

# AB Doer 360<sup>TM</sup>



Healthy Eating Plan

# Do N.O.T. Diet™

## Eating Plan Nutritional Organizing Technique™

### Let's N.O.T. Eat Correctly: It's so simple . . .

**Do N.O.T. Diet™** is the diet you will enjoy, because it's not really a diet. N.O.T. represents **N**utritional **O**rganizing **T**echnique™, and like it sounds, you organize your foods and nutrition with a simple technique that I'm about to explain to you.

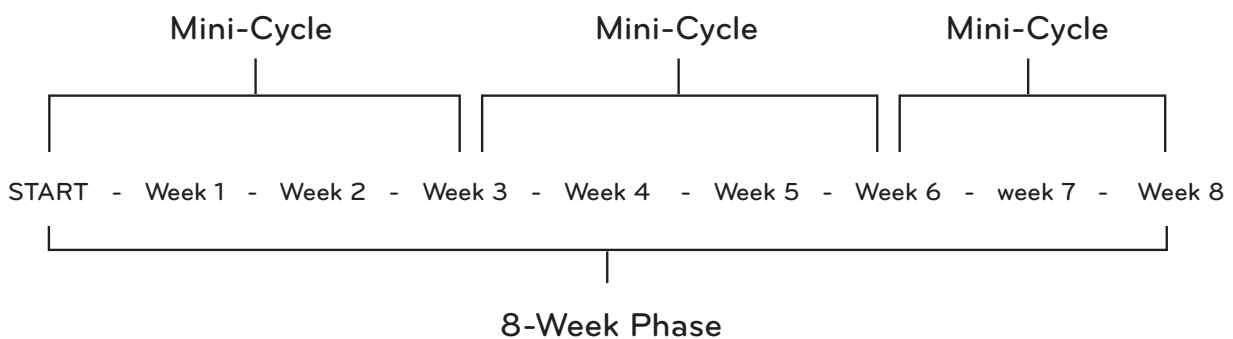
The primary objective of the Do N.O.T. Diet eating system is based on helping its applicants learn and apply better nutritional choices and balanced eating, while avoiding deprivation and frustration. This plan offers special consideration to significant issues that include the demands for nutritional and/or caloric sufficiency, achieving ideal bodyweight and percentages of body fat, toning and strengthening muscle, and boosting overall health and performance. Unlike many other plans, the Do N.O.T. Diet™ offers simplicity, variety, convenience and satisfaction, to name a few.

Most of the popular diets, then and today, are just too difficult or impractical to follow. When people don't comply 100% with that diet's specifically recommended principles, they feel like they've failed. This is because many/most diets assign specific foods, or specific combinations of foods, that you must eat. But if you don't have access to these foods, or you simply don't like to eat them, or your lifestyle won't permit them; for religious reasons, Veganism, etc., then, again, that diet won't work for you. However, with the Do N.O.T. Diet™ you never fail; only succeed.

**Do N.O.T. Diet™** is based on eating, and plenty of it. This plan is not based on overall 'caloric deprivation'; that's very unhealthy. Instead, this plan modifies the percentages of the foods you're eating to shift away from 'fat-producing' calories and focus on consuming 'fat-depriving calories'. My objective for designing Do N.O.T. Diet was motivated in helping people, and myself, with consuming more nutritionally balanced meals, and to achieve success with a most struggling issue, 'how to eat properly'.

**Do N.O.T. Diet™** is the same plan everybody follows, no matter your age, sex, body type, bodyweight, fitness level, or objective. For couples who are partnering up, but weighing different bodyweights, Do N.O.T. Diet is the same plan for both of you, 'given food quantity adjustments'. This system really works!

Typically, **Do N.O.T. Diet™** eating plan is followed in cycles, each comprised of an '8-Week Phase' duration. Each '8-Week Phase' includes three 'Mini Cycles', spaced at periodic benchmarks within each '8-Week Phase'.



