

DR. OZ'S TWO-WEEK RAPID WEIGHT LOSS PLAN

WHAT YOU CAN EAT

WAKEUP: Start day with cup hot water & ½ lemon

BREAKFAST SMOOTHIE: (see recipe)

GREEN TEA: preferably organic

PROTEIN: one 6-oz. serving of meat (chicken, turkey or fish) per day

CARBS: ½ cup of cooked brown rice a day (otherwise no carbs/starches)

FATS: good fats in moderation (e.g. olive oil and avocado)

DAIRY: 1 cup of 2 % plain Greek yogurt per day (otherwise no dairy)

VEGETABLES: unlimited low-glycemic vegetables (see list) and Detox Broth (see recipe).

SNACKS: Hummus, pickles, a couple handfuls of nuts

WHAT YOU NEED TO ELIMINATE

- No wheat (only ½ cup brown rice)
- No artificial sweeteners (this includes all diet soda)
- No white sugar
- No alcohol
- No caffeine (ONLY green tea)
- No dairy (except Greek yogurt)
- No additional exercise
- No meals between 8pm-8am

OTHER THINGS TO DO

- Take probiotic in the morning
- Take a multivitamin (preferably ½ in the morning & ½ at night)
- Detox bath every night (soak with 2 cups Epsom salt & 1 cup baking soda)

LOW-GI VEGETABLES

Artichokes
 Artichoke hearts
 Asparagus
 Bamboo shoots
 Bean sprouts
 Broccoli
 Brussels sprouts
 Cauliflower
 Celery
 Cucumber
 Daikon
 Eggplant
 Leeks
 Lentils
 Beans (green, kidney, garbanzo)
 Greens (collard, kale, mustard, turnip)
 Mushrooms
 Okra
 Onions

LOW-GI VEGETABLES

Pea pods
 Peppers
 Radishes
 Rutabaga
 Squash
 Sugar snap peas
 Swiss chard
 Tomato
 Water chestnuts
 Watercress
 Zucchini
 Cabbage (green, bok choy, Chinese)
 Salad greens (chicory, endive, escarole, iceberg lettuce, romaine, spinach, arugula, radicchio, watercress)

SHOPPING LIST

- Rice protein powder (28 tbsp)
- 1 ¾ cups ground flaxseeds
- 3 ½ cups brown rice
- 1 bottle olive oil
- Balsamic vinegar (or other preferred vinegar) for salad dressing
- Green tea
- Epsom salt
- Baking soda

SHOPPING LIST (EACH WEEK BUY)

- 4 lemons
- 4 bananas
- 56 oz frozen berries
- 2 qts unsweetened vanilla almond milk
- 4 avocados
- 7 plain 2% Greek yogurts (6-oz serving size)
- 1 ½ lbs chicken, turkey, or fish combined

SHOPPING LIST (DETOX VEGETABLE BROTH)

- 4 large onions
 4 cups winter squash
 2 cups cabbage
 8 cloves whole garlic
 4 cups root vegetable (any of the following: turnips, parsnips, rutabagas)
 8 cups chopped greens (any of the following: kale, parsley, beet greens, collard greens, chard, dandelion)
 8 carrots
 8 celery stalks
 Dried ginger
 Sea salt, to taste
- (Or you can buy low sodium organic broth from the grocery store)**

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RECIPES

Breakfast Smoothie	Vegetable Broth
<ul style="list-style-type: none">• 2 tablespoons rice protein powder• 2 tablespoons ground flaxseeds• ½ cup frozen berries• ½ banana• 1 cup unsweetened vanilla almond milk	<p>For every three quarts of water add:</p> <ul style="list-style-type: none">• 1 large onion, chopped• 2 carrots, sliced• 1 cup of winter squash cut into large cubes• 1 cup of root vegetables: any of the following: turnips, parsnips, and rutabagas for sweetness• 2 cups of chopped greens: any of the following: kale, parsley, beet greens, collard greens, chard, dandelion,• 2 celery stalks• ½ cup of cabbage• 4 ½-inch slices of fresh ginger• 2 cloves of whole garlic (not chopped or crushed)• Sea salt, to taste <p>Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.</p> <p>Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.</p> <p>Heat gently and drink up to 3–4 cups a day.</p> <p>Makes: 2 quarts or 8 cups</p> <p>Prep time: 30 minutes</p> <p>Cook time: 60 minutes</p>