

"I ate 50 sandwiches and lost 50 pounds"

SANDWICH LOVER'S DIET



Open Face

Exciting New Diet Revolution



Cup



Wrap

Say Goodbye to Calorie Burning Exercises



Wedge



Traditional

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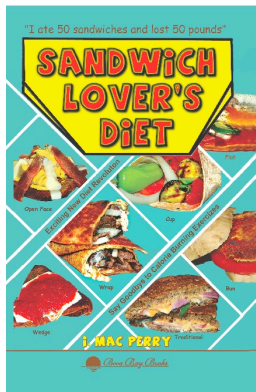
Boca Bay Books



Flat



Bun



*You Love Sandwiches? At last, a permanent, lifelong eating plan we can all live with because we each make our sandwiches out of the foods we have learned to love all of our lives. Author I. Mac Perry presents a custom-made diet plan that will tip the scales in the downward direction. You'll have to buy new clothes when you get on the **Sandwich Lover's Diet**. Written for Diabetics, Obese Children, and Fluffy Adults. Includes 50 Diet Sandwich Recipes!*

Sandwich Lover's Diet

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Your Free excerpt appears below. Enjoy!

Sandwich Lover's Diet

I. Mac Perry



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NOTE: Full color photos of these 50 sandwiches can be seen at

<http://www.sandwichloversdiet.com>

And an interactive Face Book site is at

<http://www.facebook.com/Sandwichloversdiet>

**Dedicated to obese children, all diabetics
and to my hundreds of fluffy friends**

“The wealth of nutrition information you provide with the added benefit of recipes is just tremendous . . . I’m so impressed with it all”

. . . Linda Overton Philips, RN
“Miss Recycle Right” of Tennessee

“I ate 50 sandwiches and lost 50 pounds”

. . . . I. Mac Perry

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Chapter I

Three Steps to a Slimmer You

I'm a sandwich freak, O.K.?

I love everything about sandwiches. They are: spontaneous, delicious, healthy, they can be laid back or gourmet, breakfast or dinner, they don't slow me down. I was raised on sandwiches, hundreds of them. Sandwiches are in my genes.

And I certainly didn't want to hear what I was hearing.

"They are in your jeans, alright." My doctor pointed to my expanding posterior. "Did you ever hear the term bread butt?" He went on and on "You need to lose weight and take better care of yourself. Stop eating those high carb sandwiches piled high with fatty foods." Then he ran me down a path I didn't want to run . . . again.

"This isn't rocket science. Eating excess fats means fatty liver, high blood pressure, increased risk of heart attack and stroke, colon cancer, infertility, sleep disorders, arthritic bones, high blood pressure . . ."

"Ouch," I broke in to stop him before he ran out of body parts. He took the space to suck down a fresh gulp of air and went on.

"Excess bread and other pastas made from refined white flour cause your blood sugar to spike too often and lead to diabetes. These excess carbohydrates also cause an increase in your bad cholesterol level and

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take you to the land of heart disease and retarded metabolism and inefficient digestion and fat around your belly.” He pointed at the inner tube around my waist this time. I was half naked; I couldn’t hide it under a full shirt like I do in public. “White breads have been stripped of fiber. This leads to Crohn’s and irritable bowel syndrome and possibly cancer of the intestine.” He paused for another breath; I jumped in.

“I get it, doc. I get it.” But I didn’t want to get it. I didn’t want to give up my sandwiches. I also knew I didn’t want to continue down this path that I and so many Americans choose, a path that means loss of self image, sluggish feeling, and early death.

“I want you to eat seven cups of beans and vegetables a day and no more sandwiches.”

My doctor is from the Far East, India, I think. So I’m thinking: *that’s easy for you to say; you were raised on that stuff; I was raised on sandwiches.*

Well, I tried his bees and vees. But every week it became increasingly more difficult to stay on that restricted diet. Besides, I’m not what you would call a beans and vegetables sort of guy. I’m a sandwich freak. The beans and veggies may have been good for my “fatty liver” but it didn’t do a thing for my fatty stomach or my . . . What did he call it . . . Bread Butt? As the sausage man Jimmy Dean used to sing in the 1960s, *I just can’t eat without bread (Please Pass the Biscuits).*

Every couple of weeks when I went to see the good doc, I took a new label from a low-carb bread for his approval. He just grunted. Finally, he said, “What is this obsession you have with sandwiches?”

That did it!

Those were fighting words. I knew then that I was going to make my sandwiches work. I got off of *Doc's Bees and Vees Diet*, which I'm sure works for him, a handsome trim man of about 45, and I started perfecting my sandwiches.

I had spent a couple of years in cooking school, directed an agriculture missionary school aimed at world hunger solutions through community vegetable gardening, studied and written about the diets of Florida's pre-historic Indians. I could tackle this, piece of cake . . . (oops, can't say that any more.)

I hit the books, the Internet, documentary videos, nutrition publications, the grocery stores, and whole food and organic stores. I studied all of the other diets. I read hundreds of food labels, always searching for the right nutrient content to use in my sandwiches. And I downloaded and read cover to cover the U.S.D.A.'s latest issue of *Dietary Guidelines for Americans: 2010*.

