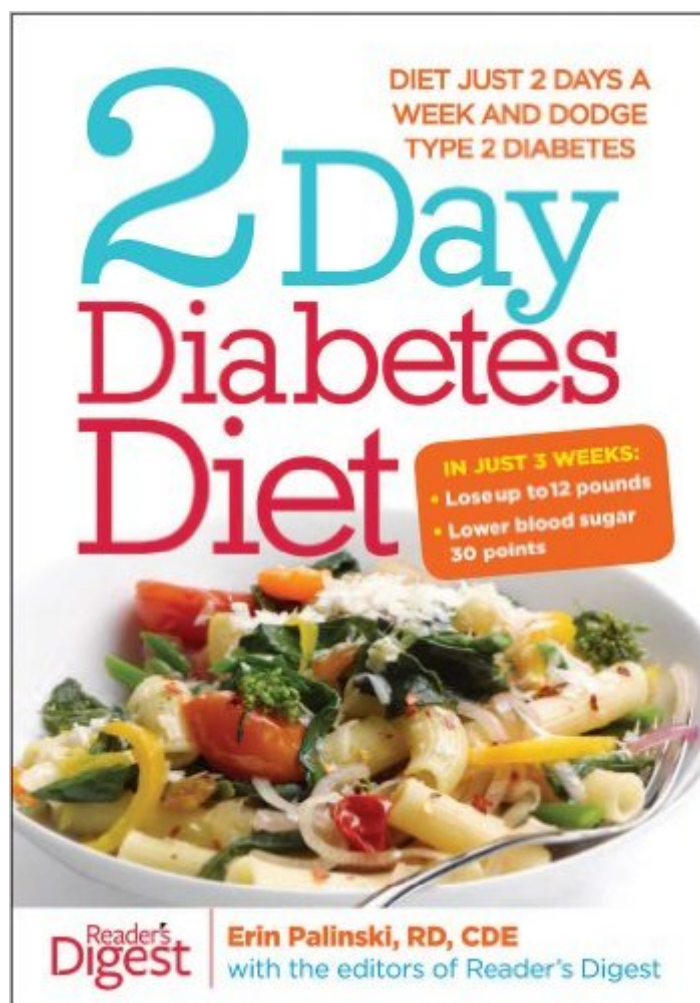


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# 2-Day Diabetes Diet: Diet Just 2 Days A Week And Dodge Type 2 Diabetes



## Synopsis

With 2-Day Diabetes Diet, there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week. You will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink. Diet just 2 days a week to drop the pounds and dodge type 2 diabetes! In a recent study, researchers in the UK found that restricting carbohydrates just two days per week was superior to a standard, daily calorie-restricted diet for both reducing weight (about 9 pounds lost vs 5 pounds) and lowering insulin levels (reduced by 22% vs 4 %). Based on this and other research indicating that safe weight loss is the key to reversing and preventing diabetes, Reader's Digest has partnered with registered dietitian and diabetes expert Erin Palinski to distill the latest science to create an easy-to-follow plan that allows people with diabetes to have their cake and other carbs and still keep their blood sugar under control. A diagnosis of diabetes can be overwhelming and frightening, and even many of those who have lived with diabetes for years often struggle with the question of what they can eat. The 2-Day Diabetes Diet makes it simple—there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week—and research suggests you will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink. On those 2 days a week, you follow the low-carb **Power Burn** program, and consume approximately 600 calories of selected foods. What does that look like on your plate? How about a 2-egg omelet with onions and peppers plus yogurt for breakfast; a hearty bowl of carrot soup plus fresh fruit for lunch; meatloaf and broccoli for dinner with milk; and a cup of sweet grapes for a snack? Or Canadian bacon and spinach for breakfast with a cup of milk; vegetable soup and half a banana topped with peanut butter for lunch; grilled chicken and zucchini over pasta for dinner; and an orange with a cup of milk for a snack. With real delicious food filling your tummy, you won't believe it all adds up to only about 600 calories. For the rest of the week, you follow a delicious 1500-calorie-a-day Mediterranean-style eating plan—we call these **Nourishment** days. You can enjoy a bounty of brightly colored fruits and vegetables, lean proteins, whole grains, and even a few treats. The book will include: A 2-week day-by-day meal plan that lays out sample Power Burn and Nourishment days More than 60 meal options, including restaurant and frozen food options, so you can customize the menus to your taste and lifestyle More than 50 delicious diabetes-friendly recipes An optional easy walking and strength-training program to boost results even more Stress-reducing exercises to help you ward off cravings and reduce hunger Success stories from the 10 men and women who tried the plan with amazing results! The plan is designed to be flexible—you can do your Power Burn days whenever works for you, and you can personalize almost any meal to suit your tastes—and will work for both people

