

"Skip the lies, go straight to the diet."

*The **S**traight **D**iet*



About The Straight Diet

The Straight Diet is a plan that doesn't promise fast results or effortless changes but will help you achieve your weight loss and nutrition goals. Diets that work don't deliver results overnight and they do require difficult (but manageable) changes. With patience and perseverance you will reach your weight loss goal and stay there.

The Straight Diet is a 9 week plan that emphasizes making changes slowly and getting used to them before moving on to the next step. This way, you won't be bombarded with new routines that you've never had to live by. Changing is easier if you have time to adjust and The Straight Diet gives you that extra time.



Follow the directions for the week that you are on. You might be tempted to skip ahead if you have already grasped the concept but giving yourself more time will allow you to fully adjust to the weekly changes. If you feel like you need more time to adjust to the changes take it but don't stay on one week for too long.

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Week 1: Counting Calories

For the first week you won't need to make any adjustments to your diet. This week will focus on making you aware of the calories you're taking in. A lot of people already try to do this mentally but it doesn't provide an accurate number. Most people underestimate the number of calories they eat and wonder why their weight is going up. Writing them down will give you a good idea of what you're actually taking in and may even surprise you.

While this may seem like a huge step, it is a necessary one and doesn't have to be permanent. In the initial stage of a diet, it is important that you know how many calories you are taking in.

For this week you will get into the habit of counting calories as well as grams of fat, carbohydrates and protein. The main ways of counting calories is in a notebook, using a spreadsheet program (such as Excel) or even using software specifically designed to count calories.

Related Links

- [What is a good way to count calories?](#)
- [Properly Reading a Nutrition Label](#)





Week 2: Measuring & Change

You should now be comfortably counting your calories each day. Last week you didn't make any changes to your diet but this week you will. The main way to control the amount of calories you take in is to know what a serving actually is.

People usually look at the nutrition label and see the number of calories. They probably eat more than one serving but only count it as one. This week you will get to know serving sizes.

Start off by buying a set of measuring cups, spoons and even a food scale and start measuring out the food you eat according to the serving size listed on the label. While you still don't have to limit yourself, be mindful of how many calories you are actually taking in now that you are measuring your food.

You will also start changing what kind of calories you take in. Fat, carbohydrates and protein all contribute calories to your meals but not all calories are equal. They all have their own unique functions and their own recommendations.

Fat should be limited to no more than 30% of your total calories and carbohydrates should account for 55% - 65% of your intake. To figure out your protein intake, multiply your weight in pounds by 0.36 (or multiply your weight in kilograms by 0.8). These numbers are more of a guideline than something that you have to follow strictly (however, try staying as close to these numbers as you can).



Total Calories	Total Fat	Total Carbs	Total Protein (140 lbs)
1500	50 grams	206-244 grams	50 grams
2000	66	275-325	50
2500	83	344-406	50

Related Links

- [Guide to Understanding Nutrition](#)



Week 3: Cut the Calories

Until now you've been eating freely, but the main part of a diet is to lose weight. You'll now need to start cutting calories. Healthy weight loss is 1-2 pounds (0.45-0.9 kilograms) per week. Sticking to the 1-2 pound rule will keep you healthy and increase the chances of a) staying on your diet and b) keeping the weight off.

You need to figure out how many calories you burn each day. The [Daily Calorie Needs Calculator](#) will give you an estimate. To lose 1 pound (0.45 kilogram) per week you'll need a deficit of 500 calories per day. To lose 2 pounds (0.9 kilograms) per week you'll need a deficit of 1000 calories per day. Figuring out how many calories you should take in doesn't end now. You have to monitor your progress and adapt accordingly. If you aren't losing weight, cut some calories out. If you are losing weight too quickly, add some back in. You should never go under 1200 calories. Doing so will put your body into a starvation mode and prevent you from losing weight.



The easiest way to cut calories is to switch to low fat versions of food and remove most and even all junk foods. This week, concentrate on eating the amount of calories you should be eating to reach your weight loss goal. Use your calorie counting method throughout the day to keep yourself on track and avoid realizing too late that you are over your calorie limit.

Related Links

- [Beginners Guide to Dieting](#)



Week 4: Good vs. Bad: Fats & Proteins

Last week you started cutting calories and you should now be on the path to losing a healthy 1-2 pounds per week. This week you'll start to separate calories into good ones and bad ones. While all calories can make you gain weight, there are some calories that can also cause serious negative as well as positive health effects. Your goal should be to maximize those healthy calories while reducing your intake of unhealthy ones.

Fat can be separated into two different categories: saturated and unsaturated. Basically, saturated fats are bad and unsaturated fats are good. Saturated fats can be found mostly in animal sources such as milk, cheese and meat (and coconuts). Even if you weren't on a diet, limiting saturated fats a must. Completely eliminating them isn't necessary. Switch to low fat or fat free versions of these foods. Unsaturated fats come mostly plant sources and fish. These fats have been shown to be healthy for your heart and reduce the risk of cardiovascular disease which is very prevalent in the developed world.

You should already be limiting your total fat intake to 30% of your total calories. Your goal for this week will be to separate fat into unsaturated and saturated sources. You will limit your intake of saturated fats to 10% of your total intake 20% will come from unsaturated sources.



