



2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes

Erin Palinski-Wade MD

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2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes Erin Palinski-Wade MD 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.

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