

The Gregg Diet- Eat a Lot

Contributed by Gregg Elberg
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The Gregg Diet- Eat a Lot is a follow up article to The Gregg Diet- It's the Rub, an article written by this author about six months ago. The article re-examines the premise of this diet, the challenges of staying with it, and how mass quantities of the right foods can help you loose weight.

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The Gregg Diet- It's the Rub works. But it only works if you stick to the rules. In the first article listed 7 rules for weight loss. There is one more principal, Rule number 8, which really helps: Eat a lot of the right types of food if you have a big appetite. Let me digress for a moment.

{bot_wrgoogle}My doctor recently "pardoned" me from the quarterly checkups to detect routine problems and trends because my weight loss seemed permanent. Then an unfortunate turn of events transpired. The weight loss was not permanent and never will be unless the lifestyle change is permanent.

Any diet is a challenge. It is interesting that no matter how well a diet works, if you go off of it for several weeks you pack the pounds back on. About 15 pounds came back to me in a period of about 6 weeks. This was alarming. Query: How could I follow the rules better and get back on the road to a healthier lifestyle? What was the problem following the rules?

Answer: Eat a lot of the right types of food to offset your hunger and fool your body to feel full without many calories or calories from fat.

The seven original rules for the Gregg Diet are:

- 1) Skip one meal per day.
- 2) Eat as little fat as possible.
- 3) Exercise for at least 45 minutes per day.
- 4) No alcohol allowed.
- 5) Do not cheat on the above four rules more than one day per week.
- 6) Weigh yourself every day at approximately the same time of day
- 7) Stick to it on a permanent basis.

To which please add rule number 8: Eat a lot.

Looking back on the last six months it is clear that skipping one meal a day is easy; it is a habit you can learn. Simply pick the time of day when you usually are not so hungry and try skipping that meal.

Eating as little fat as possible is a matter of paying attention to labels of any prepared food that you are eating. There is an excellent new book called "The Omnivore's Dilemma" by Michael Pollan.

A synopsis of the book states: "Today, buffeted by one food fad after another, America is suffering from what can only be described as a nation eating disorder. Will it be fast food tonight, or something organic? Or perhaps something we grew ourselves? The question of what to have for dinner has confronted us since man discovered fire. But as Michael Pollan explains in this revolutionary book, how we answer it not, at the dawn of the twenty-first century, may determine our survival as a species." It may also determine your survival as an individual.

How do you eat a lot and loose weight at the same time? Follow the 8 rules of the Gregg Diet. Use the tricks that are suggested. Use the rub. Try these two new tricks:

Huge bowl of soup trick:

Chop up the following vegetables:

2 carrots

1 bell pepper

1 cup broccoli

1 cup fresh spinach

1 tomato

Add any other vegetable that you like

Put all of the above in a huge bowl and microwave on high for 7 minutes. Then add a can of low fat, low calorie canned soup such as chicken noodle, beef barley, or roasted pepper and squash soup. Check the label on the soup so you are not eating more than 250 calories from the soup. Add your favorite spices, the rub or perhaps some curry powder and microwave on high for 5 minutes. Eat a lot- as much as possible and you will be full.

Huge salad trick:

Shred the hearts of three romaine lettuce heads into a big bowl

Add leftover fish or chicken

Add ½ cup of garbanzo or red beans

Add one chopped cucumber, peeled and seeded

Add one chopped tomato

For the salad dressing, add no oil. Use your favorite vinegar and some garlic salt if you like this taste. Other substitutes are the rub, smoke salt, anchovies, capers, grey poupon/dijon mustard plus artificial sweetener if you like a honey like taste.

The bottom line: The Gregg Diet works. Eat a lot and loose weight. Just remember not to cheat more than one day per week.

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