But during quiet moments with books and papers piled high on my desk, I wondered: *how did I get myself into this jam in the first place* (Oops, can't use that word any more, either).

Actually I was soon to discover that I *can* use and eat a piece of cake, jam, breads, pancakes, spaghetti, bacon, steak, all the things that made me fluffy in the first place. There is nothing that I want that I can't eat and I'll lose weight, I won't ever be hungry, and I will be healthy. What more could I ask? It's all a matter of choice of products.

Thinking back

My love of sandwiches began as a kid. All kids love sandwiches. But like the doctor says eating the *wrong* sandwiches will make you look like Fat Albert.

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American kids must be eating the wrong sandwiches because childhood obesity is at epidemic portions. Hospitalized adolescent obesity cases have doubled in the past 20 years.

The Wellsprings Camps (adolescent weight loss camps) say, *If you're an 18 year old obese person in the US, you can expect to save \$549,907.35 during your lifetime if you reach a normal weight in the next 3-12 months.* That's a half a million bucks in medical expenses saved just from eating the right sandwiches.

As a kid, I used to take two slices of loaf bread (refined white bread) and smear them with peanut butter and peach jam my mother used to make (*yikes! That's 16 fats and 43 carbs*) or bologna, mozzarella cheese, and mayo (*yikes! That's 40 fats and 31 carbs*), or I'd just smear some lard from the big can on the stove where my mother poured left over bacon grease through a Muslim cloth (*double yikes! I'm not even going to look this one up*).

No wonder I went from a 98-pound weakling to a 256 pound Jabba the Hutt look-like.

At my last tip of the scales and at my doctor's nudging, I decided I was going to create a Sandwich Lover's Diet. And if it knocked the fat off of me and was healthy and fun, I was going to share it with everyone I knew.

During the day I researched and wrote; during the evening I went into my test kitchen to conduct what I called *Kitchen Kemistry*, creating and eating low fat/carb sandwiches. And every week when I stepped on the scales, the needle was lower than the week before. This became the Sandwich Lover's Diet.

Wait, did I say *diet*?

Actually a diet is something you hate, something you do for a year and lose maybe 30 pounds, and then you stop, return to your old eating habits and regain the 30 el bees (lbs) and a couple more to boot. A diet is when you have to eat what you don't want to eat when you don't want to eat it, are kept away from foods you do want to eat, for a certain period of time, till you can't stand it anymore and you quit. It's not natural. Diet days do not add joy to your life. You lose control of what you really want to do.

Up and down fad diets are all over the TV and Internet. Some have millions of Americans convinced that their diet is *the* way to go. Some are downright unhealthy; some are quite costly; some are very time consuming and make you go to meetings; some require a lot of counting and record keeping, some make you drink a drink and don't give you real food, and all of them make you eat something you really don't want to eat. Diets take away one of our great American privileges . . . impulse. Diets won't let you eat what your impulse nudges you to eat.

The Sandwich Lover's Diet will have none of this nonsense. It is a healthy, fun, knock-the-pounds-off time when you eat the foods *you* like . . . *your* foods. And you eat them when *you* want them, at *your* time. It is sustainable, something fluffy me and all of my fluffy friends will like for life because it's not really a diet.

It's a Lifelong Eating Plan

How many times have you tried those fad diets? I'm not calling any names; you know who they are. They are owned by mega corporations whose principle goal is to make money. That's why American corporations are formed. Those diets work fairly well but they are not sustainable. It appears that everyone who goes on one

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gets off of it at some future point and *voila*, the needle of the bathroom scale goes back in the other direction

Are you chunky, right now? Got a few love handles around your waist, saddlebags popping off your hips? Clothes seem a little tight?

Do you like sandwiches?

You need this permanent sandwich “Eating Plan” not another diet, a plan that allows you to eat *your* bodacious sandwiches, a plan that is healthy and nutritious and filling and one you’ll enjoy being on all of your life, one that won’t empty your wallet or turn you into a patty cake baker’s man. What you and I both need is to be able to eat the foods we each love and still lose weight.

For awhile, my wife Linda Faye was on one of those fad diets. Every day I’d watch her open the fridge at lunchtime and stare and say, “I don’t feel like eating”. What she meant was, “I don’t want to have to eat that (expletive) again.”

Then I’d say, “Stand aside. I can’t wait to get to one of my ‘wiches. Today, will it be a fried pork chop on a bun, a Colonial chicken salad cup, a fajita wedge, or an open face mackerel with remoulade? Hmmmm.”

If I continued to eat my scrumptious sandwiches every day but made a few minor changes in the bread and ingredients, and I learned that most of my favorite breakfasts, lunches and dinners can be made into fat erasing sandwiches, and I learned what to buy, why I’m buying it and where to buy it, and how to make great, healthy low fat/carb sandwiches that will reward me with belly fat falling away and a slimmer, more zippy me, then I will be very, very happy! You know what?

I did it and you can too!

It's so easy. I'm eating sandwiches, snacks, salads and sweets every day and . . .

I dropped 50 pounds!

