

# The Crash Diet Manifesto

**This is an effective short-term weight loss diet for those who are obese and need to lose weight quickly.** This isn't a "diet book." It doesn't go through the ins and outs of nutrition. ***Disclaimer: I'm not a doctor or healthcare professional and this isn't medical advice.*** Talk to your doctor about this diet before getting started. Diabetics need to be especially careful: your insulin and meds will need to be adjusted. If adjustments are not made, you could experience hypos, which are dangerous. Do not go on this diet if you are pregnant.

There is no one diet plan that's right for everyone. What I propose here may or may not be right for you. This diet will work if you stick to it. You will shed weight quickly and feel good doing it.

**This is a very low calorie diet (VLCD).** For most men that means 800 calories/day, for most women it's 600. A good way to go is to split your calories up into three or four small meals per day.

**How much weight will I lose?** Men and women who are obese typically lose three to five pounds each week on a VLCD eating plan. You'll also lose water weight up-front, which will lead to a few more pounds of loss over the first week or so.

**You must be super picky about the foods you eat.** At 800 cal/per day, to get (say) 100g of whole protein, you'd need to get half your calories from lean meat like tuna and skinless chicken breast. In terms of fruit and vegetables, stick to the low-carb varieties such as leafy greens, berries and melons. Beyond this, go for fats - they're much more satiating: eggs fried in butter, ranch or blue dressing on salads, nuts, bulletproof coffee, etc.

**Counting protein, calories and keeping a log:** There is absolutely no way to succeed at this without keeping a log to track calories and protein. Weigh/count/measure everything. Either read the package or search online for the nutrition info you need. Something simple like this is fine:

Date	Time	Calories	Protein	Weight	Comments
Totals:					

**Practice makes perfect.** This plan is hard to follow. Don't get discouraged if you give it a shot and mess it up. It's a good idea to take a few two and three-day practice runs. Once you do get into things, it takes a couple weeks to get used to eating so little.

**Dispelling the myth:** Scientific studies have shown that people who lose weight quickly are no more likely to gain that weight back than those who lose weight over time. Just don't go back to eating like you did before.

**This is not a long term diet.** This plan provides a kick start but it's not for long-term use. Two to three months max. Then slowly raise your calories to a higher level, such that you're able to either continue to lose weight at a slower pace, or maintain your current weight.