Total Calories	Total Fat (30%)	Saturated (10%)	Unsaturated (20%)
1500	50 grams	16 grams	32 grams
2000	66	22	44
2500	83	27	54

Some forms of protein are associated with high amounts of saturated fats. Good sources come from meat that is low in saturated fat. Some examples are lean cuts of beef, chicken, turkey and fish. Soy is also a good source of protein and healthy for your heart. Low fat and fat free versions of dairy are also great sources of quality protein. Your second goal for this week is to eat protein that is low in fat.

Related Links

- [Guide to Dietary Fat](#)
- [Guide to Proteins](#)



Week 5: Good vs. Bad Carbs

Last week you learned the importance of good fats and proteins in your diet. This week you'll concentrate on improving your intake of carbohydrates. Like fats and proteins, carbohydrates can be broken down into two groups, simply; good and bad.

Good (complex) carbs are those that come from whole grains, fruit and vegetables. These are high in fiber, vitamins and minerals. They are digested slowly and because of this will leave you feeling full for a longer period of time. This will help you eat less throughout the day while also giving you less ups and downs in terms of energy (sugar rushes).

Bad (simple) carbs are those that come from candy, soda and refined (white) flour. These are associated with little or no vitamins, minerals and fiber. They are digested quickly and leaving you hungry and wanting more food. Loading your diet up with these calories will leave you with a burst of energy that will quickly leave you tired.



Your goal this week will be to maximize your intake of whole grains, fruit and vegetables while drastically cutting your consumption of candy, soda, refined flour and anything else high in sugar and low in vitamins, minerals and fiber. Change from white to 100% whole wheat breads and get at least 5 servings of fruit/vegetables a day. Most fruit and vegetables are very low in calories and very high in nutrients. Because of this, fruit and vegetables can be a free food. You can eat as much as you want without worrying about the calorie intake from them. Be careful about certain fruits and vegetables as some do contain a lot of calories (avocados, olives, coconuts).

Related Links

- [Guide to Carbohydrates](#)



Week 6: Fast Food & Healthy Snacking

By now you should know the basics of how to eat healthy meals. Good carbs, healthy fats and lean protein are the major parts. When you're at home and you know what you put into your food, these objectives are easy to achieve. When you're out you can only guess what's in your food.

Fast food can derail your diet very quickly. Don't be surprised if just one meal from a fast food restaurant has 1000 calories. Depending on where you go and what your choices are, that number can get even higher.

Calories are just part of what's wrong with fast food. If you were eating 1000 calories of unsaturated fats and complex carbohydrates, it would be one thing but fast food is usually made up of saturated fat served on a white hamburger bun. You can't get much worse than that.

Your first goal this week will be to limit your intake of fast food or to make smarter fast food choices. Sometimes there is no time and you have to choose between being hungry and eating a hamburger. Salads, sandwiches, chicken and fish always beat out fried foods, hamburgers and sodas.

Another area that can slow your weight loss down is unhealthy snacking. Most people have a few big meals and snacks in between. These snacks can make or break you in the long run.

Your second goal this week is to eat healthy snacks. Stay away from potato chips, pretzels and dips and try to eat baked chips, fruits and yogurts. These are lower in fat and higher in vitamins and minerals (except for the baked chips which are just lower in fat).



Related Links

- [Guide to Eating Out](#)
- [Guide to Healthy Snacking](#)



Week 7: Start Cooking

One of the most important aspects of a diet is knowing what you put into your body. Apart from calories, you have to know the about the age of the ingredients you use, types of preservatives and chemicals that are also in food and the cleanliness of the kitchen. The only way to make certain that all of these are up to your standards is to cook your own meals.

Your goal for this week is to start cooking your own food. If you've never cooked on a regular basis then this can be the most challenging step of this plan. Cooking doesn't have to be a chore. You should try to have fun with it and enjoy all the new foods that you'll soon be eating.

If you have no idea where to start, check your local bookstore for cookbooks. There are also plenty of sites on the internet that teach you how to cook and provide free recipes. You won't make culinary masterpieces overnight, but in time you and your family will begin to enjoy your creations.

You don't need to cook every night. You should make enough so that you'll have leftovers. This will give you a chance to take a break from cooking since it can be time consuming.

This week, start by cooking at least twice. Next week try for three times and keep going up one day until you have home made food everyday of the week. With time it'll seem natural, like brushing your teeth or cleaning your room. Keep in mind that cooking doesn't have to mean a huge meal with trimmings. It can be as easy as rice, sandwiches and salads.



Related Links

- [Make Your Own Menu](#)
- [Advanced Guide to Dieting](#)



Week 8: Cheat Day

Generally, being on a diet means restricting calories to lose weight. Usually, these calories come from the really good ones foods like hot dogs, cake and potato chips. While there is room for these foods in a diet, (even on a daily basis) eating too many of them will cause you to gain weight.

Starting this week, you can allow yourself to have one "cheat day" per week. It is voluntary but it will help you get through the tough times of your diet. A cheat day is a day in which you don't have to count your calories, measure your food or cook healthy meals.

This day will allow you to have your favorite foods while still continuing on your diet. You can have snacks that are normally off limits or you can treat yourself to a night out at a restaurant. If you want, you can even do both.

Having a cheat day isn't a prescription to go overboard. Cheat day or not, loading up on calories will cause weight gain. The point of this day is to allow you to have the foods you love without feeling as if you've ruined your entire diet.



Related Links

- [Cheat Days](#)

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