

# Dramatic Dress Size Reduction Diet

*by Jayson Hunter*

When You Absolutely Positively Have to Lose 20 Pounds **FAST!** Registered Dietitian



Here is the start to my analysis of Rachael Ray's 365: No Repeats 30-minute meal cookbook. There are some wonderful recipes in here and to know that there is a recipe for every day of the year is great.

That means no boredom and you can never say there is nothing to cook for dinner. Even though all of the recipes may taste good they may not always be the best calorie wise for you. Or fit into the Dress-size reduction eating plan.

So my objective is to give you alternative ingredient ideas when needed to continue the great taste of Rachael's meals yet be healthy enough to fit into the Dress-size Reduction Diet Meal Plan.

Make sure you go out and purchase Rachael Ray's 365: No Repeats 30-minute meal cookbook so you can enjoy these great recipes and add variety to your Dress-Size Reduction Diet.

Let's get started with Rachael Ray's first recipe:

## **Scramblewiches**

Overall this is a great 30-minute meal and is different which is what you want. You will enjoy something different yet please your taste buds.

On the surface it is a fairly healthy meal, but here are a few suggestions to improve the nutrient content of this meal.

1. Instead of a plain white bread baguette substitute a rye or whole-grain baguette.
2. Choose the smoked turkey or lean ham as your first choices instead of the pastrami or corned beef.
3. Use Omega 3 eggs instead of regular eggs so that you get plenty of heart healthy Omega 3 fats. These fats may also help to release the fat molecules you store to be used for energy.
4. Generally choose the swiss cheese or a low-fat option for your cheese instead of the regular cheddar option to top your Scramblewich with.

There you have it 4 easy changes to improve an already great sandwich.



## **Rachael Ray's Baked Sole and Roasted Asparagus with Sesame**

This recipe is a great choice because it contains fish which is a good source of Omega 3 fatty acids. Sole isn't a great source of Omega 3 fats such as salmon or tuna, but it is a good source and should still be consumed in your diet.

There are numerous benefits to Omega 3 Fatty Acids and I suggest you consume them in a variety of ways. One of them being a variety of fish recipes, almonds, flaxseed oil, olive oil and of course Krill Oil capsules.

Now on to Rachael Ray's recipe.

This recipe is a light fish dish along with roasted asparagus and rice.

Instead of using the white rice the recipe calls for I recommend you replace it with brown or wild rice to increase the fiber content and lower the insulin response that white rice creates.

By using a higher fiber rice this will complete your meal of a lean protein, vegetable and lower glycemic carbohydrate and the meal will taste just as delicious yet healthier.

I also suggest you use extra-virgin Olive Oil instead of the vegetable oil it calls for to consume more healthy fats.

### **Want A Recipe That Packs a Punch?**

I have a great recipe that I eat as my lunch sometimes. It isn't a Rachael Ray recipe, but is just as healthy and will do wonders for helping you lose weight.

It is called **Grilled Chicken and Bean Salad**

It is a great meal to take with you for lunch and is loaded with protein and fiber.

Here are the ingredients:

- 1 can (16oz) whole green beans, drained
- 1 can (15oz) garbanzo beans, drained
- 1 can (15oz) kidney beans, drained
- 2 grilled chicken breast, chopped
- 1 can (12oz) whole-kernel corn, drained
- 1 medium red onion, chopped
- 1 cup fat-free French dressing

Cook and chop the chicken and then mix the beans, corn, onion, and chicken together. Pour in the 1 cup of fat-free French Dressing and you are finished. You now have an excellent meal that is portable and can be eaten cold or hot. It tastes great both ways.

You might be wondering why this is a great fat loss meal. It is because you are eating a good amount of protein which provides fullness and has a high Thermic Effect Factor. A high Thermic Effect means that it requires more calories to be used for digestion than other nutrients such as carbs and fat. So your net calorie intake is lower. This meal also provides a great source of fiber which again provides satiety and fullness as well as slows down the digestion process so your insulin levels stay controlled. Controlling your insulin level is key to fat loss.

## **Lime-and-Honey Glazed Salmon with Warm Black Bean and Corn Salad**

This recipe you don't even have to make any changes to it. Just follow the recipe and enjoy.

