Following a diet has never been easier. The Day Off Diet stacks the odds in your favor and sets you up for weight loss success!
Get Started

- Print this packet and mark your days “off” on the calendar.
- Follow this healthy eating plan the other six days of the week.
- Use the online recipes, tips, and Facebook support groups to help you succeed!

What to Eat

6 Days a Week

- First thing in the morning: Hot water with lemon
- Breakfast: You can choose to eat it or drink it
  - Option 1 – Eat It:
    - 1 egg + 7 oz. of 2% plain Greek yogurt + 1 serving of fruit
  - Option 2 – Drink it:
    - Almond Butter Banana Smoothie
      - 7 oz. of 2% plain Greek yogurt
      - 1 tbsp. almond butter
      - ½ banana
      - 1 tbsp. flaxseed oil or ground flaxseeds
      - Ice (use to make less thick)
- Snacks: 2 MUFAs per day
- Lunch & Dinner: Split the below foods between your next two meals, however you choose.
  - 6 ounces of lean protein
  - 2 servings of complex carbohydrates
- Eat Unlimited Non Starchy Veggies all day long: Add to any meals or snacks
**Non-starchy Vegetables – Unlimited**
- Artichoke & Artichoke hearts
- Asparagus
- Bamboo shoots
- Beets
- Brussels sprouts
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Greens: Collard, Kale, Mustard, Turnip, Chicory, Endive, Escarole, Lettuce, Romaine, Spinach, Arugula, Radicchio, Watercress
- Hearts of palm
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Spaghetti squash
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips
- Water chestnuts
- Zucchini

**Complex Carbohydrates**
- Legumes: Lentils, Beans, Edamame, Chickpeas (1/2 cup per day)
- Sweet Potato (1 medium per day)
- Parsnips, Plantains, or Squash (1 cup per day)
- Green Peas, Corn, Carrots, or Pumpkin (1/2 cup per day)
- Whole Grains – Oatmeal (dry), Pasta (dry), Quinoa (cooked), or Brown Rice (cooked) (1/2 cup per day), Whole-Grain Bread (1 slice per day)

**Protein**
- Chicken
- Fish
- Eggs
- Seafood
- Tofu
- Lentils (if vegetarian)
- Beans (if vegetarian)

**MUFA Snacks – 2 per day**
- Nuts: Almonds, Brazil, Cashews, Hazelnuts, Macadamia, Pecans, Pistachios, Walnuts (1 oz.)
- Avocado (1/4)
- Nut Butter: Almond, Cashew, or Peanut (2 tbsp.)
- Olives, Green or Black (10 jumbo)
- Sunflower or Pumpkin Seeds (1/4 cup)

**Optional Extras**
- 2 tbsp. heart healthy oil per day: Olive, Grapeseed, Canola
- Low Sodium Broth (Chicken or Veggie)
- Vinegars (unlimited)
- Low Sodium Soy Sauce
- All Spices (unlimited)
To Get Started:
Map out important events for the month and mark the one day each week you want to make your “off day” (e.g. your birthday, date night, Valentine’s Day)