

# essential *diet*



## PATIENT'S HANDBOOK

Essential Diet Method



The essential thing is your health.  
The essential thing is **YOU**

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## INTRODUCTION

Obesity is a genuine global epidemic nowadays. It affects 62% of the Spanish population (39% of the population is overweight, and 23% is obese, according to the 2009-2011 Study on Nutrition and Cardiovascular Risk in Spain, also known as the ENRICA Study). Obesity is classified as a disease by the World Health Organization.

Obesity is not just a problem of looks. We now know that there are two kinds, one that we call “**metabolically healthy**” and the other, “**metabolically unhealthy**”.

Don't let the term “healthy” mislead you into thinking that metabolically healthy obesity is not a health risk, though. We know that metabolically healthy obese people have more visceral fat (that is, more fat stored around important organs, especially the liver) than people whose weight is normal. That means they stand at a higher risk of cardiovascular disease, even if they have not yet been diagnosed with it.

A clear relationship has been established between obesity and the appearance of other diseases, too, such as diabetes mellitus type 2, high blood pressure, hyperlipidaemia (too many lipids in the blood) and sleep apnoea. Diseases like these are three times more common in obese people. Coronary disease, arthrosis and gout are also more frequent, and the risk of some kinds of tumours, like breast and colon cancer, is higher.

***So, your state of health today and tomorrow will largely depend on whether you can reach the right weight for you.***



## WHAT OBESITY IS AND THE REPERCUSSIONS IT HAS ON YOUR BODY. DEFINITION AND TYPES OF OBESITY.

A person is diagnosed as obese when his or her BMI (body mass index, a calculation based on the person's height and weight) is 30 kg/m<sup>2</sup> or more. A person could also be diagnosed as obese if his or her abdominal circumference is 102 cm or more for men or 88 cm or more for women. This second method shows an even closer correlation with cardiovascular risk, since a person's BMI does not factor in differences between adipose (fat) and lean (muscle) tissues, nor does it distinguish between the different types of fatness.

There are two ways fat may be distributed about the body: "One is **central obesity**" (also known as "apple" or "android" (man-like) obesity, and the other is) "**peripheral obesity**" (also known as "pear" or "gynoid" (woman-like) obesity). Central obesity is related directly with cardiovascular risk. Therefore, the greater a person's abdominal circumference, the greater his or her cardiovascular risk.

Calculate your body mass index to find out if you are normal weight, overweight or obese (in grade 1, 2, 3 or 4). The objective is to reach your normal weight and keep your waist measurement below the numbers indicating cardiovascular risk.

	BMI
UNDERWEIGHT	< 18.5
NORMAL WEIGHT	18.5 - 24.9
OVERWEIGHT	25 - 29.9
GRADE-1 OBESITY	30 - 34.9
GRADE-2 OBESITY	35 - 39.9
GRADE-3 OR MORBID OBESITY	40 - 49.9
GRADE-4 OR EXTREME OBESITY	>50



If you are very far from your normal weight, your doctor may suggest a more realistic weight-loss target considering your age, state of health and any concomitant diseases.

Remember that losing 10 to 15% of your current weight will already give you health benefits. Reaching that target weight and sticking to it is more important than swinging back and forth, losing weight and then gaining it back. That's known as the "yo-yo effect".

Most obesity treatments nowadays use diets that are very low in calories and guide you through a transition to **varied, balanced eating** with conventional foods. They also try to break bad eating habits and accustom you to regular physical exercise.

*The diet based on the Essential Diet Method does all these things.*



## DIET TYPES: LOW-CALORIE DIETS AND VERY LOW-CALORIE DIETS

Let's start with the word "diet". It comes from the Latin word "diaeta", which in turn comes from the Greek word **δίαιτα**, meaning a way or style of life. So, don't forget this concept when you reach your target weight. **It doesn't mean dieting for the rest of your life; it means eating a balanced diet**, drawing on all the food groups and distributing them correctly throughout the day, and it means including a healthy lifestyle in which physical activity forms a regular part of your routine.

Now that that's clear, let's look at what **types of diets** there are in the more conventional sense, that is, changes in food intake in order to lose weight.

### 1 Low-Calorie Diets or LCDs

A low-calorie diet reduces the total number of calories you normally eat by about 500 calories, so it usually has you eat around 1,000 or 1,500 Kcal/day. You lose weight at a rate of approximately 0.5 to one kilo per week. This kind of diet limits your total number of calories, but not their distribution, so the proportion of basic nutrients (carbohydrates, proteins and fats, the three groups that provide your body with energy) is the same as in a diet with a normal number of calories (your weight-maintaining diet).