**Do N.O.T. Diet™** is very easy to understand, and extremely simple and enjoyable to apply. Based on the provided Meal Wheel 'tem-Plate', (See Meal Wheel tem-Plate™ (Refer to Meal Wheel tem-Plate™, page 40) you will select and arrange your own meals—from the foods you normally eat or have access to. There is no need to weigh your food on scales and you won't need to count calories. I believe counting calories is an inexact science. For instance, a fresh banana has far less calories than a fully ripened banana; while most, if not all foods have caloric variances that are difficult to monitor and accurately account for, so counting calories can be erroneous.

**Do N.O.T. Diet™** allows you to eat many of the foods you simply have access to, or can't give up. This is also the perfect plan that allows you to eat in places you're unfamiliar with, like new restaurants, etc., so you can remain committed to the plan without veering off track.

## N.O.T. IS SO SIMPLE: 3-Easy Steps

Before you can understand the simplicity of the Meal Wheel 'tem-Plate', you first need to learn how to identify with the various Food Categories and the individual food items that fall under each of these Food Categories.

FOOD CATEGORY	ABBREVIATIONS
Protein	P
Carbohydrate - Fibrous	CF
Carbohydrate - Complex	CC *
Carbohydrate - Simple	CS
Fats	F
Beverages	B

\* Also referred to as 'Carbohydrate - Starchy'

You will notice there are three (3) distinct Categories for Carbohydrates; 1) Fibrous, 2) Complex and 3) Simple. Each of these sources offer different nutritional and caloric profiles, while it's important to balance them when arranging a meal. For instance, just eating a bowl of pasta, along with some bread for dinner; which is limited to only one Food Category; i.e., CC, is an overload for this Food Category that can create caloric and/or nutritional imbalances because this is a one-sided eating approach.

Please refer to the 'NUTRITIONAL GUIDELINE: Food/Serving List' below to locate and select the individual food items that fit into each of the Food Categories above. Examples, to locate and select a 'Carbohydrate - Fibrous' (CF) peruse the listing and you'll locate such foods items like broccoli, cauliflower, lettuce, etc. Because there are so many other food items and variables not listed on the NUTRITIONAL GUIDELINE chart, you can include other foods based on your discretion.

Please note that other food categories like Carbohydrate - Simple (CS), fats, beverages, spices or condiments can be included into your meals for flavor-enhancing and/or nutritional benefits.

# HOW TO USE YOUR MEAL WHEEL 'TEM-PLATE'

**Meal Wheel 'tem-Plate'** has been designed to allow you to follow a simple, systematic and accurate food selection plan that offers variety and ensures nutritional and/or caloric balance. As you view the charts you will notice the top three Food Categories; 1) Protein, 2) Carbohydrate – Complex and 3) Carbohydrate – Fibrous are listed in specific portion amounts. These 'portion amounts' are equal  $1/3$ rd x  $1/3$ rd x  $1/3$ rd to fill your plate, while these percentages will slightly modify during each of the three evenly paced 'Mini-Cycles' for each '8-Week Phase' of your Doer Challenge.

**When designing your meals using the Meal Wheel 'tem-Plate', simply place the food item/s you selected from the listed Food Category onto that portion of your plate, it's that simple!**

You're allowed to eat as much of that meal until you reach that 'near full' feeling, then stop and package the remainder of that meal for a 'left-over' later on. Eating in this fashion will 1) ensure better nutritional and/or Food Category balance, 2) reduce caloric over-loads, 3) sufficiently fill your stomach for proper satiation, 4) assist your metabolism with its digestive responsibilities, and 5) help accelerate your fat-burning, muscle-strengthening and health-promoting metabolism. (You can imagine that it's easy to take advantage of any eating plan so you must exercise control over food and meal portions to avoid over consumption.)

