**BREAKFAST**

1. **OPTION 1 - Dr. Miller’s smoothie recipe**
2. **OPTION 2 - Dr. Shashy’s smoothie recipe**
3. **OPTION 3 - Two slices bacon cooked well, and two to three eggs**
4. **OPTION 4 - Cheerios or other gluten free cereal. NO wheat-based cereal**
5. **OPTION 5 - Oatmeal with natural brown sugar and milk but watch calories. McDonald’s oatmeal( very, very good), Chic Filet Oatmeal,**
6. **OPTION 6 – 100-calorie yogurt and 6-10 mixed nuts, almonds, peanuts, or walnuts – count them**
7. **OPTION 7 – Almond/coconut milk yogurt w/ grain-free granola**
8. **OPTION 8 – Tara’s Juice recipe**
9. **OPTION 9 – Sweet potato pancakes w/ shitake bacon**
10. **OPTION 10- Quinoa( cook 15 minutes)-COOK plain, In a separate pot sautee small pieces of apples, honey, cinnamon with a little water for about 3-4 minutes till apples softer, mix with Quinoa**
11. **OPTION 11- buckwheat- uncooked, poor Kefir over it and let it sit overnight in the refrigerator**

**MORNING SNACK** 9 am (see below for list of snacks)

**LUNCH**

1. **OPTION 1- Salad with fixings and grilled chicken, plus any dressing. Be cautious of amount. No fried foods. Fruit for dessert.**

**Water or unsweet tea with lemon. No sweet tea, no half and half tea. No diet drinks – they make you hungry but I will allow if you can stick with then. I am not convinced they are not dangerous.**

1. **OPTION 2 - “meat and three”- grilled chicken, chicken salad, tuna salad, fish, shrimp, steak, roast beef, hamburger steak, pork chops and three vegetables. Potatoes are OK in moderation for taste but have a lot of calories. NO French fries.**
2. **OPTION 3 - No sandwiches. We are all faced with them. Get two sandwiches and dump insides on your plate, throw away the bread. Eat the meat, lettuce and tomato. Add an apple, orange, pear, peach, grapes , cantaloupe, strawberries , etc. Bread in general is a big controversy with regard gluten free eating programs. But, breads have so much sugar. If you must eat bread, eat Whole Grain bread and gluten-free Rye bread. I will eat bread if very, very special but rare. Cutting back breads is a must to lose weight.**
3. **OPTION 4 - TACOS! Yes, corn tacos are ok, even Taco Bell. Make at home with fresh ingredients, but reduce the number you eat. Chips and salsa and queso ok (see diary-free queso recipe) but once again, eat just a few.**
4. **OPTION 5 - Corn burritos (NOT WHEAT) - grilled chicken, steak, easy on sour cream and guacamole but both is ok, cheese, lettuce, and tomatoes.**
5. **OPTION 6 – FAJITAS - Chicken, beef, or shrimp. Sour cream and guacamole ok, but watch amount. Beans, cheese, lettuce, tomato, onions, bell peppers, ok**
6. **OPTION 7 – Eggplant pizza**
7. **OPTION 8- Quinoa salad- quinoa, arrugulaga greens, beans, grilled chicken**
8. **Option 8- Zakby’s cobb or house salad with chicken and NO fried onions**
9. **Option 9- Wendy’s fresh salads with grilled chicken and fruit-seasonal, add chili if you want**
10. **Option 10- Chic-fil-A- salad with grilled chicken and fruit cup**
11. **Option 11- Chipotle salad with beans, chicken, cheese, salsa, corn , quacamole, etc**
12. **Option 12- Moes hard tacos, or salad with grilled chicken or beef , beans, cheese, salsa, quacamole**
13. **Option 13- Zoes chicken salads, green salads, chicken Kabobs**
14. **Option 13- Cracker barrel- Grilled chicken on house salad, meat and three**
15. **Option 14- Tazikis- same mix of salad and chicken, NO PITA**
16. **Option 15- Mexican- substitute wheat tortillas for corn**
17. **Option 16- Dirk’s Filet and Vine- in old Cloverdale- meat and three**
18. **Option 17- Martin’s restaurant- meat and three and cornbread, not rolls**

**\*\*For a vegetarian option, substitute taco/burrito/fajita meat with tofu, tempeh or seitan.**

**AFTERNOON SNACK 3PM**

**DINNER**

1. **OPTION 1- Same as above but it is critical to cut back portion size, even snacks**
2. **OPTION 2- TWO SNACKS - instead of dinner eat one snack at dinner and one at bedtime**

**SNACKS**

1. **½ APPLE with peanut butter**
2. **100-calorie yogurt and six mixed nuts, peanuts, almonds, cashews, or walnuts. You can use half (50 calories) of the yogurt and use the other half for afternoon snack**
3. **Hummus with gluten- free chips**

