

CHEMICAL DIET REGIMEN

by

Dr. Osama Hamdy, M.Sc.,M.D.

Consultant Endocrinologist, Harvard University, U.S.A.

Asst. professor of Internal Medicine & Endocrinology

Member of American Diabetes Association

Member of American Society of Hypertension

Weigh yourself at the beginning of this diet regimen and again after four weeks, it is expected that you will loose up to 20 Kgs over this period. This diet regimen depends on the *bio-chemical reactions* inside your body and *independent on the amount of calories* included in your daily meals.

Before you start, please read these general instructions carefully.

When the quantity of any food item is not specified, you may *eat as much as you want until satiety*.

You have to *follow this diet program exactly as it is*, and without any single change or personal modification.

Don't stop this diet regimen at any single point (if you want to stop for any personal reason, you have to *start it once more from the very beginning*).

You may use the normal scale to follow your progress in weight reduction on daily basis (you better use a digital scale with 100-200 gm sensitivity). Weighing must be on the same time daily and with just light clothes and after evacuating your bowels in the morning.

If you feel any hunger pains (although it is very rare), eat unlimited amount of either Cucumbers, Tomatoes, or Carrots (*only one of them*), providing that *at least two hours, at least, are elapsed since the last meal*.

You have to drink *ample* amount of water.

Boiled Vegetables means boiling them in water *without addition of any Oil or Fat*.

Salt may be added freely when required (*except for Hypertensive persons*).

Tea and / or Coffee is allowed freely, providing that they are *free of Sugar or Milk* (you may add artificial sweeteners as Candrill). Please *avoid Fruit Sugar*.

Only 1-2 Diet-Pepsi, Pepsi-Max, Cola-Light, Diet 7 p, or Soda drink allowed per day.

If you would like to repeat it once more, repeat the first week twice followed by the fourth week.

	First Week	Second Week	Third Week	Fourth Week		
Daily B'fast	Half Grape Fruit / Half Orange, with 1 or 2 Boiled eggs	Half Grape Fruit / Half Orange, with 1 or 2 Boiled eggs	All day menu, any amount. No separate Breakfast menu	Mentioned food (Qty) distributed over the day with no separate B'fast		
1	Lunch	One type Fruit only (Avoid Dates, Grapes, Mangoes, Bananas)	Two Boiled Eggs, Green Salad	All Day-Mix of Fruits avoid Dates, Mangoes, Grapes Bananas)	Boiled/Grilled-Meat/Chicken 250g 3 Tomatoes, 4 Cucumbers, 1 Brown Toast, 1 Orange / Grapefruit 1 Box washed Tuna (w/out Oil)	Fri
	Dinner	Grilled Meat without Fat (Avoid Lamb)	Two Boiled Eggs, 1 Orange / Grape Fruit			
2	Lunch	Chicken (Boiled/Grilled, no Skin) Tomatoes, 1 Orange/Grape Fruit	Grilled Meat, Green Salad	All Day Mixture of Boiled Vegetables (except Potato), Salads	Boiled/Grilled-Meat-200g 3 Tomatoes, 4 Cucumbers, 1 Brown Toast, 1 Orange/Grape Fruit/Apple	Sat
	Dinner	2 Boiled Eggs, 1 Brown Toast, 1 Orange/Grape Fruit, Green Salad	2 Boiled Eggs, 1 Orange / Grape Fruit			
3	Lunch	White Cheese (skimmed) (e.g. Cottage), 1 Toast, Tomatoes	Grilled Meat, Cucumber	All Day Mix of Fruits & Mix of Boiled Vegetables (exceptions as before), Salads	1 Spoon Cottage Cheese, 2 Tomatoes 2 Cucumbers, 1 Serve Boiled Vegetable 1 Brown Toast, 1 Orange / Grapefruit 1 Box washed Tuna (w/out Oil)	Sun
	Dinner	Grilled Meat without Fat (Avoid Lamb)	2 Boiled Eggs, Boiled Vegetables			
4	Lunch	One type Fruit only (Avoid Dates, Grapes, Mangoes, Bananas)	2 Boiled Eggs, White Cheese (skimmed), Boiled Vegetables	All Day Fish or Shrimp (Boiled or Grilled), Salads	Chicken (boiled/grilled)-250g 3 Tomatoes, 4 Cucumbers, 1 Brown Toast, 1 Orange / 1 Apple / 1 Grape Fruit	Mon
	Dinner	Grilled Meat, Green Salad	2 Boiled Eggs, Tomatoes, Boiled Vegetables			
5	Lunch	2 Boiled Eggs, Boiled Vegetables	Fish or Shrimp (boiled - Grilled)	All day - Grilled Meat or Grilled Chicken, Boiled Vegetables	Chicken (boiled/grilled)-250g 3 Tomatoes, 4 Cucumbers, 2 Boiled Eggs, 1 Orange/Grape Fruit/Lettuce	Tue
	Dinner	Fish (Boiled or Grilled), Green Salad, 1 Orange / Grape Fruit	2 Boiled Eggs, Boiled Vegetables			
6	Lunch	One type Fruit only (Avoid Dates, Grapes, Mangoes, Bananas)	Grilled Meat, Tomatoes, 1 Orange / Grape Fruit	One Type of Fruit (avoid Dates, Mangoes, Grapes, Bananas)	2 pcs White Chicken Breast 2 Spoons Cottage Cheese, 1 Brown Toast, 2 Tomatoes, 2 Cucumbers, 1 Orange/Grape Fruit, 1 Yoghurt	Wed
	Dinner	Grilled Meat, Green Salad	Mix of Fruits (Avoid Dates, Grapes, Mangoes, Bananas)			
7	Lunch	Chicken (as Before), Boiled Vegetables, Tomatoes, 1 Orange/Grape Fruit	Chicken (Bld/Gril, no Skin), Boiled Vegtbls, Tomatoes, 1 Orange/Grp Frt	One Type of Fruit (avoid Dates, Mangoes, Grapes, Bananas)	1 Box washed Tuna (no Oil), 1 Spoon Cottage Cheese, 1 Brown Toast, 2 Tomatoes, 1 serve Boiled vegetables. 1 Orange/Grape Fruit	Thur
	Dinner	Boiled Vegetables	Chicken (Bld/Gril, no Skin), 1 Orange Tomatoes, 1 Orange/Grape Fruit			