## 2 Very Low-Calorie Diets or VLCDs.

On a VLCD you usually eat fewer than 800 Kcal/day. You lose lots of weight fast, roughly 1.5 to 2.5 kilos per week. The proportion of nutrient groups in a very low-calorie diet varies, depending on whether the diet is ketogenic or non-ketogenic (We will explain these terms later).

VLCDs may be further divided into balanced, high-protein or protein diets.

- **Balanced VLCDs** maintain the nutrient groups in the same proportion as a normal-calorie diet. In other words, it reduces your total intake of carbohydrates, fats and proteins, but it doesn't change their proportions. This means you often eat less protein than you need, so you lose weight, but you lose muscle along with it.
- **High-protein VLCDs** (which include the Dukan, Atkins and Montignac diets) reduce your intake of carbohydrates but increase your intake of protein. As a result, you may get kidney and/or liver trouble due to protein overload.
- **Protein VLCDs**, like the **Essential Diet Method**, which we will look at next.

essential *diet*



## THE ESSENTIAL DIET METHOD: WHAT IT IS, BENEFITS AND CHARACTERISTICS

The diet you're about to begin under the **Essential Diet Method** is a very low-calorie diet. You will be taking in fewer than 800 Kcal/day. That's what makes this diet different from a low-calorie diet, which usually provides 1,000 to 1,500 Kcal/day.

The **Essential Diet Method** is a **protein diet** whose efficacy and safety have been proved over the years, ever since the method was first used in the 1970s. The method was the basis of the doctoral thesis presented by Doctor Blackburn, who coined the term "protein-sparing modified fast" (PSMF). In 1973 its use was approved by the **United States Department of Health**.

Let's look at some of the characteristics of a protein diet.

- 1 It's a diet that **limits your calorie intake** (just like an LCD, but more so).
- 2 It provides a **normal amount of protein**. It makes sure your body gets the right quantity of protein so no muscle will be lost, but it won't provide too much protein, which is what high-protein diets do.
- 3 It's based on **limiting how much you use carbohydrates** as your energy source or "primary fuel". Your body is forced to consume fat as its leading energy source, thus reducing your fat reserves. Your liver transforms fat into ketone bodies, its new fuel. The situation of ketosis (created when ketone bodies are formed) is the basis of the diet's effectiveness. It's a controlled situation and poses no risk to the body.
- 4 The metabolic changes that take place when you shift from a carbohydrate-burning metabolism to a fat-burning metabolism have a whole series of **advantages**:

- ✓  **A** You won't have to deal with hunger, because you'll feel perfectly full.
- ✓  **B** You'll lose weight fast, especially from the fat around your middle.
- ✓  **C** You won't lose muscle tissue. It is perfectly safe.
- ✓  **D** You'll feel full of life, with none of the listlessness and weakness you might feel on other diets, especially VLCs.

Patients who have had experience with low-calorie diets tend to appreciate these advantages keenly. They know all about going around hungry, longing for food and feeling unsatisfied at the end of the meal, the sensations that generally make low-calorie diets a failure.

It's important to remember to **look on the Essential Diet Method protein diet as part of a comprehensive programme**. It doesn't end when you've lost all or some of the weight you want to get rid of; it ends when you've made the transition to a way of eating that includes all the food groups, distributed correctly throughout the day, and a pattern of physical activity that helps you maintain your target weight and therefore optimum health in the long run.

We should also stress that you should **check with your doctor about starting and staying on the Essential Diet Method**. Your detailed medical history and an examination will show if you can do it, since there are some medical contraindications. You need to follow all instructions pertaining to your particular mode of the diet. This is fundamental where supplements are concerned, since all diets tend to be short on micronutrients (such as minerals and vitamins). You will therefore need to take exactly the supplements you are instructed to take..

The advantages listed above will become obvious to you daily, and they'll make it easier to stick to the method. In addition, **there is another series of advantages for your blood levels and/or metabolism**.



## GENERAL RECOMMENDATIONS

**I**n each phase you will be given a sheet explaining in detail how to follow the diet, what products you can eat, how you can cook each kind of food and what condiments and beverages are allowed.

