

# Coastal View Gastroenterology, Inc.

## Weight Loss Diet

3 MEALS...3 SNACKS

### Breakfast:

- Light Sugar Free Yogurt
- Egg Whites (as many as you want) with or without grilled vegetables
- Any of the Dr. Sachar's recommended Bars, Oatmeal, Pancakes, or Shakes
- Steel Cut Oats
- Apple Slices with Sugar Free Syrup or Sugar Free Whipped Cream
- Kashi GoLean Cereal with fat free Milk
- Apple Slices with Sugar Free Syrup or Whipped Cream

**"REMEMBER IF YOUR BODY DOESN'T HAVE SUGAR, IT HAS TO BURN FAT!"**

### Lunch:

- Salad (2 cups of Romaine or Iceberg Lettuce) with Lean Protein...(Chicken, Beef, Tuna, Turkey)
- Deli Meat
- 2 scoops of Tuna Salad with Fat Free Mayo
- Deli Meat Turkey
- Dr. Sachar's recommended Bars/Meals

### Snacks:

- Apple
- Celery Sticks
- Mozzarella Cheese Sticks
- 2 Dill Pickles
- Handful of Almonds (Approximately 12)
- Boiled Eggs
- Sugar Free Popsicle, Jello, or Pudding
- Cottage Cheese (1/2 cup)
- Fresh Spinach Salad with Red Peppers and minced Garlic or Onion
- Wasa Crisp Dry Toast with Hummus, Tomatoes, or Peanut Butter (1 slice)
- All Natural Peanut Butter with 1/2 an Apple (Peanuts and Salt only)
- Almonds and Peanuts (Handful ONLY)
- String Cheese...low fat
- Fresh Vegetable Mix: 1 cup Broccoli, Red Peppers, Cauliflower with 1 tbsp of low fat Ranch Dressing
- Grilled Portobello Mushroom sprinkled with Light Cheese
- Laughing Cow Light Wedges

**\*\*SET ASIDE SNACK BAGS\*\***



### Dinner:

- Salad (3 Cups of Romaine or Iceberg Lettuce),
- White Fish like Tilapia or Swai (See Grocery List)
- Turkey Sausage
- Chicken Peas, Black Beans, Pinto Beans
- Vegetable Stir-fry(can add low sodium Soy Sauce)
- Sachar plate 1/2 veggie cooked and raw and 1/2 protein

### Condiments:

- Tabasco, Ranch Dressing (one teaspoon goes a long way), Mustard, Salad Dressing that has less than 2 grams of sugar, one tablespoon of low sodium Soy Sauce, Salsa < 2 grams sugar, Green Tea, Cooking Spray (PAM)

### Restaurant/Eating Out Tips:

- No bread at the table
- Drink a Glass of Water Immediately
- Vegetables on Side - No Fries/Potatoes
- Immediately box 1/2 of your meal
- Have Appetizers/Salad as meal

**NO CARROTS!  
NO POTATOES!  
NO BANANAS!**

**BE SURE TO DRINK 8 GLASSES OF WATER A DAY!!**



# Coastal View Gastroenterology's Weight Loss Grocery List

**Dr. Sutha Sachar**  
Double Board Certified MD

## Vegetables:

- Asparagus
- Alfalfa
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Lettuce
- Cucumber
- Mushrooms
- Onion
- Pickles
- Spinach
- Zucchini



## Fruits:

- Apples
- Grapefruit (1/2)
- Limes & Lemons
- Pears



## Dairy:

- Cheese (fat free)
- Cottage Cheese (fat free)
- Yogurt (low fat and less than 2 grams of sugar)
- Sugar Free Ice Cream (1 scoop)

## Meats & Substitutes:

- Chicken Breast (skinless)
- Turkey Breast (skinless/ 98% lean)
- Fish (preferably white fish, ex. Tilapia, Swai, Tuna (yellowfin steak or canned in water), Cod, Flounder, Haddock, Orange Roughy, Grouper, Mahi Mahi, Wild Catfish, Swordfish, Trout, and Halibut)
- Shellfish (Crab, Scallop, Shrimp, Lobster)
- Tofu & all Soy products
- Egg whites
- Ground Chicken
- Ground Turkey

## Condiments:

- Salad Dressings (fat-free) or vinegar & olive oil
- Limes & Lemons
- Sea Salt
- Tabasco
- Mustard
- Soy Sauce (Low sodium & 1 tablespoon)
- Light Ranch (1 teaspoon)

## Nuts & Grains:

- Almonds (approximately 12)
- Soy Beans (1/2 a cup)

## Beverages:

- Purified Water
- Soda Water

## Snacks & Spreads:

- Hummus
- Celery Sticks
- Dill Pickels (2 is plenty)
- Almonds (handful around 12)
- Walnuts (7 halves)
- Pistachios (20 kernels)
- Fruit Flavored Sugar-Free Popsicles
- Sugar-Free Jello (1/2 cup per snack)
- Wasa Crisp Dry Toast
- All Natural Peanut Butter
- Sugar Free Pudding
- Sugar Free Jam