with type 2 diabetes and those at risk.

## Book Information

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## Customer Reviews

I have very mixed feelings about the "2 Day Diabetes Diet". On the one hand Readers Digest has once again compiled a tremendous amount of information. The book includes the science behind the concept of fasting, menu plans, recipes with full color photos, modifications for vegetarians and those who are lactose intolerant, a complete exercise plan and much, much more. But on the other hand, I feel the book could have been much better if they had embraced the true concept of intermittent fasting when developing the diet. Intermittent fasting has truly revolutionized the weight loss game. The concept which has become more mainstream thanks to the work of Dr. Michael Mosley author of The FastDiet and Dr. Krista Varady involves eating less calories (about 500 for women and 600 for men) two or more days per week and eating normally the rest of the week. Based on this premise thousands of people are losing weight, improving their blood sugar levels and enjoying many other health benefits. And those following the plan are finding it so much easier than traditional dieting because you can eat what you like (without being a glutton) on non fast days. And this is one area where the 2 Day Diabetes does not deliver. In addition to fasting on 600-650 calories 2 days per week on "power burn days", the diet involves eating 1500 calories on the non-fasting days called "nourishment days". Most woman eat an average of 2000 calories for weight maintenance. 1500 calories is dieting. Many weight loss diets allow for 1500 calories a week with no fast days. Essentially this is a diet 7 days a week like any other diet. And with the fast days

some may find it harder to sustain. It does not give you the freedom that intermittent fasting does. Calling this is a 2 day diet is not very accurate.

So far, this is working well for my husband and myself. We followed the plan as far as Weeks 1 and 2 (their complete menu), Weeks 3 and 4 (picking and choosing from their menu), and weeks beyond (freeform). I'm a dedicated menu planner, and I really enjoy cooking different recipes, but we thought it would be good to follow the plan as recommended to get a handle on how it works. I'm glad we did this because it gave me a better idea of what and how to plan once we were on our own. Initially, it was a lot more money at the outset than we usually spend a week, but it got progressively and significantly less as the weeks went on. For Weeks 1 and 2, it was also a lot of cooking. Leftovers weren't built in, and some of these recipes make more portions than my family could eat. I did quite a bit of freezing, and when we started Weeks 3 and 4, I incorporated leftovers to make it much more manageable. I really feel like we benefited from Weeks 1-4 because it gave me a good basis for meals and portions. When we went freeform, I felt comfortable to adjust my usual recipes accordingly. An issue raised by other reviewers is the calorie intake on non-Power Burn Days. For this, we ate according to plan at first, but when we were on our own, we just ate how we know we should. Most people know how the SHOULD eat--lean proteins, lots of fruit and veggies, a few whole grains, healthy fats, little to no processed food. We all KNOW this, we just don't always do what we know we're supposed to. So, we were just much more aware of what we were eating and how much. I'm sure it amounted to a 2000ish calories a day (for me) and 2300ish (for him). This worked out just fine. As long as we kept the Power Burn Days with low calories, as directed, we did fine.

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