**If you follow your doctor's recommendations, you are highly unlikely to show any secondary symptoms when you start your diet.**

Remember that we are talking about temporary symptoms that you might expect to feel due to the change your body is experiencing as it shifts from a glucose-fuelled metabolism to a lipid-fuelled metabolism. You'll find a section of recommendations about what to do if these symptoms appear.

Here are the sections mentioned above, in case you find it handier to consult the handbook than the sheets.



### CONDIMENTS ALLOWED

- Dried herbs and spices
- 1 teaspoon of wine vinegar or lemon juice
- 1 teaspoon of Dijon mustard
- Tamari soy sauce
- Salt (2.5 to 3grams per day)
- 1 to 2 tablespoons of olive oil





## BEVERAGES ALLOWED

- Still or sparkling water, minimum of 1.5 litres per day
- Unsweetened infusions
- Natural (not torrefacto) coffee
- Essential Buttermilk
- 50 ml of soy milk (check which ones are allowed)
- Sweeteners allowed: sucralose, stevia, aspartame



## RECOMMENDATIONS IN CASE OF

- **Headache:** It won't last. If you still have a headache after the first few days, see your doctor.
- **Halitosis (bad breath):** You can use Essential mints or lemon pastilles. Do not chew any kind of gum or eat any candies, even sugar-free ones.
- **Gnawing hunger:** This generally goes away 48 hours after you start the diet. If you can't stand it, you may have one extra Essential product or a small amount of vegetables from list 1.
- **Constipation:** The best thing to do is eat boiled vegetables. You may use Essential Magnesium Carbonate. If constipation persists, see your doctor.
- **Fatigue, cramps, muscular weakness, dizziness:**  
This may be due to a lack of minerals or salt. Remember to take the supplements prescribed by your doctor, and salt your food generously. If you continue to feel unwell, see your doctor.
- **Insufficient weight loss during your premenstrual period:** This may happen sometimes. Once your period is over, you will go back to losing weight at the same rate.

## ESSENTIAL DIET METHOD MODES

There are three modes of the Essential Diet Method protein diet.

### 1 BASIC ESSENTIAL METHOD

**A) PHASE 1, KETOGENESIS:** You will eat vegetables, salads and the Essential products your doctor tells you are right for you. These products are made with high biological value protein (usually protein from egg white, milk, peas and nontransgenic soybeans). By eating these products right from phase 1, you can be sure you are getting the protein your doctor thinks you need so you don't lose muscle. Also, you are getting high biological value protein, and your carbohydrate intake is low enough to trigger ketosis. Controlled ketosis is not dangerous, and that's your objective. You'll know it's started when you begin losing weight without symptoms. Usually that's two to three days after you start your diet. That is why it's so important to follow all instructions, including instructions about taking supplements, which you'll need in this phase and the following phases, 2.1 and 2.2.).



**B) PHASES 2.1 AND 2.2:** are also ketogenic, but they include **protein from natural sources**. Remember, when you start eating this kind of protein, you're also eating the fat it contains. This is the reason why you have to wait for phase two to eat protein from natural sources and why you'll be losing weight a little more slowly.



**The objective is to lose 80% of the weight you and your doctor have decided on in the first two phases.** Your doctor will tell you how long you can stay in each phase.



**C) PHASE 3:** involves the **slow, gradual reintroduction of carbohydrates.** It is fundamental to bring carbohydrates back in slowly and in the right sequence. You'll start with foods that have a low glycaemic index. That means the rise of glucose in your blood (blood sugar) after you eat them is slower and lower. At the end of the phase, you will introduce foods having a higher glycaemic index, in other words, foods that make your blood sugar rise higher and faster. Reintroducing carbohydrates the right way will prevent the dreaded rebound effect, where you gain weight back. Several studies have shown that a slower transition to a low-calorie diet (over the course of more than six weeks) after a very low-calorie diet is associated with better weight loss maintenance than a quick transition.



While you're reintroducing carbohydrates, you'll be told to perform certain physical exercise. This, too, will be in sequence. The exercise will be explained in detail on an extra sheet you'll receive with the sheet for this phase.

**D) MAINTENANCE OR FOOD BALANCE PHASE:**

The objective is to maintain the weight you've reached and form healthy eating habits and physical activity habits.



## 2 COMBINED ESSENTIAL METHOD

This mode combines vegetables, salads, Essential products and carbohydrates in a varying proportion, depending on what your doctor deems best. The combined mode is set aside for cases in which the Basic Essential Method is not advisable or your weight loss target is modest. You will slim down in this mode, too, and really notice how the inches disappear.



