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# Sonoma Diet

The Sonoma Diet was inspired by California's wine country in Sonoma Valley and is based on wholesome, flavorful, satisfying food. The approach emphasizes seasonal power foods like fresh berries and hearty whole grains. These types of foods deliver nutrients with a minimum number of calories. The Sonoma Diet, influenced by the Mediterranean diet, stresses the importance of enjoying food while remaining mindful of quality and quantity. Connie Gutterson, author of *The Sonoma Diet*, recommends an initial 10-day purge of any sweet, fake, or refined foods in order to reset cravings.

## Wave 1:

Wave 1 is the first 10 days of the diet where sugary, processed foods are removed and the body is reset. During this wave, meals consist of protein, vegetables and whole grains. Fat is limited to three teaspoons of canola oil, olive oil or avocado oil. No white flour, hydrogenated oils or white sugar are permitted.

## Wave 2:

Wave 2 makes up most of the plan and may be continued until desired weight is reached. In addition to protein, vegetables and grains, this wave includes 25% fruit. During this time, some starchy vegetables, such as peas, may be incorporated into meals, but potatoes are not permitted. Six ounces of wine may also be consumed.

## Wave 3:

Wave 3 is the maintenance phase where more starchy fruits and vegetables may be added and an occasional treat may be enjoyed.

## 12 Power Foods:

- Almonds
- Bell peppers
- Grapes
- Broccoli
- Strawberries
- Whole grain
- Blueberries
- Extra-virgin olive oil
- Spinach
- Tomatoes
- Beans
- Citrus

## Foods to include:

- Vegetables
- Fruits
- Whole grains
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Dairy
- Nuts and seeds
- Healthy oils

## Foods to avoid:

- Refined grains

- Sugar
- Trans fat
- Processed foods

**Pros:**

- Can be a lifestyle rather than a diet
- Wide range of nutrients and flavors
- Emphasizes whole foods
- Phase 1 may lead to rapid weight loss

**Cons:**

- Recommends canola oil, a controversial and possibly detrimental item
- Phase 1 may be challenging and lead to obsessive behavior
- Some may need a more structured ongoing plan to see results

**Source:**

*Sonoma Diet* [www.sonomadiet.com](http://www.sonomadiet.com) [\\_\(http://www.sonomadiet.com\)](http://www.sonomadiet.com)