

# YOU: ON A DIET

**The Owner's Manual for Waist Management**  
By Michael F. Roizen, MD, and Mehmet C. Oz, MD

This free shopping list gives you a jump start on the waist-reducing, health-boosting plan you'll find in [YOU: On a Diet](#), and from the interactive tools at [RealAge.com](#), official home of the **YOU** tools and techniques.

"The foods on this list make your body want to burn fat, not store it," say Drs. Roizen and Oz, who wrote this book for the "millions of people who have dieted hard, so they can learn to diet smart."

## YOU: On a Diet Sneak Peek: Before YOU Start, Go Shopping

Step 1 on the 14-day YOU diet: Dump your fridge's contents. And empty your cupboards too. Because your current kitchen is probably filled with a lot of bad dudes. We want to turn your kitchen into a nutritional honor society, so that it's filled with healthy, delicious, YOUth-ful foods that make it easy (and automatic!) to eat right.

Check food labels and get rid of everything that lists any of these as one of the top five ingredients:

- Simple sugars—dextrose, sucrose, anything with "ose," especially high-fructose corn syrup (HFCS); sugars are loaded with calories and they put you into a cycle of craving high-calorie foods
- Enriched, bleached or refined flour—in other words, flour that's been stripped of its natural nutrients
- Saturated fat—it's aging as well as artery-clogging
- Trans fat—it's no secret that almost nothing edible is worse for your body.

So read the labels on everything in your cupboards, your fridge, your secret boxes, and anywhere else you stash food. It's time to rid your kitchen of the nutritional felons. Then, go shopping.

The first week, you'll have a big grocery list because you'll stock up on essentials as well as ingredients you'll need for YOU: On a Diet recipes (which are easy and great). Yeah, it's a long list but don't be daunted. Just buy it in stages—staples now, frozen stuff next, perishables at the last minute—so as soon as the book comes out, you're ready to go!

Meanwhile, hold this thought—**waist is more important than weight**, because belly fat is one of the strongest predictors of weight-related diseases from diabetes to stroke. Of course you'll lose pounds (a lot of them), but especially around the middle. So ditch the scale in favor of the tape measure. And expect to **take off 2 inches in about 2 weeks!**





## Time To Go Shopping!

- You can also use the YOU: On a Diet Menu Planner at [RealAge.com](http://RealAge.com) to print out a personalized shopping list the instant the book goes on sale.
- There's a lot of food here because to lose weight, you have to eat, and eat often, 5 or 6 times a day. Skipping meals or undereating makes your body start to store fat.
- If you're buying everything at once, shop the way this list is organized—from the inside of the store out—so that heat and bacteria have less time to undermine cold foods and fresh produce before you get home.

### INSIDE AISLES: GRAINS

- 1 box cold oat cereal (Cheerios)
- 1 package 100% whole-wheat or whole grain English muffins
- 1 (12-inch or 10-ounce) prepared thin whole-grain pizza crust
- 1 box short grain brown rice
- 1 box whole wheat rigatoni or linguini pasta
- 1 box steel-cut oatmeal
- 1 bag small whole-wheat pita breads
- 1 bag whole wheat-tortillas

### INSIDE AISLES: CANNED ITEMS

- 2 quarts (8 cups) low salt vegetable or chicken stock or broth
- 1 can (15 or 16 ounces) white beans
- 2 cans (14.5 ounces each) stewed tomatoes
- 16 ounces tomato sauce (with olive or canola oil and fewer than 4 gm sugar per half cup)
- 1 jar calamata olives, halved
- 1 jar olive relish or tapenade
- 1 can sun-dried tomato bits or finely chopped sun-dried tomatoes (not in oil)
- 2 cans unsweetened peaches or tangerines
- 1 small can jalapeno peppers
- 1 jar popping corn (enough to make 8 cups)
- 1 jar unsweetened apple juice or cider (preferably organic)
- 1 jar apple butter
- 1 jar all-natural peanut butter (non-trans fat peanut butter)