## 3 ESSENTIAL METHOD FOR METABOLIC SYNDROME AND DIABETES MELLITUS TYPE 2 (TYPE-2 DIABETES).

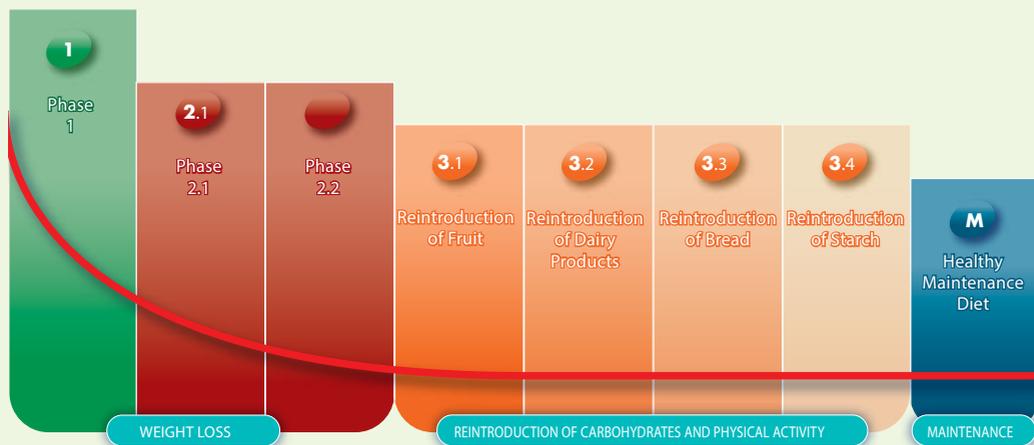
This mode has the same phases as the Basic Essential Method, but there are differences. **The ketogenic phases (1 and 2) feature the kinds of vegetables that have fewer carbohydrates, and your doctor will tell you what Essential products have the ingredients you can eat.** This is because diabetics, people with metabolic syndrome (including obesity, impaired glucose intolerance, hypertriglyceridemia and high blood pressure) or insulin resistance must eat even fewer carbohydrates in order to trigger ketosis and make the diet effective.

Supplements during both phase 1 and phase 2 (apart from the necessary vitamin and trace element supplements) will include specific substances to help the body handle glucose and fatty acids better and help you lose weight.



Aunque es este último caso el esfuerzo sea mayor, tenga en cuenta que los beneficios a obtener también lo serán. Diversos estudios han demostrado el gran beneficio que supone en estos pacientes bajadas de peso, consiguiendo a veces la normalización de los parámetros analíticos. Esto en la práctica se traduce para el paciente en menor riesgo de desarrollar una diabetes, disminución de la toma de fármacos (antidiabéticos orales, antihipertensivos...) o incluso la retirada de estos.

Su profesional le recomendará el método más apropiado.



The length of each phase will vary depending on your doctor's judgement in view of your targets and results.

STARTING WEIGHT:.....Kgs	WEIGHT LOSS TARGET	END WEIGHT:.....Kgs
STARTING WAIST CIRCUMFERENC:.....cms	..... kgs	END WAIST CIRCUMFERENCE:.....cms

Loss in Kgs

-1 kgs								
-2 kgs								
-3 kgs								
-4 kgs								
-5 kgs								
-6 kgs								
-7 kgs								
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-9 kgs								
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-28 kgs								
	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6	MONTH 7	MONTH 8

## WEIGHT MAINTENANCE: HEALTHY DIET AND PHYSICAL ACTIVITY

### 1 HEALTHY DIET

Once you've reached your target weight, it will be fundamental for you to **relearn how to eat**. That is, to correct any bad eating habits. Remember that good eating habits will not only influence your weight; they will also play a part in preventing diseases like those we've already mentioned.

**You'll attain good nutrition when you have gradually incorporated some of every kind of food.** Bear in mind that no food or food group can give your body all the essential nutrients. That's why you need to eat some of everything, but in the right quantities.

