

# **THE DIET SOLUTION**

## **FAT LOSS JUMPSTART**

**1 Week  
Kickstart  
To Your  
Metabolism**

**By Isabel  
De Los Rios**



## *Introduction*

The meal plans and nutrition principles that follow are a culmination of 15 years of research and study into exactly what works to achieve a lean body.

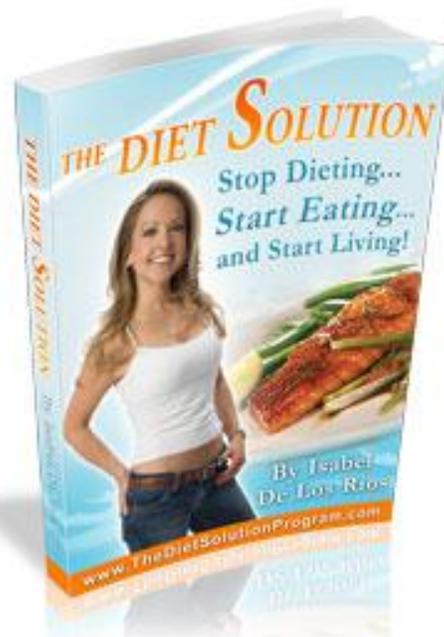
I assure you that none of these rules are “unhealthy” or “extreme”. On the contrary, they are the best principles you can incorporate to not only get you jumpstarted on your fat loss success but to also help you achieve a level of health and wellbeing that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. I stay lean all year long and I do it by following these principles and eating very similar meal plans to the ones I have outlined below. I don't deprive myself and I am not miserable “on a diet”. It is actually, quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just do it “half-way”. Go 100% and see your body transform in a way you may have never seen before.

All the best!  
Isabel De Los Rios  
Author of [The Diet Solution Program](http://www.TheDietSolutionProgram.com)



## *The Best Diet Plan is NO Diet at all*



As a nutritionist, the most common question I get daily is “What is the Best Diet to follow?” My answer is always the same and one that shocks many people. “The best diet to follow is to follow NO diet at all.” How could any nutritionist wanting to promote health tell you not to follow a diet?”

Easy. I’m here to tell you that diets do not work. They are one of the most common reasons people have such a hard time losing weight. People are making the mistake of following a diet instead of following a delicious way of eating that will satisfy their hunger, their taste buds and help them reach and maintain an optimum weight and optimum health.

With all of the junk food, false advertising, and false information out in the world today, how is this even possible? A delicious way of eating healthy that will help me lose weight at the same time?

Yes, this is possible for you once you are armed with the correct information.

The best diet is going to be one that you can stick to (for more than just a week), one that includes delicious food and one you are happy with, not to mention one that you can maintain for a lifetime.

Here are a few tips that will help you develop the Best Diet for you:

### **1. Only eat food you enjoy.**

Well Isabel, that would be just great, but I enjoy pizza and donuts and that sure doesn’t seem to be helping me lose weight. Yes, I agree. What I mean here is don’t establish a crash diet of cottage cheese and grapefruit if you absolutely hate those 2

foods. Healthy food does not have to be akin to bird seed. How about scrambled whole eggs in butter with your favorite vegetables and 2 slices of sprouted grain toast? French toast made from healthy bread, and eggs? A juicy hamburger or steak for lunch or dinner? How about making your own pizza from healthy ingredients? I could go on and on with a long list of delicious foods. The point is you do not have to eat like a bird or eat tasteless food to be healthy and lose weight. Find the healthy foods you enjoy and get creative with those. You will find you will have an incredible amount of delicious food options.

## **2. Do not go cold turkey.**

Rome wasn't built in a day right? You do not have to change every single one of your habits overnight. Establishing one healthy eating habit each week or eliminate one "not so good" food every week. This will prove to be life changing in just 1-2 months. Not to mention it will eliminate any stress or anxiety you may have over changing all of your habits overnight. Start with the easiest one for you. How about drinking water? Can you replace your sugar drinks with water and just do that for one week? How about just cutting down on a few sodas and replacing them with water? One small step each week will make your transition simple and easy.

