

Phase 1 Loading

Do **NOT** try to limit your food during these days; the fattening food is necessary for the diet to work correctly, and more importantly to re-establish the structural fat that's been reduced or lost by years of fad dieting. The more you eat, the better you will lose weight during the VLCD stage. If you don't load to the fullest extent, you will feel extreme hunger during the VLCD. Loading to the max will cause you to have very little hunger. You **SHOULD** gain weight on the loading days. You will lose it all within the first week, probably even the first 2 days!

Be sure to take pictures and measurements at this beginning stage so you can see the difference in your body and watch those inches melt away! The best thing to remember is to always measure in the same location. (You will receive a Pre Analysis Form as part of your coaching)

The idea is to load up on fatty items, more than carbs. You can eat carbs if you wish, but you really should concentrate on the fats more. Many people find this a bit confusing, and aren't sure what to eat. Well, here is where it gets fun! Ice cream, cheese, eggs, bacon, milkshakes, Sizzler Steak with Cheese Fries with Dressing, Hungry Jacks Triple Bacon Cheeseburgers, all the things you so carefully avoid during 'regular' diets are *encouraged* during the Load.

Here are some sample foods to eat, both the 'healthy' fats and the 'unhealthy' ones. You choose which to eat, just make sure you eat a *lot* of them!!

- Healthy Cold Pressed Oils
- Drizzle Extra Virgin Olive Oil, Sesame Oil, Coconut Oil on everything!
- Avocados
- Nuts: Especially Walnuts, Macadamia Nuts, Pecans, Pine Nuts, in that order, can really boost your fat gram load
- Nut Butters & Tahini
- Seeds: Sesame, Sunflower, Pumpkin are all great!
- Coconut: The oil, the milk, the meat
- Olives: Green or black, and stuff them with Tahini!

- Eat foods that you crave that are especially high in fat such as Dairy Queen, cakes, cookies, custards, creams, pastries, chocolate, etc. as it has a psychological effect of saying good bye (for now!)
- cheeses, especially French cheeses that are creamy and fatty, like brie
- Bacon, eggs, sausage! Make huge omelets with meats and cheeses
- Pizza!!!!
- CHOCOLATE!!!
- Mexican food
- Focus on high caloric creamy foods.
- Drink whatever you want on your load days; including soda, beer, wine, spirits etc.
- Fast food: KFC, Macca's, Hungry Jacks, Domino's, Souvlaki Hut, Subway...go for it! (IF YOU MUST)
- Dr. Simeons specifically lists milk chocolate, pastries with whipped cream, sugar, fried meats (particularly pork), eggs and bacon, mayonnaise, bread with thick butter and jam, etc.

More things to eat on a load:

- Pizza
- Toast cheese and ham sandwiches
- Chocolate Mud Cake
- Sushi
- Milkshakes
- Baskin & Robbins Ice Cream
- Bacon
- Indian Curry
- Eggs & Cheese
- Nuts
- French Fries
- Fried Chicken
- Biscuits – Tim Tams
- Salmon
- Subway sandwiches
- Chinese food

- Heavy Cream in my tea and coffee

We personally found this Phase the most difficult as we were not accustomed to eating this way...but we knew It was part of our road to SUCCESS ... just “suck it up” as they say.