The main food groups may be summed up as follows:

- **WATER:** Water is a must, because all your body's chemical reactions take place in the presence of water. Water helps fight constipation. Drink at least 1.5 to two litres of water each day.
- **OIL AND FAT:** Oil and fat are essential for your health, but you must consume them in moderation, because they have a lot of calories. Vegetable oils and fats (like olive oil) are healthier than animal oils and fats. Avoid margarine.
- **MEAT:** Meat gives you high biological value protein, vitamin B12, iron, phosphorus, potassium and zinc. Choose lean cuts to avoid saturated fats. Eat three to four helpings per week. Eat sausage and cold cuts only sparingly.
- **FRUIT:** Fruit is a source of vitamins, minerals and fibre. You must eat whole fruit, not just juice, in order to get the fibre. Eat at least three pieces of fruit each day, and make sure one is high in citric acid (like strawberries, kiwis or tangerines).

- **NUTS:** Nuts are high-energy foods, so even though their properties are beneficial, eat them only when you are at your desired weight. Nuts have fibre, unsaturated fatty acids (which bring down your cholesterol and triglycerides) and vitamin E, which is a powerful antioxidant.

- **EGGS:** Eggs have high biological value protein (Egg white albumin is the highest-quality protein there is), vitamins and minerals. Eat three to four eggs each week.

- **DAIRY PRODUCTS:** A source of high biological value protein, lactose, vitamins and especially calcium. Have two to four preferably low-fat helpings each day, depending on your age and physiological condition (such as old age or pregnancy).

- **LEGUMES:** Legumes have carbohydrates, fibre, vitamins and minerals. If you eat them together with grains, you get protein. Eat two to three helpings each week.

- **FISH AND SHELLFISH:** These have high biological value protein, vitamin D, iodine and omega-3 fatty acids. You should eat three to four helpings a week, especially cold-water fish. Shellfish have vitamins and minerals.

- **VEGETABLES:** Sources of vitamins, minerals, fibre and antioxidants. You should eat at least 300 grams a day, and you should have at least one helping raw (like salad).

- **WINE AND BEER:** You can drink fermented beverages (5 to 15% alcohol) in moderation. They have vitamins, minerals and antioxidants. They help reduce cardiovascular risk. Try to avoid distilled beverages (15 to 45% alcohol). Remember that ethanol has what we call “empty” calories, which are calories that give your body no nutritional value.



Remember that there are some foods you should eat sparingly: **fats** (butter and margarine), **sweets and pastry** (remembering that homemade pastry is better than the shop-bought kind).



The maintenance sheet you will be given will contain eating instructions so you can **put together your own balanced, healthy menus.**



## 2 PHYSICAL ACTIVITY

Physical activity and regular exercise are a vital part of weight maintenance once you have reached your target weight.

**The benefits of exercise are many, both physically and mentally:** It helps you lose weight and maintain your target weight, it prevents cardiovascular disease, it helps control your blood pressure, it improves insulin sensitivity and metabolic control in diabetic patients, it reduces triglycerides and “bad” (LDL) cholesterol and increases “good” (HDL) cholesterol, it improves your lung capacity, and it increases your feeling of physical and mental wellbeing.

In order to appreciate all these benefits, you should engage in moderately intense physical activity for **60 to 90 minutes a day.**

If you are not in the habit, you may feel predisposed to give up.

Don't feel daunted. With the physical activity programme you will be taught, you will gradually increase the frequency and intensity of your physical activity until you reach your goals. Helping you maintain your weight is not the only role exercise plays; your exercise programme will also **improve your general state of health and show you how to enjoy physical activity** so you'll want to make it a part of your routine.