## **3. Do not go hungry.**

Another very common mistake I see is people starving themselves in an effort to lose weight quickly. The truth is you do not need to feel hunger in order to effectively lose weight. Actually, the contrary is true. You must give your body enough nourishment (good nourishment, that is) in order to see weight loss results. Make sure to feed your body consistently throughout the day. Breakfast, lunch and dinner are all important but so are snacks in between. Munching on things like raw nuts, fresh fruits and healthy trail mixes can really keep you from experiencing any hunger throughout the day and help control any cravings that may come up.

Remember that the Best Diet you can begin today is an eating plan that does NOT resemble a diet at all. Tell people you had French toast for breakfast, chicken stir fry for lunch and a juicy steak with potatoes for dinner and they will wonder how in the world you are losing weight and looking great. Easy, I stopped dieting and found the Best Diet for me!

Find out more information about how to eat delicious food and still lose weight with these [amazing fat loss tips!](#)

## One of Isabel's Favorite Fat Burning Foods

There is an incredible thing that happens when you lose weight and finally get your health in order (I'm not talking about buying a new bikini)...Everyone wants to know how you did it. Am I right?

This is exactly what has happened to my mom. Last year she lost 40 pounds and was able to stop taking her blood pressure and cholesterol medications just by using the principles in The Diet Solution (I haven't asked her about the bikini).

Now, even a year later, all of her friends are constantly calling her to ask their nutrition and health questions. Funny thing, they never want to talk to me, they only want to talk to her!

Last week my mom called me and needed a bit of help. *"Isabel, I tried to tell one of the ladies at the YMCA where I exercise that she should use coconut oil to cook and she nearly fell off the exercise machine. I think she thought I was trying to kill her. She said her doctor told her to stop eating all saturated fat and that oils like coconut oil are fattening. How do I explain to her that it's actually good for her?"*

This same scenario happens to me all the time. People have a really hard time believing that coconut oil is not "fattening" or "dangerous". We have all been falsely led to believe that fat, especially saturated fat, is the cause of our weight gain and health problems. This is only half true. Some fats like hydrogenated oils and vegetable oils do contribute to heart disease and weight gain but good fats like coconut oil, butter and olive oil are actually great fats for our bodies. Think about how much healthier people were in the late 1800's and very early 1900's. Heart disease was almost unheard of back then.



Let's put some of these MYTHS about coconut oil to rest right now.

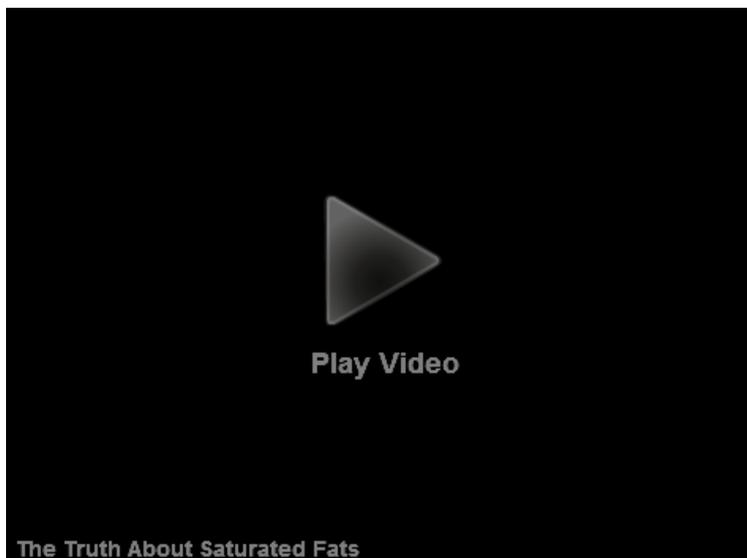
**Myth #1** – Coconut Oil contains a lot of fat so it must be fattening.

**Truth** – Not all fat makes you fat (I want to get this tattooed on my forehead). Certain fats do cause weight gain but other good fats will actually burn unwanted fat off your body and accelerate your metabolism. I explain this in much more detail in my video “Does Fat make you Fat?”. You can watch it [HERE](#).



