



California Consortium of Cardiologists

**A nutritious, fulfilling,
wholesome, cardiologist
approved diet and way of life!**

CardiologyDiet.com

The C3 Diet involves eating one third the amount of food you used to eat, avoiding all simple and processed carbohydrates and baked goods, and only consuming carbohydrates in the form of fruits and vegetables, avoiding soft drinks, juices, alcohol, and other empty calories, drinking plenty of water, and substituting healthy alternatives for poor ones. All while avoiding counting calories and eating as much as you want. You will learn to break old habits and learn new habits. You will enjoy this diet and love losing weight!

Rules:

1. Drink a tall glass of water before each meal
2. Eat 1/3 of what you used to eat
3. Wait 20 minutes
4. If still hungry, eat another 1/3 and wait
5. No eating 3 hours before bedtime
6. Eat every 2-3 hours. Small frequent meals.

Phase I:

Avoid all carbohydrates including fruit for 2 weeks. Start after your overnight fast. This will reset your metabolism and keep your blood sugar levels low. You will lose a lot of weight in this phase, but it's mostly water. After this phase, all of your weight loss will be fat. Do this phase longer if you want faster weight loss. It's a difficult phase, but very rewarding. You will no longer feel hungry.

Phase II:

Gradually start adding back complex carbohydrates (fruits, vegetables). You will still lose weight in this phase, but not as fast. Begin with fruits that don't increase your blood sugar as much; berries, apples, grapes. Eventually, you can eat small amounts of higher sugar fruits like bananas, mangoes, pineapple. If you gain too much weight, cut back on fruit and revert to phase I.

Set Point:

Your body has a weight "set point" that it tries to maintain and protect. If you start losing weight, your body will slow down your metabolism to try and bring your weight back up to the set point. It takes 9 months to reset your set point. You have to maintain your new lower weight for 9 months for your body to believe that this is your new set point.

Yo-yo Diet:

Yo-yo dieting enforces a feast and famine response. Your body thinks it is in a famine and becomes very efficient at storing fat. When you are losing weight, you lose muscle and fat. When you gain it back you gain back only fat. This is a bad way to lose weight.

Exercise:

Exercise is not required for weight loss. So, stop running on the treadmill. You won't burn many calories. Instead, do squats. Do at least 25 squats per day and add 5 every day. Squats release testosterone, increase metabolism, improve fat burning, and build muscle. If you like to run do explosive runs. Run as fast as you possibly can for 10 seconds then stop. Lifting weights with your biggest muscle groups (legs, chest, back) burns the most calories. Do more of that!

Eat Complex Carbs:

- Any green vegetable
- Nuts
- Beans
- Whole Grains

Eat Lean Protein:

- Any fish
- Nuts
- Chicken, Turkey
- Lean cuts of beef (filet mignon, eye of round, sirloin tip, top round, bottom round, top sirloin) occasionally.

Avoid Simple Carbs:

- Bread (any kind)
- Pasta (any kind)
- Potatoes (any kind)
- Sugar, honey
- Alcohol, soft drinks, juices
- Baked goods: cake, cookies, pies, bagels, donuts
- Cereals, Rice, Oatmeal

Avoid Solid Fats:

(saturated)

- Butter, bacon, margarine, lard
- Milk, cheese, cream
- Chicken skin, steak fat, ribs
- Hydrogenated oils, butter substitutes

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