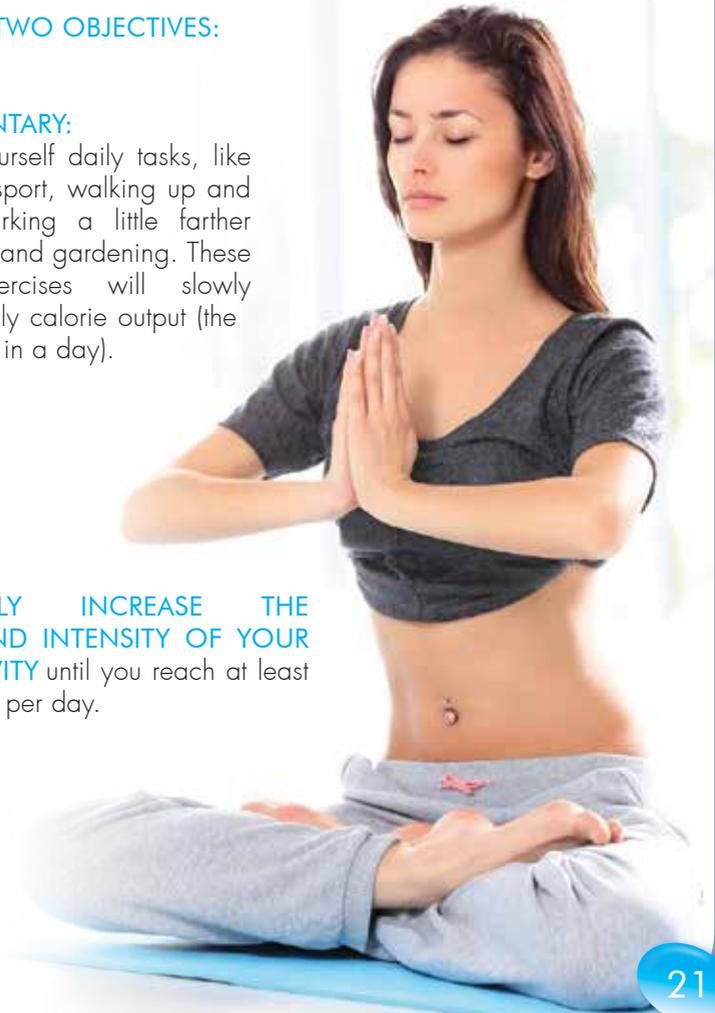
You will start slowly and gradually, with short-term goals, just like with your weight.

### SO, THERE ARE TWO OBJECTIVES:

- **BE LESS SEDENTARY:**

Gradually set yourself daily tasks, like using public transport, walking up and down stairs, parking a little farther away, doing DIY and gardening. These low-intensity exercises will slowly increase your daily calorie output (the calories you burn in a day).

- **GRADUALLY INCREASE THE FREQUENCY AND INTENSITY OF YOUR PHYSICAL ACTIVITY** until you reach at least 45 to 60 minutes per day.



El programa de actividad física que le proponemos tiene como finalidad aumentar la intensidad, duración y frecuencia de los ejercicios para **aumentar su resistencia, fuerza muscular y flexibilidad.**

Vamos a detenernos en explicar estos conceptos para que pueda apreciar la importancia que tienen en la mejora de su condición física.

## ENDURANCE

- **AEROBIC ENDURANCE:** This is the **ability to withstand low-intensity physical activity** for as long as possible. It helps you feel less fatigue as you step up your physical activity; it activates your metabolism in general and activates organs like your liver and kidneys, which eliminate waste; it reduces fat deposits and so helps you lose weight; and it helps control your blood pressure.

The exercises that increase your aerobic endurance involve a large number of your body's muscles working together, like in walking, running, swimming, biking and riding an exercise bike.



- **ANAEROBIC ENDURANCE:** This is the **ability to withstand high-intensity activities.** When an activity is so intense that you need more oxygen than you can get, it produces an oxygen "debt", in which your body falls back on burning the fatty acids it keeps in reserve for energy. That helps you lose weight.

The benefits of anaerobic exercise are an increase in muscle and an improved ability to fight fatigue.

The exercises that increase your anaerobic endurance include sit-ups and weight lifting with your arms and legs.



## STRENGTH

This is the **ability to produce maximum muscular tension**. The benefits include strengthening your musculoskeletal system, which helps improve posture control and reduces backaches. Exercises that increase strength stimulate the muscles involved in important movements of daily life (like bending and straightening elbows and knees).

## FLEXIBILITY

This is the **ability to move your joints** with the greatest possible breadth of movement. Among other benefits, increased flexibility makes it easier to do daily tasks and helps prevent pain in your joints. The stretching you will do after aerobic exercise sessions to prevent sore muscles will increase your flexibility.

## A FEW PRACTICAL ISSUES

Sometimes you can't follow your diet because of unavoidable engagements or situations where it's just impossible to stick to the plan.

Remember that **for the first ten days you really ought to follow the diet exactly as prescribed**, especially if you are on the Basic Essential Diet Method or the method for metabolic syndrome and/or type-2 diabetes. We must repeat that the basis for the **diet's efficacy is that you must trigger ketosis**. That happens two to four days after you start the diet. **If you eat unrecommended foods during that time, you will interrupt ketosis**, and then you will have to start the diet all over again.