# HOW TO COMPLETE YOUR MEAL 'TEM-PLATE'

(Refer to illustrations)

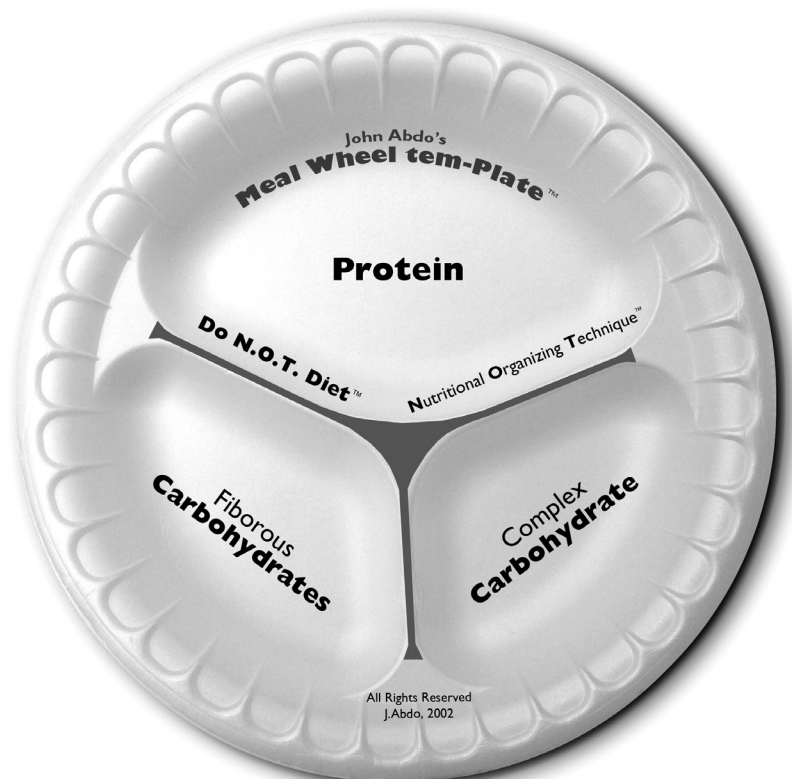
**STEP 1:** Imagine the Meal Wheel 'tem-Plate' as an actual food plate that's divided into three equal parts: 1/3rd for Protein, 1/3rd for Complex Carbohydrate and 1/3rd for Fibrous Carbohydrates.

**STEP 2:** Scan the Food Category & Serving Size List and select the food/s that correspond with each category: Example, for Protein, you can select either chicken or eggs or fish, etc.

**STEP 3:** Insert the corresponding food item onto each third of your plate then eat. It's that simple!

## GUIDELINES

- **Carbohydrates – Simple** are allowed earlier in the day and after exercise, and can be used as snacks. Avoid eating late at night, and drinking fruit juices.
- **Fats** are automatically present in most Protein foods, like eggs, meat, chicken, many fish, etc., but you can consume healthy fats like Extra Virgin Olive Oil, Coconut Oil, Organic Butter, and Avocados, to name a few.
- **Beverages** should be limited to water, fresh vegetable juices, coffee and herbal teas. Fruit juices are extremely high in sugar so, again, limit or avoid fruit juices. Sodas, high-energy drinks, and flavored coffee drinks are not recommended.
- **SPICES** are terrific to boost nutritional profile of your meal/snack and add flavor. Limit shaking the saltshaker as there's plenty of sodium in most foods, especially if you dine in restaurants.
- **SNACKS** are allowed, but not what many consider a 'snack' to be. A small piece of fruit or a piece of a vegetable, cottage cheese, small handful of raw nuts or seeds, or a meal replacement bar or shake. We're not talking about candy or anything considered 'junk food'.



