

## The Ezekiel Diet Files - EzekielDiet.com



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OK if Ezekiel bagel



Cottage Cheese / Raspberries  
with Stevia and Cinnamon



Quinoa Flakes



OK if Ezekiel bagel



Cottage Cheese and  
Scrambled Eggs



French Toast - Natures Own  
35 Calorie Bread - Walden  
Farms Calorie Free Syrup



Fruit and Whey Protein  
Smoothie



Qionoa Flakes



Scrambled Eggs - Ezekiel  
Bread



Vege Omelete



Quinoa Flakes





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Chicken Salad



Shrimp Salad



Steak Salad



Strawberry and Avocado



Mexican Zucchini Shrimp Salad



Steak Salad



Shrimp



Summer Squash and Sesame Salad



White Fish Salad



**DISCLOSURE:** This diet is not intended for minors under 18 or anyone with a medical condition. It is not appropriate for everyone. Rapid weight loss may cause the risk of medical conditions. This outline simply details how I lost 100 pounds in about 5 months eating fresh food from the grocery store, drinking 80 oz. of water a day, eliminating refined sugar, chemicals and excessive sodium. Consult your physician before starting this or any other weight loss program or using any products suggested in this PDF.



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Lobster



Crab Meat



Veal and vegetables



Shrimp



T-Bone Steak



Chuck Roast



Sirloin Steak



Salmon



Beef Liver



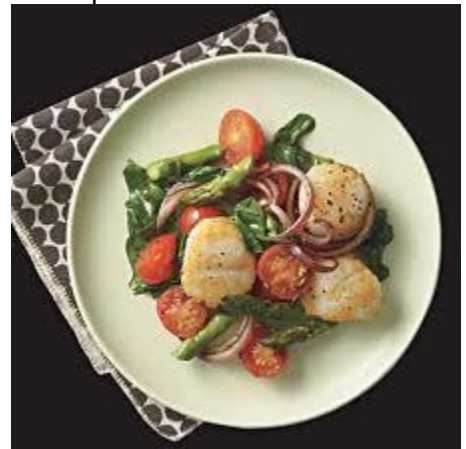
Ground Beef Tomato Meat Sauce, Spaghetti Squash



Grouper



Scallops





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Flounder



Red Snapper



Veal Chop



Turkey Breast



Scrod



Ground Sirloin



Lamb Loin



Dolphin



Bluefish



Fresh Tuna



Chicken Liver Salad



Halibut





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Yellow Tail



BBQ Chicken



Tilapia for 4



Cod & Shrimp



Salad and Chicken Vegetable Stew



BBQ Steak



Swordfish



Shrimp Skewers



Beef Stir Fry



Club Steak strips



BBQ Chicken Nuggets



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Apple Strawberry Crisp



Apple Crisp



Fruit Dessert / whipped cream



Rhubarb Strawberry Crisp



Peach Crisp



Grapefruit Brulee



Strawberry Crisp



Pumpkin Pie



Mixed Berry Parfait



Chocolate Dipped Strawberries



(Sugar free chocolate)

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## Caveats, Key Points, Secrets:

### Daily Portions:

3 Proteins  
3 Fruits  
4 Vegetables  
3 Carbohydrates

Protein Servings the size of your palm

Vegetable Servings the size of your fist

Carbohydrates limited to 50 calories

Breakfast in the 300 calorie range

Lunch and Dinner in the 400 calorie range

Two Fruit Snacks – mid day and mid afternoon – 400 calories

Dessert replaces a fruit portion and additional calories have to come from one or combination of daily meals

Desserts are made with Stevia instead of sugar

Oatmeal in Dessert Crisp serves as a carbohydrate serving

Must drink 64 to 80 ounces water a day of the cleanest water you can filter yourself.

NO SUGAR, NO PASTA,  
NO WHITE FLOUR,  
NO HIGH FRUCTOSE CORN SYRUP,  
NO ASPERTAME,  
NO ARTIFICIAL SWEETNERS,  
NO MICROWAVE COOKING  
NO GMO Vegetables or Fruits

SODIUM LIMITED TO LESS THAN 2,000 mg a day, LESS THAN 1,000 mg will accelerate weight loss

Caution required regarding seafood from the Pacific Ocean due to Fukushima radiation

Ezekiel Bread and Quinoa will accelerate weight loss, cut back on protein serving slightly to make calorie room, count carbohydrate calories toward Ezekiel or Quinoa

If you use bread it has to be Natures Own 35 calorie with no sugar

### Carbohydrate Servings of:

½ Small Potato  
¼ cup brown rice  
Oatmeal  
Limited to 3 times a week combined

Red Meat no more than twice a week, never two days in row.

Crab, Salmon, Scallops limited to twice a week

Most Fish, all Poultry and Veal unlimited options, nothing from Pacific Ocean due to Fukushima

### You must supplement with:

2,000 mg Omega 3  
1,000 mg Omega 6  
1,000 mg Omega 9  
Vitamin D3 4,000 IU  
Whole Food Multi Vitamin - Alive  
Iodine – best brand you can afford  
Probiotic

### Additional Weight Loss supplements to accelerate weight loss:

Acai Berry  
Green Tea Extract  
Hoodia – appetite control early diet  
CoQ10  
Coral Calcium  
Conjugated Linoic Acid, CLA  
Resveratrol  
Ginseng  
Magnesium  
Cayenne Pepper seasoning  
Coconut Oil

Herbal Diuretic or  
Diurex - after eating out  
Carb Blockers – White Bean Extract

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## NO PROCESSED FOOD

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Nothing out of a package, bag, box, can, bottle, or jar w/ few exceptions like 1 in 100 products

Watch Sodium in everything especially meat. Use Real Salt Brand, or Himalayan Pink Sea Salt to flavor.

Chicken should have 40 mg sodium per 4 ounces

Frozen shrimp should be rinsed until the water is clear

Salad dressings are a horrible source of HFCS, sugar and excessive sodium.

You will learn that only vinaigrette dressing with water as the main ingredient will work.

Acceptable Brands:  
Vermont Farms  
Maple Grove Farms  
Bolt House (produce cooler section)  
However, not all products from these brands qualify. You must read label, NO SUGAR, NO HFCS, SODIUM less than 200 mg per serving (100 mg per serving is better)

Highly recommend Walden Farms line of calorie free, carbohydrate free condiments:  
BBQ sauce, Ketchup, Cocktail Sauce, Syrup  
(consider these as sodium sources use sparingly due to sucralose)

Butter no sodium (clean)

Use only sodium free herbs and spices,

**NO FAST FOOD or Restaurants.**  
**It's all contaminated, full of sodium & HFCS, nutrient void, with MSG, chemicals, and excito-toxin drugs. Whatever they may have that was healthy like a baked potato will be a nuked-nutrient-void facsimile of a potato. It's all crack-food for drug addicts and inflamed, bloated fast-food-tards, Bless their hearts.**