If, even so, you find yourself forced off the diet, here are a number of recommendations:

- **Eat high-protein foods**, both as an appetizer (mussels, cockles, ham) and your main course (fish baked plain or in salt, sirloin, carpaccio, always preceded by a dish of vegetables or salad).
- **Do not drink alcohol or soft drinks**. Remember that even non-alcoholic beer is made of barley, which is a carbohydrate. Try to avoid it, too.
- **You may drink aged red wine**, but drink in moderation.

This is **only if you are faced with a one-off event you cannot avoid**. Stay away from foods that interrupt ketosis during phases 1 and 2, which are the ketogenic phases of your diet.



## FOOD COOKING METHODS

We cook our food to make it edible, but we also cook it to develop pleasant flavours and textures that make food tastier and more appetizing. Cooking doesn't have to be a complicated business. Simple cooking methods can also help pave the way to healthier eating for you.



Here are a few of our proposals.

### STEAMING

You steam food by placing it in a perforated recipient over another recipient containing boiling water. The food never touches the water. Steaming is a highly recommendable way of cooking, because steamed food loses fewer nutrients than food that is immersed in boiling water. Recommended for vegetables and fish, too.

### STEWING

You stew food by cooking it in a covered pot in its own juice or some added liquid, usually broth. Stewing is preferably for meat that needs to cook a long time, accompanied by vegetables. Since the pot is covered, nothing evaporates, and the food's own juices are preserved. Stew food for a long time, always at a temperature below the boiling point, so the collagen in the meat can dissolve into gelatine, which is what makes stewed meat so juicy and tender.

## BAKING

Baking is cooking food in the oven. There are several ways of baking food.

### • En Papillote

This just means **wrapping food in aluminium foil** or, better yet, brown paper or parchment. It's used for **soft fish, meat and vegetables that require a short cooking time.**

Baking en papillote is highly recommended, because foods cook in their own juices. They come out juicy and tender without your having to add extra cooking fats, and they preserve all their aroma, flavour and nutrients.

Keep your oven temperature no higher than 180 °C. Cooking time varies between 15 and 30 minutes. One good trick is to look at the packet. If it's inflated, your food is done.

### • Baking in Salt

Though you might not think it, baking in salt is a **very healthy way to cook.** **Food keeps all its nutrients,** requires no cooking fat and **absorbs just the right amount of salt,** no more. The result is extraordinarily juicy, wholesome eating, since the food loses no nutrients in the cooking process.

Baking in salt is a method used mostly for **fish.** Leave the fish whole and unscaled. Gut it, but do not leave it open, so the salt won't come into contact with the flesh inside.

Use special baking salt. The oven should be at about 200 °C. After baking, break the salt crust open and remove the fish.



## GRILLING

In grilling, food is placed on a grill and subjected to direct heat at a temperature of 150 to 200 °C. Though the outer layer of grilled food does lose nutrients (especially fats), inside the nutrients remain intact, since grilling “seals them in”.

Grilling is ideal for **vegetables, fish and meat**. Another thing about grilling is that it is a flavour booster, so it is a popular cooking choice.

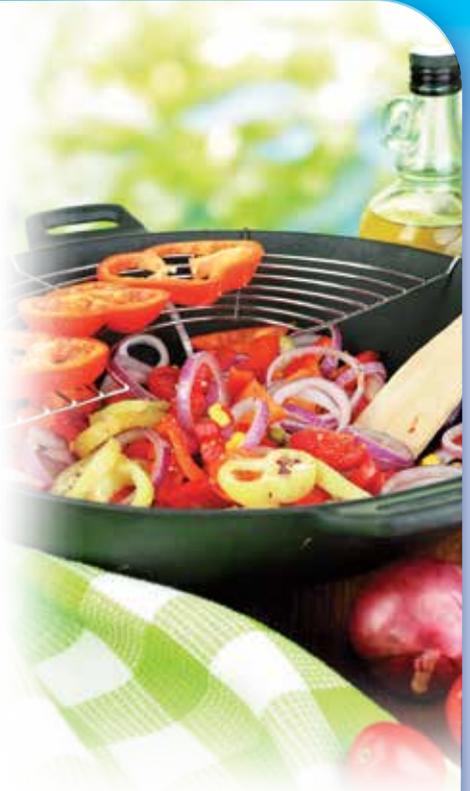
## STIR FRYING

To stir fry, use a wok. A wok is a big, round Chinese frying pan with handles, in which **all the food you're cooking touches the hot surface at the same time**. That means cooking time is short, so food does not lose its nutrients, aroma or texture.

Stir frying is a very popular way of cooking **vegetables**, but you can also use it for small pieces of meat and/or fish.