# HOW TO COMPLETE YOUR MEAL 'TEM-PLATE'

## Eating Tips

- On the Do N.O.T. Diet you will eat multiple times every day. Snacks and meals are evenly spaced; like every 3-4 hours, consistently.
- Missing meals only slows your metabolism, so eat, but eat smart.
- When you begin to exercise more regularly, especially with your Ab Doer 360™ ABDOBICS™ system, your body will require adequate nutrition while, concurrently, you'll become more efficient at burning off excess fat. I call this 'Metabolic Momentum™'.
- When you're confronted, or tempted, with a food or snack choice that isn't in your body or health's best interest, you must simply choose an alternate food source. Developing strong emotional control over your cravings is an essential principle for becoming a successful Doer!
- **CF:** Multiple sources of foods allowed, like a salad or mixed veggies, etc.
- **CC:** Only one source allowed, never two or more; like combining hash browns and toast, or pasta and bread.
- Eat until you feel that 'near full' feeling. Never over eat. It's best to turn one meal into two meals 'leftovers allowed'.
- You will notice three (3) 'Mini-Cycles' within your '8-Week Phase. They're scheduled as follows:
- The transition from one 'Mini-Cycle' to the next 'Mini-Cycle' doesn't always have to be on an exact day. Rather, as you're nearing the completion of one 'Mini-Cycle', simply start to make the transition until you complete the entire '8-Week Phase'.
- After completing an entire '8-Week Phase' simply return to the beginning and start up all over again.
- The advantage for transitioning between the 'Mini-Cycles' is that you can easily adjust to the recommended modifications in food portions. During each transition you're intentionally reducing and/or eliminating certain foods for short periods while, concurrently, consuming equal or more nutritional calories from other categories. This way you'll always be eating, but eating smart and eating right, and never feeling deprived.
- You can eat anytime, even late at night, with the exception of no CC and/or CS late at night.
- **CONDIMENTS** like mayonnaise, ketchup, and mustard, as well as sauces, salad dressings, and gravies, are to be diluted with water and used sparingly. However, when you're trying to lose excess body fat in the fastest manner possible, avoid many of these items altogether as they contain hidden fats, sugars, salts, preservatives and other fat-promoting calories.
- Water must 'ALWAYS' be consumed in large amounts daily.
- Sodium intake needs to be curtailed when you're striving to lose excess pounds and inches, as this self-applied strategy will reduce edema, or bloating. For those who sweat profusely, or are subject to high temperatures, (moderate) sodium intake is recommended.
- Caffeinated drinks are allowed but best to avoid sugar-loaded high-energy drinks; even the 'no sugar' brands. And best to rely on fresh coffee or herbal teas; minus the creams and syrups, etc.
- When you lower or eliminate your CC you can increase essential Fat intake with such items as (conservative portions) of coconut oil, olive oil, nuts, seeds, nut butter (just a light spread), avocado, natural butter, fatty fish (salmon, etc.), egg yolks, etc.

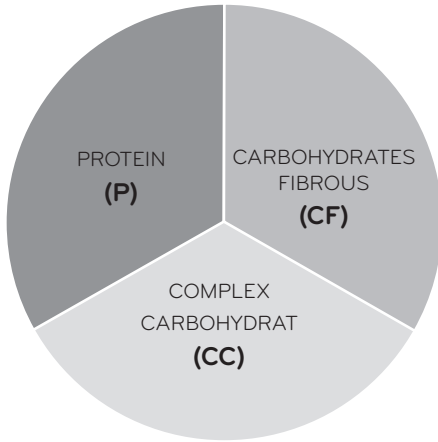
## Mini-Cycle Guidelines:

(Basics)

- Weeks 1-4: Maintain an equal 1/3 x 1/3 x 1/3 balance as shown in the 'tem-Plates;.
- Weeks 4-6: Reduce CC while concurrently increasing P and CF.
- Weeks 6-8: Eliminate CC and sodium for the next 2+ weeks; or until this Mini-Cycle is completed.

The elimination of CC will rob fat cells and assist with your Accelerated Results™. Lowering sodium will reduce bloating and assist in achieving better results with your measurements.

