

Bean Diet, and Recipe Ideas

This is a high protein, slow burn carbohydrates diet. Beans are the low carb, slow burn element of the diet that you need in each meal. These fill you up, burn slowly, so you stay full for longer, and are a natural product. Use any beans or lentils, but look out for high carb, sugar sauces, which will counteract your diet intentions.

The general diet is to have three meals a day of beans, vegetables and lean meat, and nothing else. You do not eat any other carbohydrates or fruits on this diet. Just vegetables, lean meats, fish, egg, tofu and beans. I think the lack of sugar at breakfast helps to minimise sugar cravings. You should not be hungry on this diet. If you are, you need to eat more of the meats and beans to keep you going. Drink lots of water. I also took vitamin supplements, as I generally do anyway.

One day a week (I did Friday afternoon to Sunday morning) is a free period. Eat whatever you have wanted during the week. This serves two purposes. 1. Gives you a break that you can look forward to, and work toward. Also helps keep you on the diet with a break from the beans. 2. Keeps your metabolic rate higher. If you are on an unvaried diet, your body becomes adjusted to that diet, and will lower your rate of food burning to accommodate that. On a diet we don't want the metabolic rate (the rate your body burns food) to drop, but to stay high, to burn your fat. So a day off, eating different food, keeps the body from becoming used to just one type of food, and lowering.

It is also okay to have one glass of wine after dinner on this diet. However, I had trouble keeping it to just one, once I had one, and had more success when I dropped

the wine. You will eat the same meals over, but there are enough ideas here to be able to mix it up. (It is just not necessary to have something different every meal we have. We are eating to fuel our body, after all, not make every meal some sort of treat.) I would always make extra, so there were different meals in the fridge, so I didn't always have to make something. I didn't find a huge difference the first two weeks, but the third week made a big difference to my body. (But I was drinking the evening wine those first two weeks.) I also did weights twice a week, and stomach exercises every other day.

This diet is a little different, as you are only losing fat, not muscle (which happens a lot with other diets). So the scales may not be showing the changes you are hoping for, but your clothes, and how you feel will.

Writing down your start weight, taking pictures of how you look when you start out, write how you feel about your body now, how uncomfortable you are, and writing down how you feel as you go along, will help you with motivation. Once a week, weigh and photograph yourself, and try on your tight clothes. Write down the results. Write down the food plan for each day, so you know ahead what you will eat, and so you can plan food for when you are out.

Afterward. When you are happy with the body you have achieved, this diet can then be adjusted into a lifestyle plan. 5 days of controlled eating, planned ahead. Only one meal with carbohydrates, and greater use of the savory, hot breakfast to stave off the sugar desires.

The bean recipes can be used to fill in other meals for the day. One piece of fruit, or some nuts or seeds (not too many, as they have lots of fat – I use Sunflower seed, pepitas, and had some fresh coconut in the fridge) for snacks. A small treat after dinner, to look forward to, will help say no to all those other options in the day. Then I do Friday afternoon off, to Monday morning, to keep my metabolic rate up, and for something to work toward.

Eating Ideas, and Recipes.

Breakfast:

Eggs and beans.

Chop up whatever vegetables you like. For me it is broccoli, zucchini, and mushrooms.

Three egg whites, and one whole egg (for flavor), beaten.

½ Can of Mex-beans (found in the Mexican part of the supermarket, I use Old Elpasso brand. Found some cheaper Coles brand, but they had a lot more sugar in them)

Heat up the beans separately, stir-fry the veg in a pan with small amount of light oil, then add egg into pan for scrambled eggs and veg combo.

Plate beans next to egg mix.

Yummy, and keeps you going all morning. Reduce eggs down to three after a week or two on diet. After diet just use two whole eggs.

Japanese Breakfast.

Miso soup past (from any Asian supermarket, mix with water. Miso is a tofu product, and great for digestion)

Vegetables, meat, fish (left overs from dinner is perfect)

Firm tofu (also found in fridge at supermarket, and Asian supermarket.)

As per instructions, make a miso soup, add veg to cook, or just heat, meat or fish, not too long, and tofu, not long.

Serve.

Yummy, but maybe not the first week of diet, as it is less substantial. Or, make sure you have plenty of meat and tofu to keep you going. Also brilliant breakfast for after diet, with some rice or noodle, too.

Left overs for Breakfast.

Use any left over lunch or dinners that you create for breakfast to save cooking, and to give variation.

Lunch:

Warm Salmon Salad.

½ can of pink salmon (210g can, I make two meals at once, for a friend, or tomorrow's breakfast or lunch)

½ tomato, chopped onion, mushrooms.

½ can of chip peas or butter beans (love the butter beans, more moist and tasty.)

chopped cucumber.

Chop tomato, onion and mushrooms, and put a dash of oil over, salt and pepper in a bowl, cover and put in the microwave for 45 seconds.

Add beans and Salmon and zap for another 45 seconds.

Add cucumber on top, with more pepper.

Yummy, and a good one for breakfast.

Warm Egg Salad.

For days when you haven't already had egg for breakfast.

Boil two eggs. Peel when warm.

Use all instructions as above for Salmon Salad, but without the salmon. Add sliced egg with cucumber.

Also yummy. And you can make two of these also, then just boil the eggs the next day, or put the extra boiled eggs in the fridge unpeeled. I also put the cut cucumber in a container, then it is all ready for the next day.

Left Overs.

Any of the left overs from dinner can be used for lunch too.

Dinner

Stir fry lamb

Stir fry some lean lamb pieces, veg such as capsicum, broccoli, zucchini, snow peas, onion and mushrooms, for 3 minutes, then add ½ can of butter beans. Add teriyaki sauce or soy sauce.

Yum.

Chicken lentils

Saute onion garlic and chilli, throw in lean chicken pieces, and veg. Can of diced tomatoes and lentils (Lentils can be bought in a can or dry, soak overnight, then boil gently until they are softened, just as they splitting). I like spicey, so add a chilli, or tobasco.

Yum

Mince and red kydney beans.

Saute some lean mince (I find 250g is enough for two meals), onion and garlic and chilli (if kids aren't eating this too), then add a can of chopped tomatoes and grated zucchini, and carrot. Add a can of red kidney beans. *Really Yum*

Chicken and bean soup

Saute onion, garlic and chicken pieces. Add a can of tomatoes (AGAIN) zucchini pieces, broccoli and mushrooms. Add a can of Bortolii beans. Remove 1/3 of the mixture and pop in the mixer to puree, and return to pot. (I just used my bar mix inside the pot, but be careful of hot splashes) *Not my favorite, but a good filler.*