## MICROWAVING

Microwaving heats food from the inside by agitating the food's water molecules. It's a fast method that preserves all the fine features of a food, as well as flavours and aromas. Microwaving is a fast, simple way of cooking.



## HOW TO PREPARE ITEMS FROM THE ESSENTIAL PRODUCT RANGE

### GENERAL ADVICE

When preparing sachets, it's best to **pour plain water** (not hot water) into the shaker **before you add the contents of the sachet**, to prevent lumps from forming. To keep from damaging the protein, **you are advised not to let the preparation boil**. **Add salt if necessary.**

Remember, starting in phase 1, you can choose from a wide variety of ready-to-eat products that require no preparation.

**SHAKES:** Pour 200 ml of cold water into a shaker. Add the contents of the sachet and shake. Pour the preparation into a mug and microwave for 45 seconds for a hot beverage.

**COLD DRINKS:** Pour 175 to 200 ml of cool water into a shaker or glass, add the contents of the sachet and stir. Avoid shaking it in the shaker, because it will create a lot of foam.

**SOUPS AND CREAMS:** Pour 200 ml of cold water into a shaker. Add the contents of the sachet and shake. Pour the preparation into a bowl and microwave for 45 seconds.

**CREPES/ PANCAKE:** Pour 80 ml of water for crepes and pancakes or 50 ml for blinis into a shaker. Add the contents of the sachet and shake. Cook the preparation on a very hot non-stick griddle, turning it over when it is halfway done.



**SHIRATAKI SPAGUETTI:** Remove from the container, wash, drain and heat. Add the Hot Essential Diet Bolognese or Chicken Curry Sauce.

**EXQUISITES IN GENERAL:** Pour 130 to 150ml of cold water in a shaker, according to the desired consistency. Add the contents of the envelope and mix. Chill in the fridge for 1 hour if you prefer it colder.

**CHOCOLATE MOUSSE EXQUISITE:** Place the contents of the envelope in a bowl, add 90ml of cold water, and mix with a hand mixer until a consistent mouse is formed. Chill in the fridge for 1 hour if you prefer it colder.

**FLANES:** Pour 135ml of water into a shaker. Add the contents of the envelope, shake and heat in a saucepan until the mixture becomes liquid, or in a microwave oven for 45 seconds. Chill in the fridge for 1 hour.

**CUSTARD:** Place 135-150 ml of fresh water according to the desired consistency, add the contents of the envelope and shake. Chill in the fridge for 1 hour.

**RICE WITH MILK:** Pour 135 ml of cold water into a shaker. Add the contents of the sachet and mix vigorously. Heat for 45 seconds in the microwave in a bowl and let it rest for 1 hour in the fridge.

**SALTY CAKE:** Pour the contents of the envelope into a bowl and mix with 60 to 70 ml of water. Cook for 10 minutes in the oven at 180°C. or 1min 30 in microwave in an individual non-stick container.

**NUGGETS:** Place the contents of the envelope in a bowl, add 40ml of warm water and mix with a fork. Form 3 or 4 balls. Cook in the oven for 10 minutes at 175°C or 4 minutes in a frying pan. Turn them over halfway through cooking.

**RIZZONI PASTA:** Place the bag in boiling water. Cook for 20 minutes.

**PASTA NESTS:** Cook in boiling water for 8-10 minutes. Once cooked, consume immediately.

**PUREE:** Place the contents of the envelope in a bowl, add 80ml of hot water and mix with a fork.



**FRANKFURTERS:** Heat in hot (not boiling) water or in a frying pan or on a griddle with a few drops of oil.

**BURGER:** Heat in water without reaching a boil, or on the grill or frying pan with a drop of oil.

**PIZZA:** Preheat the oven to 220 °C. Add ingredients to taste. Remove and place the product on the central rack. Bake 5-8 min or until golden brown to taste.

**BOLOGNESE SAUCE:** Heat the contents of the package in the microwave or a saucepan. Serve with Essential Diet Shirataki spaghetti or vegetables.

**OMELETTES:** Pour 100 ml of cold water into a shaker. Add the contents of the sachet and shake. Pour the preparation into a very hot non-stick frying pan. Turn the omelette over when it is halfway done.

**YOGURT:** Pour 150 ml of cool water, depending on the desired consistency. Add the contents of the sachet and mix. Refrigerate.



The essential thing is your health.  
The essential thing is **YOU**



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