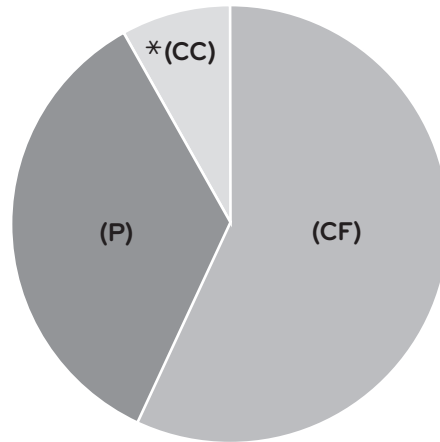
# HOW TO COMPLETE YOUR MEAL 'TEM-PLATE'



**Weeks 1-4**  
BASICS

Consume equal portions of the represented Food Categories for each meal; breakfast, lunch and dinner.

Second helpings must be of the same balance, not a single food item.

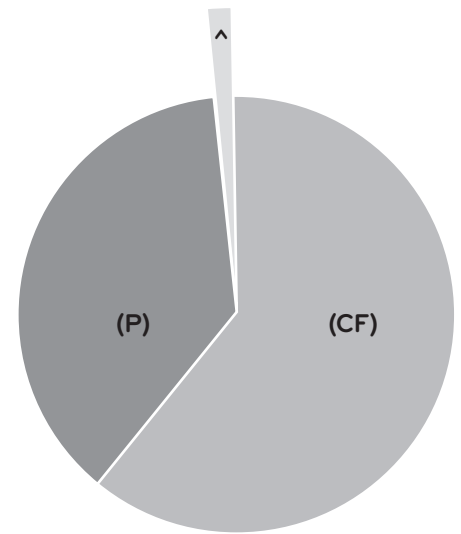


**Weeks 4-6**  
BASICS

Reducing CC while concurrently increasing Protein and Carb Fibrous food sources.

\* Permitted 1 time daily, and also after workouts.

Do not eat CC after 6 pm during this mini-cycle



**Weeks 6-8**  
BASICS

^ Limit CC to 3 times weekly, Post Workout. Eliminate CC from all other meals during the week.

Stop using the salt-shaker.

After your last meal of the day perform an easy Abdobice™ routine, or easy aerobics like walking for 20-30 minutes.

After the conclusion of Week 8 simply resume the 8-week cycle from the beginning. Each time you get better and better.

# HOW TO COMPLETE YOUR MEAL 'TEM-PLATE'

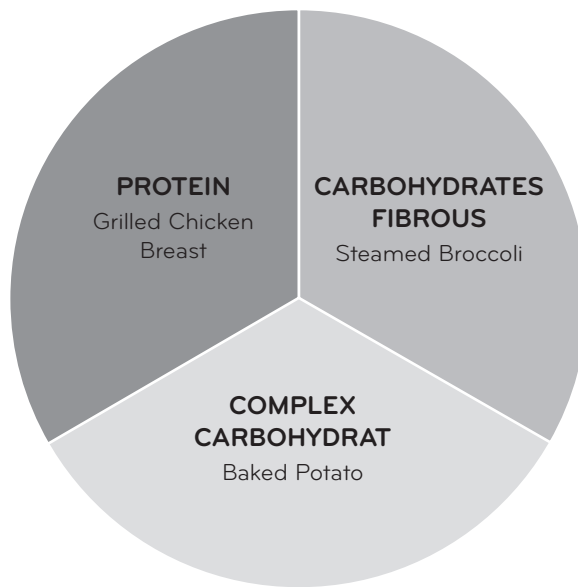
## Sample Meal Wheel 'tem-Plate'

(Completed)

Example:

Pro	Chicken Breast
Carb-F	Broccoli
Carb-C	Baked Potato

Each Meal Wheel 'tem-Plate' lists the three major Food Categories: Protein, Carbohydrate Fibrous and Carbohydrate Complex (Starchy). When you have selected your foods simply insert them into their respected locations onto your own plates, creating your own meals! Be creative and design as many variable meals that align with each 'tem-Plate' suggestion.





