improve the taste of your yogurt by adding a little no-sugar flavoring or no-sugar jelly, jam or preserves.

## BREADS

You may have a slice (serving) of Protein-PLUS Bread or Bun twice a day if you wish- but no more than 2 servings a day.

The recipe is very similar to Atkins Revolution Rolls the main difference is Stillmans recipe calls for 1 tablespoon of flour and Atkins does not. In my opinion, in this case it would be best to use the Atkins recipe since it doesn't call for flour. However, you can do a search on this site and find the original recipe for Stillmans bread/buns.

## BEVERAGES

You may drink all you wish daily (with in reason) of:

COFFEE (Regular or Decaffeinated)...TEA...with a dash of skim milk if desired, and artificial sweetener if wanted but no sugar.

You may have your fill of NO-SUGAR carbonated beverages of all flavors also CLUB SODA.

## DRINK PLENTY OF WATER

You may enjoy up to 3 cups daily of any flavor of INSTANT BOUILLON or BROTH –packet or cube type (not canned) or CONSOMMÉ but make sure to prepare it diluted to half strength (because of salt content)

## VERY IMPORTANT

MAKE SURE THAT YOU DRINK AT LEAST 10 GLASSES OR CUPS DAILY OF THE PERMITTED BEVERAGES...This includes your total daily intake of all beverages combined.

10 GLASSES OR CUPS DAILY or MORE will be all the better for you speedy slimming process BUT NEVER LESS THEN 10 GLASSES OR CUPS DAILY.

## MISCELLANEOUS PERMITTED FOODS

NO-SUGAR GELATIN as much as 3 servings daily ( a serving/ portion size is 4oz) for meals and snacks (but only 1 portion per meal)

FORBIDDEN FOODS Your Basic rule is this: If a food is not in the permitted listings DO NOT USE IT

Use salt sparingly if at all. This is low salt eating for quicker weight loss; you may use salt substitute, or herbs and spices.

USE NO PRODUCTS CONTAINING SUGAR...NO CANDY...NO CHEWING GUM, BUT, as an exception, you may have 1 or 2 sticks of sugarless chewing gum daily if desired; however most types of sugarless gum do contain some carbohydrate , USE NO ARTIFICIALLY SWEETENED CANDY OR COOKIES OR CAKES. They are still high in carbohydrate, and therefore undesirable on this rapid-reducing diet.

EXERCISE IS RECOMMENDED You can enjoy two 15 minute sessions daily, one in the morning and one in the evening for speedier slimming.