# 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)

## 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 (DETROX VEGETABLE BROTH)

- 4 large onions
- 8 carrots
- 4 cups winter squash
- 8 celery stalks
- 2 cups cabbage
- Dried ginger
- 8 cloves whole garlic
- Sea salt, to taste
- 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)

(Or you can buy low sodium organic broth from the grocery store)
### Breakfast Smoothie
- 2 tablespoons rice protein powder
- 2 tablespoons ground flaxseeds
- ½ cup frozen berries
- ½ banana
- 1 cup unsweetened vanilla almond milk

### Vegetable Broth
For every three quarts of water add:
- 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 ¼-inch slices of fresh ginger
- 2 cloves of whole garlic (not chopped or crushed)
- Sea salt, to taste

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.

Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

Heat gently and drink up to 3–4 cups a day.

Makes: 2 quarts or 8 cups
Prep time: 30 minutes
Cook time: 60 minutes