**Myth #2** – Coconut Oil contains almost all saturated fat so it must be bad for you.

**Truth** – Saturated Fat is not the cause of heart disease, weight gain and high cholesterol. Saturated Fat has been falsely accused and it is SUGAR that is Enemy Numero Uno (It is worse than the Joker in Bat Man). I have explained this very thoroughly in my video “The Truth About Saturated Fat”. If you haven’t watched it already, you can watch it [HERE](#).



**Myth #3** – Coconut Oil should be avoided by those who are at risk for heart disease

**Truth** – The fat in coconut oil is one of the healthiest oils you can consume (yes, even for those with heart disease). It is rich in lauric acid, which is known for its antiviral, antibacterial, and antifungal properties and contains no trans-fat. The saturated fat in coconut oil is different than many other oils in that it is of the medium-chain fatty acid (MCFA) variety. The body digests MCFAs more easily and sends these fats directly to the liver where they are immediately converted into energy. Now isn't that great? A fat that is used to make energy instead of storing it on our bodies. We can all use some of that.

I highly recommend everyone use unrefined, organic coconut oil for all of their cooking needs. 1 – 2 tsps. for most cooking is more than enough. You can even use it raw if you like as I think, it tastes OH SO DELICIOUS! I usually have about 2-3 total TBSPs per day which is a perfect amount for a fat burning eating plan. While it's really good for you, there's no need to go overboard. Now go right ahead and enjoy your coconut oil.

## Meal Plans

### **Breakfast (7-8am)**

*Protein Choices: Choose One*  
1 organic egg + 3 whites  
2-3 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
(description of Recommended Brands below )  
2-3 oz leftover meat (beef, poultry, pork, fish) from the night before  
3 Tbsps Hummus (V – a vegetarian option)  
½ cup cottage cheese (V) \*  
2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices: Choose One*  
1 cup cooked broccoli  
1 cup cooked cauliflower  
1 cup sautéed spinach  
1 cup steamed asparagus

*Fruit Choices: Choose One*  
1 green apple  
1 pear  
½ medium banana  
½ cup strawberries or blueberries (or combination of both)

*Examples:* 1 egg + 3 whites  
1 cup steamed cauliflower  
1 green apple  
  
3 slices turkey bacon  
1 cup spinach  
½ medium banana  
  
3 Tbsp Hummus  
1 cup steamed cauliflower  
½ cup strawberries  
  
2 oz leftover salmon  
1 cup cooked broccoli  
1 pear

### **Snack #1 (10-11am) and Snack #2 (3-4pm)**

*Protein Choices:*    *Choose One*  
2 TBSP Natural, Raw Almond Butter (V)  
1 oz Raw Almonds (V)  
1 oz Raw Walnuts (V)  
1 oz Raw Pumpkin Seeds (V)  
1 oz Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz sliced turkey breast or chicken breast

*Vegetable Choices:* *Choose One*  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup broccoli or cauliflower

*Fruit Choices:*        *Choose One*  
1 green apple  
1 cup strawberries  
1 cup blueberries

*Examples:*            2 Tbsp Almond Butter  
                             Celery Sticks and 1 small green apple

2 hard boiled eggs  
½ yellow pepper  
1 cup blueberries

1 ounce raw walnuts  
6 baby carrots  
1 cup strawberries

### **Lunch (1-2pm) and Dinner (6-7pm)**

*Protein Choices:*    *Choose One*  
3-5 ounces chicken (dark or white meat) (\*\*See recipe on page 13)  
3-5 ounces turkey (dark or white meat)  
3-5 ounces fish (tuna only 1 time per week)  
2-4 ounces beef (lean varieties)  
1 cup cooked beans (any variety) or lentils (V)  
½ cup cottage cheese (V) \*

*Over a salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Vegetable Choices: Choose One*

- 1 cup cooked broccoli
- 1 cup cooked cauliflower (\*\*See recipe on page 14)
- 1 cup sautéed spinach
- 1 cup steamed asparagus

