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L.A. Shape Diet

The L.A. Shape Diet is a 14-day plan created by David Herber, MD, PhD, founding director of UCLA's Center for Human Nutrition. This diet is a high-protein approach with a focus on body shape and fat percentage rather than weight. According to Dr. Herber, people are either apple-shaped or pear-shaped.

The abundance of protein in the diet is meant to keep dieters satiated. Dr. Herber recommends consuming high-protein shakes once or twice a day in addition to eating healthy carbohydrates and small amounts of fat. Exercise, positive behavior, and food choices are also essential components of this regimen.

The first phase of the diet includes a high-protein shake for breakfast and lunch, followed by a dinner of lean meat or fish, unprocessed carbohydrates, vegetables, and fruit. The recommended portions are 3-6 ounces of lean meat or fish, 2 cups of cooked vegetables, and 4 cups of salad dressed with vinegar. A reasonable portion of fruit serves as dessert.

In the second phase, the shakes are cut down to one at breakfast, followed by a light lunch, and dinner. Both lunch and dinner should be filled with vegetables, fruit, lean meat, and fiber. During this phase, dieters must eat seven servings of fruits and vegetables daily and 25 grams of fiber. The diet is ultimately composed of 29% protein, 20% fat, and approximately 51% "good" carbohydrates.

Supplements such as green tea extract, herbs, and antioxidants are strongly encouraged. There are no "off limits" foods; however, Dr. Herber recommends reducing certain foods and eliminating any foods from the diet that may trigger bingeing. He guides participants to identify their trigger foods so that they are in control and do not end up overeating. He also teaches confidence-building skills and relaxation techniques so that dieters avoid self-sabotage.

Foods to include:

- Lean meat
- Fish
- Whole grains
- Vegetables
- Fruits
- Smoothies

Foods to avoid:

- High-fat meat
- Full-fat dairy
- Refined grains
- Refined sugar
- All processed foods
- Any personal trigger foods

Pros:

- Encourages whole foods
- Eliminates processed foods
- Considers primary food
- Honors bio-individuality to some extent

Cons:

- Some may be averse to meat
- Not everyone will want to replace meals with smoothies
- Some thrive on full-fat dairy and meat

Sources:

David Heber's *The L.A. Shape Diet: The 14-Day Total Weight Loss Plan*

The L.A. Shape Diet www.abcnews.com [.\(http://www.abcnews.com\)](http://www.abcnews.com).

The L.A. Shape Diet www.health.com [.\(http://www.health.com\)](http://www.health.com).