**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)

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**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)

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**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
- 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)*
# DR. OZ’S TWO-WEEK RAPID WEIGHT LOSS PLAN

## RECIPES

<table>
<thead>
<tr>
<th>Breakfast Smoothie</th>
<th>Vegetable Broth</th>
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<tbody>
<tr>
<td>• 2 tablespoons rice protein powder</td>
<td>For every three quarts of water add:</td>
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<tr>
<td>• 2 tablespoons ground flaxseeds</td>
<td>• 1 large onion, chopped</td>
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<tr>
<td>• ½ cup frozen berries</td>
<td>• 2 carrots, sliced</td>
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<tr>
<td>• ½ banana</td>
<td>• 1 cup of winter squash cut into large cubes</td>
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<tr>
<td>• 1 cup unsweetened vanilla almond milk</td>
<td>• 1 cup of root vegetables: any of the following: turnips, parsnips, and rutabagas for sweetness</td>
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<td>• 2 cups of chopped greens: any of the following: kale, parsley, beet greens, collard greens, chard, dandelion,</td>
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<tr>
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<td>• 2 celery stalks</td>
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<td>• ½ cup of cabbage</td>
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<td>• 4 ½-inch slices of fresh ginger</td>
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<td>• 2 cloves of whole garlic (not chopped or crushed)</td>
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<td>• Sea salt, to taste</td>
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<td>Add all the ingredients at once and</td>
<td>Add all the ingredients at once and place on a low boil for approximately 60</td>
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<tr>
<td>place on a low boil for approximately</td>
<td>minutes. It may take a little longer. Simply continue to boil to taste.</td>
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<tr>
<td>60 minutes. It may take a little longer</td>
<td>Cool, strain (throw out the cooked vegetables), and store in a</td>
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<td>simply continue to boil to taste.</td>
<td>large, tightly-sealed glass container in the fridge.</td>
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<td>Cool, strain (throw out the cooked</td>
<td>Heat gently and drink up to 3–4 cups a day.</td>
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<td>vegetables), and store in a large,</td>
<td>Makes: 2 quarts or 8 cups</td>
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<tr>
<td>tightly-sealed glass container in the</td>
<td>Prep time: 30 minutes</td>
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<tr>
<td>fridge.</td>
<td>Cook time: 60 minutes</td>
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