### INSIDE AISLES: DRIED FRUITS & NUTS

- 1 bag raw walnuts (at least 8 ounces)
- 1 bag raw hazelnuts (at least 4 ounces)
- 1 bag raw almonds (at least 4 ounces)
- 1 bag slivered almonds (at least ¼ cup)
- 1 bag dried cranberries (at least ¾ cup)
- 1 bag dried apricots
- 1 package chopped pistachios (enough for 1½ tablespoons)



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## **STAPLE CONDIMENTS/SPICES**

*You may have many of these; if not buy and refill as needed.*

Olive oil

Salt

Pepper

Fresh garlic

Low sodium soy sauce

Balsamic vinegar

Wine vinegar

Maple syrup (look for a brand that doesn't have HFCS listed in the first four ingredients)

Marinara sauce or other red tomato sauce

Dijon mustard

Hot red pepper sauce

Spray-on canola oil

Nutmeg

Cinnamon

Your favorite coffee or tea

Dark chocolate bar with at least 70 percent cocoa or 1 small bag mini semisweet all-cocoa chocolate chips (Not milk chocolate and without milk fat)

## **HEALTH FOOD AISLE or HEALTH FOOD STORE**

Soy protein (such as Nature's Plus Spiru-Tein)

Psyllium

Flaxseed

## **OTHER**

1 bottle white wine

## **REFRIGERATED ITEMS**

1 half-gallon skim milk or low-fat soy milk fortified with calcium and vitamin D

14 oz. 100% orange or grapefruit juice with pulp fortified with calcium, magnesium and vitamin D

1½ cups (6 ounces) crumbled farmer cheese

6 eggs

1 bag finely shredded part-skim mozzarella cheese (at least 2 ounces)

8 4-ounce containers probiotic low-fat yogurt

## **CHICKEN/TURKEY/FISH**

2 bone-in chicken thighs without skin

2 skinless, boneless chicken breast halves (about 4 ounces each)

12 ounces sliced cooked salmon (or white turkey or chicken from the deli)

8 ounces skinless salmon fillets (or skinless turkey or chicken breasts)

1 whole fish (trout, orata or branzini, about 4 ounces per serving)



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## **FROZEN FOOD**

- 1 box Boca Spicy Chik'n Patties
- 1 bag frozen unsweetened blueberries
- 1 bag frozen unsweetened raspberries
- 1 small container nonfat or low-fat vanilla frozen yogurt

## **PRODUCE AREA (buy last)**

Wild card: If you especially like particular fruits or vegetables, buy them in whatever quantities you want and eat them as substitutions or additions to your recipes (especially in season).

- 3 10-ounce bags of salad mix (classic romaine or other mixed-greens salad)
- 10 cups mixed mesclun or spring greens
- 1 pound cut-up stir-fry veggies (asparagus, broccoli, cauliflower, mushrooms, multi-colored bell peppers, red and white onions, zucchini)
- Sliced carrots, apples, broccoli and/or celery in a package
- 2 pounds other veggies (your choice) to sauté
- 5 small apples (Jonagold or Ambrosia)
- 2 small plums
- 3 tomatoes
- 1 bunch carrots
- 1 bunch bananas
- 2 red bell peppers
- 1 yellow or orange bell pepper
- 1 small head cabbage
- 1 cup thin green beans
- 1 pound asparagus spears
- 1 small eggplant
- 3 shallots
- 1 bulb garlic
- 3 medium yellow onions
- 1 small dried ancho or pasilla chili pepper
- 1 large russet baking potato
- ¼ cup parsley
- 1 bunch each fresh parsley, basil, rosemary, thyme (or lemon thyme), chives, oregano, and chervil
- 1 piece ginger root
- 1 lime
- 1 avocado
- 1 small basket fresh raspberries (if unavailable, substitute frozen)
- 1 small basket fresh blueberries (if unavailable, substitute frozen)



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