

Potatoes not Prozac. Guidelines for the sugar sensitive. <http://www.radiantrecovery.com>

Check the website and listserves, with all kinds of groups.

Protein requirements:

grams protein/meal = body weight/6. For me, this = 25 grams. = size of one's fist

Step 1: Protein shake in the morning (see below)

Lunch is Protein + salad or something

Dinner is Protein (?)

No protein food at least 3 hours before going to bed

No munching between meals and reduce sugar intake

Step 2: Vitamins

- Vitamin C
- B Complex
- Zinc - affects feelings of satiation. There's a special test to see if you have enuf zinc. You taste this thing and if it tastes awful, you have enuf zinc in you. If you don't taste nuthin, you need more zinc.

Step 3: Spud/Potato at bed. It can be any carb. Potato, Sweet Potato, etc.

The idea behind the Potatoes not Prozac diet: protein and carbs are competing enzymes in the brain. Potatoes have triptophan, which is a precursor to serotonin. So it produces more serotonin.

George's Shake [to stave off/replace sugar craving diet] -- protein!

- 2 Cups Milk, Soy Milk, or Oat Milk
- 1/2 Cup Fruit Juice
- 2 Tbs Protein Powder (Sugar Free)
- 2 Tbs Oatmeal (not instant)

Blend all ingredients for 1 minute in a blender on high speed.

Drink up and enjoy!

Fresh Juicing ingredients (for sugar!)

To make 1 pint:

- 3 carrots
- 1 apple
- 1 beet (or less)
- 1" piece ginger (or more)

Juice and enjoy!