# FOOD CATEGORY & SERVING SIZE LIST

[Partial Listing \*]

PROTEIN	1 SERVING
Eggs	2 eggs (2 whites, 1 yolk)
Turkey	8 oz./227 gm
Chicken	8 oz./227 gm
Meat (lean red)	8 oz./227 gm
Fish	8 oz./227 gm
Shellfish	4 pieces
Soybeans	1 cup
Cheese (Low or No fat)	2 oz./57 gm
Cottage Cheese (Low fat, Low Sodium)	4 oz./113 gm
CARBOHYDRATES: (Starchy)	
Beans	1 cup
Rice	1 cup
Oatmeal	1 cup
Cereals (natural)	1 cup
Corn	1 cup or 1 ear
Pancakes	5"/12.7 cm diameter, 2 each
Waffles	5"/12.7 cm diameter, 2 each
Potato	1 medium size
Pasta	6 oz./170 gm
Rye Bread	1 slice
100% Whole Wheat Bread	1 slice
Muffins (No fat)	1 whole
Crackers	4 pieces
CARBOHYDRATES: (Fibrous) (Mostly vegetables)	
Alfalfa Sprouts	1 cup
Beets	1 cup
Broccoli	1 cup
Cabbage	1 cup
Carrots	1 medium size
Cauliflower	1 cup
Cucumber	1 cup
Leaf Lettuce	1 cup
Mushrooms	1 cup
Onions	1 cup
Radishes	1 cup
Tomato	1 medium size

1 teaspoon = 5 ml / 1 tablespoon = 15 ml / 1 cup = 246 ml

# FOOD CATEGORY & SERVING SIZE LIST

CARBOHYDRATES: (Simple) (All fruit)	1 SERVING
Apple	1 whole
Banana	1 whole
Blueberries	1 cup
Cantaloupe	1/4 melon
Cherries	1 cup
Dates	1/4 cup
Figs	1/4 cup
Grapefruit	1/2 whole
Grapes	1/4 cup
Ice Cream (No fat)	1/4 cup
Melon	2"/5 cm wide slice
Orange	1 medium size
Papaya	1/2 medium size
Pear	1 medium size
Peaches	1 medium size
Pineapple	1" slice
Plums	2 medium size
Strawberries	1 cup
Sherbet (Low sugar)	1/2 cup
Raisins	1/4 cup
Yogurt (No fat, low sugar)	6-8 oz./170-227 gm
BEVERAGES	
Water	8 oz./236 ml
Fruit Juice	8 oz./236 ml
Vegetable Juice	8 oz./236 ml
Skim Milk	8 oz./236 ml
Coffee/Tea	1 cup
Soft Drinks (No sugar)	8 oz./236 ml
FATS	
Butter	1 Tablespoon
Nuts	1/4 cup
Oils	2 Tablespoons
Seeds	1/2 cup
Sour Cream	1 oz./28 gm
Peanut Butter	2 Tablespoons

1 teaspoon = 5 ml / 1 tablespoon = 15 ml / 1 cup = 246 ml

# NUTRITIONAL GUIDELINE

SPICES; All Herbs & Seasonings	1 SERVING
Cinnamon	1 Tablespoon
Basil	1 Tablespoon
Black Pepper	1/8-1/4 Teaspoon
Cayenne	1/8-1/4 Teaspoon
Curry	1 Tablespoon
Garlic	1 Tablespoon
Oregano	1 Tablespoon
Parsley	1 Tablespoon
CONDIMENTS	
Catsup (low sodium)	2 Tablespoons
BBQ Sauce (No fat)	2 Tablespoons
Mustard	2 Tablespoons
Salsa	2 oz./56 gm
Vinegar	1-2 oz/29.5-59 ml
SNACKS	
Chips (No fat/sodium)	8 pieces
Rice cakes	1 piece
Popcorn	2 cups [popped, unsalted, unbuttered]

1 teaspoon = 5 ml / 1 tablespoon = 15 ml / 1 cup = 246 ml

# AB Doer 360<sup>TM</sup>



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