*Dressing:* Raw Apple Cider Vinegar  
2 tsps Extra Virgin Olive Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:* 4 oz grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup asparagus added to the salad or on the side  
Apple Cider Vinegar and 2 tsps olive oil as dressing

½ cup chickpeas + ½ cup kidney beans  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup cooked broccoli added to the salad or on the side  
Apple Cider Vinegar and 2 tsps olive oil as dressing

4 oz salmon  
Over sautéed spinach  
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

**Notes:**

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

All almonds, walnuts, pumpkin seeds, sunflower seeds and almond butter must be raw. They cannot be roasted. Roasting nuts takes a good food and turns it into a bad food!

Olive Oil must be Extra Virgin and preferably organic.

\*If you have chosen to take the 1 week “no wheat, no dairy” challenge, cottage cheese should be eliminated from your protein choices.

### **Typical Day Meals and Times:**

7am – Breakfast

10am – Snack #1

1pm – Lunch

3pm – Snack #2

6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

**Water Intake** –  $\frac{1}{2}$  of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

## Almond Crusted Chicken Recipe



The almonds turn this otherwise ordinary chicken dish into a crunchy, nutritious meal that packs a healthy dose of vitamin E and fiber.

### Ingredients

1 egg white  
3 teaspoons water  
6 ounces boneless, skinless chicken breast, pounded thin  
1/4 cup sliced almonds, coarsely chopped  
Celtic Sea Salt and pepper to taste

### Directions

1. Whisk egg white, water, salt, and pepper in small bowl. Dip the chicken breast into the egg mixture and dredge in almonds.
2. Heat a skillet over medium heat and lightly coat with unrefined coconut oil.
3. Sauté chicken on one side over medium heat for 3 minutes. Turn and cook for an additional 3 to 4 minutes, until cooked through.

## Garlic Mashed Cauliflower that I want you to believe are Mashed Potatoes



### Ingredients

- 1 head of cauliflower
- 1 small onion (red or yellow)
- 1-2 TBSP organic butter
- 1-2 cloves of garlic (this will depend on your taste)

### Directions

Steam or boil the cauliflower. Chop the onion and sauté it with either olive oil, butter or coconut oil. (My sister used olive oil. I used butter).

Add the cooked cauliflower to the sautéed onions and sauté together for approximately 8 minutes.

Take the cauliflower and onion sauté and puree in a food processor or blender. Add a tablespoon or more of butter and blend.

Take 2 cloves of garlic and chop them up into small pieces. Add more olive oil, butter or coconut oil to pan and cook the garlic until brown (but try not to burn it).

Pour the garlic into your mashed cauliflower and mix by hand.

Use this garlic mashed cauliflower in another delicious recipe – [DSP Approved Shepherd's Pie](#).

## More Great Information to Keep your Weight Loss Goals Moving Forward

If you've ever spent even 2 minutes on the internet, it's pretty clear that there is no shortage of weight loss, fat loss, and diet advice out in the world today.

In a way, this is kind of a good thing. If someone is motivated to lose weight and change the direction of their health, they've got a ton of wonderful information at their fingertips.

But, in a way, this is a very BAD thing as well, because based on what I've seen on a lot of weight loss and diet sites, the information is inaccurate, not scientifically based, and, in some cases, could even be detrimental to someone's health.

That is usually where the confusion begins...and for some...the INSANITY!

If you're not a nutrition and exercise expert yourself, how are you supposed to differentiate the good from the bad?

The following FREE 20 minute video that Isabel has put together for you contains a ton of great fat burning information you can put to use right away. Just by following the principles in this video you can see results right away.

If you want to know...

- Which foods you may think are helping you lose weight (but are actually causing you to gain weight)
- Which Carbs, Proteins, and Fats are the best to eat for maximum fat loss
- How to regulate specific hormones to cause fat burning in your body
- Exactly which strategies will never work when it comes to weight loss

Then this video is for you!

[Watch the Video NOW](#)

Find more delicious and healthy recipes [HERE](#)