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17 Day Diet

San Diego-based physician Mike Moreno, MD, is the author of the *17 Day Diet: A Doctor's Plan Designed for Rapid Results*. In this diet, there are three cycles that last 17 days each, and one, long-term maintenance cycle. The reason behind the 17-day cycle is to prevent forming a habit. The goal is to change up your plan before your body falls into a routine, and therefore eliminate the plateau effect that many people face with diets.

The first cycle involves a 1,200-calorie-per-day restriction plan, stimulating fat metabolism, loss of water weight, and promoting a general cleanse from the usual unhealthy diet. The second cycle alternates high and low daily calorie allowances to keep the body's metabolism active. The third cycle involves a less restrictive diet to slow weight loss and prepare the body for maintenance. The last cycle focuses on maintenance and long-term results, and includes designated cheat days.

There is a focus on consuming Greek-style yogurts and kefir to improve digestion and help with weight loss. No fruit or starchy carbohydrates are allowed after 2pm since Dr. Moreno believes that the body may not use them as readily for energy, and store them as fat instead.

Foods to include:

- Vegetables
- Low-sugar fruits
- Whole grains
- Lean meat
- Lean poultry
- Lean fish
- Eggs
- Beans
- Yogurt
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Sugars
- Processed foods
- Refined grains
- All dairy except yogurt
- Trans fats
- High-salt foods

Pros:

- Emphasizes sustained weight loss
- Simple meal plans and recipes to follow
- Quick weight loss in some cases
- Supports healthy intestinal bacteria

Cons:

- Extreme restriction makes it difficult for some to follow
- Only minor scientific data suggests that cycling food intake promotes weight loss
- May lead to extreme, unwanted weight loss

Sources:

Mike Moreno's *The 17 Day Diet: A Doctor's Plan Designed for Rapid Results*
17 Day Diet Review www.webmd.com <http://www.webmd.com>

17 Day Diet: Dr Michael Moreno's Plan for Weight Loss in Four Cycles Goes Viral www.abcnews.com [_ \(http://www.abcnews.com\)](http://www.abcnews.com)
The 17 Day Diet www.17daydiet.com [_ \(http://www.17daydiet.com\)](http://www.17daydiet.com)