It is called **Lime-and-Honey Glazed Salmon with Warm Black Bean and Corn Salad**

Here is what makes it such a great recipe.

It uses:

- \* **Extra virgin olive oil** (Great Essential Fatty Acid source)
- \* **Garlic cloves** (Garlic has been touted as a heart healthy food by possibly lowering cholesterol. It is also a great anti-oxidant.)
- \* **Salmon** (Excellent Omega 3 fatty acid source)
- \* **Black Beans** (Excellent high fiber carbohydrate source)
- \* **Baby Spinach** (Loaded with powerful anti-oxidants)
- \* **Red Bell Pepper** (Another great source of powerful anti-oxidants)

This recipe is just loaded with ingredients that will not only help you lose weight, but improve your health at the same time to keep you looking great for many years.

## **Sliced Herb and Garlic Tagliata**

A New England Grocery Store Chain has hired a nutrition expert to grade most of their foods from a rating of 1 star to 3 stars. This has been popular because it gives their customers some guidance to be able to make healthy choices and lose excess fat.

Well, the Rachael Ray recipes I post on my [blog](#) are all 3 star rated, which means they are healthy for you to eat and also lose weight fast. If they aren't a 3 rating naturally I will tell you how to modify them to become a 3 star recipe.

The 3 star recipe I have for you today is called **Sliced Herb and Garlic Tagliata**.

This recipe earns a 3 star rating because of these ingredients.

**Garlic:** A potential fat loss aid

**Extra Virgin Olive Oil:** Great essential fatty acid source which is another potential fat loss aid.

**Red Meat:** Excellent source of iron

**Portobello Mushroom Caps:** Excellent anti-oxidant source

Sliced Herb and Garlic Tagliata is recipe #130 in Rachael Ray's 365: No Repeats Cookbook.

Get out and purchase her book today so that you can start eating 3 star recipes that will get you the fast weight loss you desire.

## **Spring Chicken with Leeks and Peas**

Another study has been released showing that whole-grain consumption is linked to better bodyweight.

One of the possible reasons in the prevention of obesity is of course the fiber content and that it provides satiety (fullness).

With this being said here is a delicious meal that not only contains lean protein, which is a great satiety food, but I will show you how to include higher fiber whole-grains as well.

## **Spring Chicken with Leeks and Peas**

This meal almost fits into the Dress-Size Reduction meal plan perfectly except for one thing.

First lets talk about the benefits of this meal.

1. It contains Extra-virgin olive oil which is a great healthy fat to include in your diet.
2. Contains lean chicken breasts
3. Contains leeks and green peas so you are getting in your vegetable servings. Feel free to add other vegetables as a side item.

The one thing that needs adjusting is the rice choice.

Rachael Ray suggests white rice, but a healthier alternative would be substituting the white rice Rachael uses in the recipe with wild rice or brown rice.

To recap why this meal meets our recommended list.

1. Lean Protein
2. Vegetables
3. Whole-grain or higher fiber carbohydrate choice.

All 3 are essential in meeting your weight loss goals.

## **Grilled Swordfish Salad**

I have another great recipe for you from Rachael Ray. It is called **Grilled Swordfish Salad**. It is recipe number 263 from her 365: No Repeats Cookbook.

Why is this recipe great?

Because it contains Extra Virgin olive oil which is a heart healthy oil that contains essential fatty acids.

It also includes swordfish which you all know I have mentioned the wonderful benefits of fish and the Omega 3 fish oils you get when eating fish.

This Rachael Ray recipe also contains a nice variety of vegetables to get in plenty of fiber, anti-oxidants and numerous vitamins and minerals.

Don't forget the garlic in this recipe that provides not only health benefits, but may reduce fat deposits in the body so some believe it to be a fat loss aid.

Feel free to add more of your favorite vegetables to this recipe and customize it to your own likings.

If you have been looking for a great recipe that will help you feel fuller longer and lose weight fast then go out and get Rachael Ray's book 365: No Repeats and start including these recipes I discuss to get you on the fast weight loss plan.

For continued recipe analysis go to <http://dress-size-reduction-blog.com>. I'll be adding more and more to my blog all the time! Plus, there are all sorts of great weight loss and health tips there, too!

Feel free to leave a comment with your own recipe or email me and I will tell you how you can make it healthier.

Yours in health,

*Jayson Hunter*

