

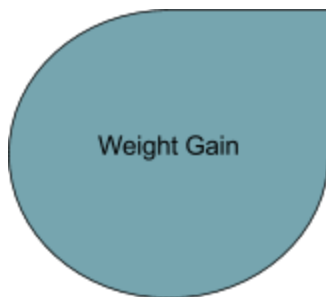


Alisha, 32

Stanford, 0.7 miles

Bio:

My name is Alisha, I eat only gluten free foods but I'm looking into bringing more variety to my diet. Let's talk!





Jesse Candido, 19

Palo Alto, 1.2 miles

Bio:

Hi, I'm Jesse and I love kale. Student at Stanford University, Computer Science.





John, 43

Redwood City, 2.7 miles

Bio:

Hello there! My name is John, I'm a lawyer, a diabetic, and I love spinach smoothies.

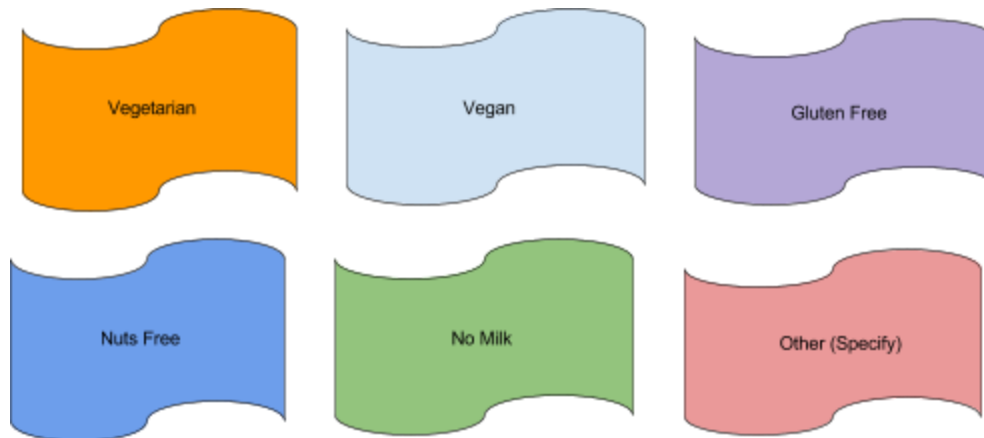




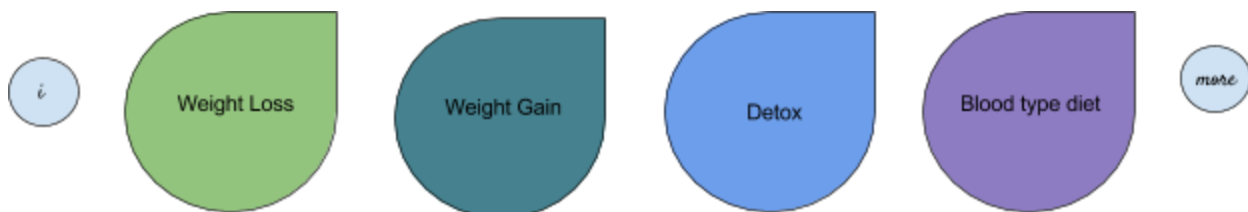
Jessica
Formanquevski, 24

Write Your Bio: Hi, my name is Jessica. I am a firefighter.

Pick Your Dietary Restrictions:



Pick Your Goals:



Diets based on your goal:



Cabbage Soup Diet



As its name suggests, the Cabbage Soup Diet involves eating a very limited diet primarily made up of cabbage soup for a week in order to achieve quick weight loss. Rapid weight loss— up to 10 pounds in a week for that special occasion. [Learn more.](#)



Fat Flush Diet



The Fat Flush Plan folds weight loss into a low-carbohydrate, restricted-calorie diet. The liver is a "fat-burning furnace," and the right combination of foods and a specific eating schedule will increase metabolism and cause the body to burn fat efficiently. The diet cleanses the liver, which will help melt fat and cellulite away from the waist, hips, and thighs. [Learn more.](#)



Grapefruit Diet



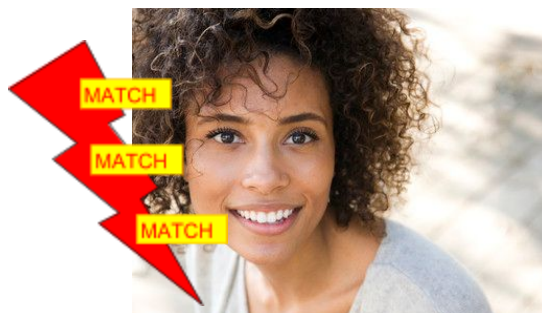
The Grapefruit Diet is a meal plan with a primary focus on consuming grapefruit or grapefruit juice at every meal. Foods can be prepared with spices, dressings, or butter. Some caveats include no extremely hot or cold foods, nothing prepared in aluminum pans, and keeping "protein meals" and "starch meals" at least four hours apart. Quick weight loss with a daily caloric intake less than 1,000 calories. [Learn more.](#)



Macrobiotic Diet



A blend of Buddhism and Western practices, this diet helps you achieve both physical and Zen-like mental harmony. The diet is primarily vegetarian, with some fish and seafood, and focuses on natural and organic foods. True followers of the diet opt for fresh, locally grown foods. The diet's nod to Eastern philosophies supports the idea of achieving a yin-yang balance from food.



Weekly Goals

Lose 10 pounds in 2 weeks

Eat 2 bananas and 3 apples in a day

Eat at least 30g of protein per meal

Take your daily vitamins

Prepare 1 vegetable juice per day

18 hours left

- ✓ Day One: Eat all of the fruit you want (**except bananas**). Eat only your soup and the fruit for the first day. For drinks- unsweetened teas, cranberry juice and water.
- ✓ Day Two: Eat until you are stuffed with all fresh, raw or cooked vegetables of your choice. Try to eat leafy green vegetables and stay away from dry beans, peas and corn. Eat all the vegetables you want along with your soup. At dinner, reward yourself with a big baked potato with butter. Do not eat fruit today.
- ❑ Day Four: Bananas and Skim Milk: Eat as many as eight bananas and drink as many glasses of skim milk as you would like on this day, along with your soup. This day is supposed to lessen your desire for sweets.
- ❑ Day Five: Up to six fresh tomatoes. Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body. Eat your soup at least once this day.

- ❑ Day Six: Eat to your heart's content of vegetables this day. Leafy green vegetables. No Baked Potato. Eat your soup at least once.
- ❑ Day Seven: Brown rice, unsweetened fruit juices and vegetables: Again: stuff, stuff, stuff yourself. Be sure to eat your soup at least once this day.
- ❑ Add more

Join a group



Juice Cleanse Join

For ultimate weight loss, no solids at all. You're gonna be drinking vegetable juices, shakes and a ton of water.



Leslie



Amanda



Christopher



Cookie Freaks Join

We're crazy about cookies. Lose 5% of your weight in a week



James



Ashley



Daniella

 Join

The Beverly Hills Diet

Find your healthiest food combination.



Ashley Aynes



Christopher Mayl



Hayden Moore