

# DR. OZ'S TWO-WEEK RAPID WEIGHT LOSS PLAN

## 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)

## 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)

## SHOPPING LIST

- Rice protein powder (28 tbsp)
- 1 ¼ 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  
 4 cups winter squash  
 2 cups cabbage  
 8 cloves whole garlic  
 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)  
 8 carrots  
 8 celery stalks  
 Dried ginger  
 Sea salt, to taste
- (Or you can buy low sodium organic broth from the grocery store)*