**a. (Brand names- Wild Riceworks- Black Japonica rice chips- Publix, Winn Dixie**

**b. Food Should Taste So Good is brand, Multigrain gluten-free tortilla chips- Cosco)**

**c. Mary’s Gone crackers-Superseed Crackers- Publix, Winn Dixie**

**d. Snack Factory – Pretzel Chips- minis Gluten Free originals**

1. **Cheddar cheese strips on gluten-free chips**
2. **Peanut butter on gluten-free chips.**
3. **TERRA sweet potato chips with hummus or guacamole**
4. **I love these Gluten free chips and mix it up with either hummus, peanut butter or cheddar cheese. I eat this snack 5-10 times a week**
5. **½ Kind bar**
6. **Lentil chips with hummus, peanut butter or cheese**
7. **Snow peas with ranch dressing**
8. **Carrots with ranch dressing**
9. **Cauliflower with ranch dressing**
10. **Cauliflower buffalo bites**
11. **Fresh fruits with nuts**
12. **Broccoli with ranch dressing**
13. **Celery sticks plus salsa or hummus**
14. **Gluten-free chips plus salsa**
15. **Sweet potato-black bean snack( see below)**
16. **Quinoa chips with peanut butter, hummus, salsa,or cheddar cheese**
17. **Salsa with anything**
18. **DARK CHOCOLAT- are you kidding? It is my main “ sweet tooth cheat” but just one bar. Buy the thicker large bars, break off one or two squares- Diabetics NO.**
19. **Chick Fil-A- kiddie cup ice cream- I absolutely can not tell you if this is good for you or not, but when I am going crazy, I stop and get this. I have lost weight EVERY TIME by doing this in moderation- Diabetics NO**
20. **Red wine with strip of cheese- Diabetics NO**
21. **Glass of milk with 4-6 peanuts- I am still not sure about whole mild vs skim. Diabetics should use skim milk. I think pure whole milk is fine but may be wrong. I like 2%**

**Some of you are thinking, how can I lose weight eating what Dr Miller does? This looks pretty normal. Well it is, but remember, you have to watch portions. You have to burn off more than you eat. If you are in a wheelchair, you CANNOT eat as many calories as someone who is exercising seven days a week. But, you still must eat five small meals a day.**

**You can eat normally. You just must cut out the junk. Don’t cheat on things that will only make you hungry two hours later. And really watch portions. Sometimes I eat just one to two chips with hummus for my snack but I always eat.**

**Simply put, I eat the smoothie every morning for breakfast with exception of occasional bacon and eggs with fruit. I eat a snack at 9am, then a healthy meat and three lunch or a salad with chicken or shrimp. Then I eat a healthy snack around 3-4pm that cuts back my portions for dinner and a healthy, but small dinner. If I am hungry later, I eat another small snack. I eat all healthy during the week, then If I choose, cheat twice on the weekend but ONLY if it is special. I WON’T CHEAT AND EAT JUNK. I cut out sweet tea , soft drinks, fried foods, cakes, most desserts, and rarely eat breads. Unnecessary sugar and breads pour on the weight so I don’t do it.**

**Before you start:**

1. **Consult with your doctor, but unfortunately most of us don’t know.**
2. **Get basic lab work- CBC, chemistry profile, hemoglobin A1C, thyroid screen, vitamin D, fasting lipid profile, vitamin B12 and if a woman , a ferritin level for iron stores and use my LIFELAB log on my website to log your lab for life. Keep up with it**
3. **After age 40, yearly physicals.**
4. **Find out from your doctor your colonoscophy, Pap smear, mammogram, prostate exam, breast exam, CXR schedule for life as pertains to your health.**
5. **Diabetics- after reviewing Diabetic.org and many diabetic diets,I really think this is perfect for you if you add some whole grains, but consult your doctor and eliminate items on this list with bad sugar content. Most of what is here is natural sugars. No sweet, desserts, sweet tea, soft drinks. Fruits and all natural sugars are ok.**

**If you are going to eat Gluten-free all the time and the only people I recommend this to all the time are those with Celiac disease, then you need supplements. But, if you are like me and like how you feel “Gluten-pseudo free” you must take a Vitamin Supplement. I recommend GNC Green vitamins- Men or Women over 50 or under 50. I am sure just something like a Centrum Silver is fine. I like these because they have all you need in daily packs to just tear open. C. Everett Koop, MD , the Surgeon General under President Bush, recommended a Vitamin group like this and I have always taken this cocktail.**

**Remember, be healthy. Try some form of exercise and take in less or equal to what you exercise off. I love this eating program, but it does require thinking. I love eating and food is very important to me and I eat a lot of great meals without dieting. Have fun and feel better.**

**Caudill Miller, MD**

**Sweet potato-black bean recipe (gluten free)**

**Peel one sweet potato and cut into bite-size pieces. Drain and rinse one can black beans. Combine in large bowl. Toss with olive oil and add garlic powder, curry powder, salt and pepper to taste. If you like heat, add a little Mongolian Fire Oil (Publix), or, for other flavors, use various infused olive oils. Lemon or lime zest or other herbs can be used as well. Spread over a cookie sheet and bake for 15-20 minutes.**

**Dr. Shashy’s smoothie recipe**

**1 cup blackberries (or strawberries) 1 cup blueberries (or raspberries) one-half banana one half cup UNCOOKED old fashioned oatmeal (not the quick kind) water or ice - make as thick or thin as you wish**