

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

a28. Types of foods for a quick lunch

By Dr. Victor Jean Ouellette

Modified March 6, 2008

Snack on dried fruits, cranberries, blueberries, dark raisins, papaya, mango, figs and dates. Go easy on the mango as it is a high glyceric food. Nuts, like walnuts, and almonds are very good.

Vegetables all raw, baby carrots, celery, broccoli, cauliflower, and some Romaine Lettuce and many other Lettuces. Take a fruit juice grape and cranberry or mixes of various fruits are good, but they may have a lot of sugar. You can, however, dilute the juices and still have a good drink.

If you want a protein in your meal then put in some tuna, salmon, or turkey. Have them all made up the night before. REMEMBER it is the volume of food that you consume that gets you into trouble so, keep the total volume low. That may mean your lunch may not seem filling to you. Have more of these foods for a snack a bit later if you are hungry.

You have to go hungry if you want to take weight off. Any diet that says otherwise is just fooling you and will fail. The trick is to learn to be at this hungry state for several days in a row. Periodically you can enjoy more, but be warned weight will come back on if you eat till you are full very often and you will not be gaining the advantages of longer life that one gets on the lower Calorie diet.

When you exercise strenuously you can eat a bit more. You will eventually learn how much more to eat. If you have a microwave at work, you can take a pre cooked brown rice with spinach pasta dish. But, be careful on the volume as this is a carbohydrate that can go right to fat if you take too much. And yes, you can use a tomato sauce but, beware that they may contain a lot of oil.

The real problem is dealing with depression and food. Depressed people often eat way too much because it makes them feel good. Deal with the depression using health care professionals.

Copyright April 2004, Dr. Victor Jean Ouellette, All Rights Reserved