It's not a crash diet. You won't drop three pounds a week. But you will probably drop one pound a week. And after a year of eating your favorite foods, the ones you've always eaten, you'll likely be 50 pounds lighter. . . just like I am. Want to give it a try? To begin, learn the three steps to this life-changing eating plan.

The 1st Step

The goal of this step is to cause you to lose weight. No eating plan is good if you don't lose weight. Excess fats and carbs (carbs = sugars, breads, pastas) are what make us fat. Your sandwiches must be made with low-fat meats and fat-free cheeses (animal products) and you must be sure to cut away all visible fat. You must switch over to low fat sauces and condiments. And you must use special low-carb breads and sugar substitutes to eliminate your paunch.

If you consume too many fats and carbs, over a period of time you'll get fluffy, first in the belly like I did, then in the butt like I did, then across the shoulders, double chin, sagging jowls, bulging . . . *oh dear!*

Fats and carbs are two of the foods that give us energy. That energy is measured in calories. For every 3500 calories we consume over what you burn by walking, thinking, and talking, we will gain one pound. If we consume 2350 calories a day and burn only 2000 a day then in ten days we'll gain a pound. Likewise, if we consume 1650 calories a day and burn 2000, in ten days we will lose a pound (*source: Dietary Guidelines for Americans: 2010*). Like the good doctor said, this isn't rocket science; it's simple arithmetic. You have to eat less calories than you burn walking and talking every day.

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Protein is the other food type that provides energy that is measured in calories. But excess protein rarely makes us portly; it's the fats and carbs that do that.

Each gram of fat that we eat has nine calories and each gram of carbohydrate (and protein) has four calories.

Most of the sandwiches listed here in the Sandwich Lover's Diet are only about 7 grams of fat (from the meats, cheeses, and oils) and 15 grams of carbohydrates (from the breads and sauces) *or less*. Let's call it 7 fats: 15 carbs.

Or simply 7/15.

If you eat four of these 7/15 'wiches a day, say 8 A.M., noon, 4, and 8 P.M. you will consume 28/60. That's only 492 calories: $(9 \times 28) + (4 \times 60)$. Then you add a tasty side dish of veggies or a salad to balance out the nutrients. That adds another 500 calories for a total of about 1000 calories/day. And because you are eating so often ...

You won't go hungry!

Did you ever wonder just how much food we are told to eat? Our government says sedentary American men should average about 2400 calories a day and women 1800. (*source: Dietary Guidelines for Americans: 2010*). No wonder we are all fluffy.

So you see, you're gonna lose a lot of weight at 1000 calories/day. And what's important is you still eat *your* sandwiches along with some of *your* favorite salads and veggies and desserts. I will show you how to adapt the foods you presently enjoy into fat flinging sandwiches.

1st Step

**Eat low-carb, high fiber breads
and low-fat meats and no-fat cheeses**

But there is more to a good eating plan than losing weight. You must remain in good health as well. So . . .

The 2nd Step

The goal of this step is to maintain good health. No eating plan is good if it makes you unhealthy.

For a sandwich eating plan balanced for health and good nutrition, you need to supplement your low fat/carb sandwiches with nutrient-dense (rich in vitamins and minerals) vegetables, fruits, grains, and legumes (beans and nuts) . . . that is, you need to include a tasty side dish, usually a salad or vegetable dish.

Never embark on any eating plan without knowing and applying basic nutrition. Many of today's fad diets don't teach nutrition. When you go off of these diets, you are lost when it comes to selecting proper foods. So you make the wrong choice and *voila* that little needle on your scales creeps back to the right.

On the Sandwich Lover's Diet you are taught basic nutrition because *you* will select *your* favorite foods and adapt them to a delicious sandwich. The 50 sandwiches I give below are just examples to get your juices flowing. When you finish this book you will know how to make low fat/carb sandwiches from the foods *you* love *and* you will see the needle move back to the left.

You're gonna have to buy new clothes to fit your new body

I have included a brief but very important chapter below to educate you on basic nutrition so you can make intelligent decisions about selecting, preparing, and eating proper foods. *You* are ultimately the one responsible for your health.

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In this nutrition chapter you will learn about the six nutrients and what they do inside your body, how much of each you should eat, and what foods you will find them in. The key to the Sandwich Lover's Diet is knowing what foods to select. But don't worry; all of your favorites will be on that list.

And in the Side Dishes chapter you will find salad and veggie suggestions that use these nutrient-dense foods. So, for now. . .

**2nd Step:
Eat nutrient-dense side dishes
high in vitamins and minerals**

The 3rd Step

The goal of this step is to be happy with this diet so it becomes a lifelong eating plan. No eating plan will be permanent if it makes you unhappy. And happy means grabbing a syrup-dripping baklava from the Greek dessert case when you feel like it and satisfying a cobbler crave with a dollop of peach cobbler when you really want it. You can do this on the Sandwich Lover's Diet.

You can eat anything you have a craving for as long as you don't eat in excess or too often.

You crave ice cream? Buy low carb ice cream. Top it with sugar-free chocolate syrup and a few nuts. Then eat a half cup, just enough to satisfy the crave. If you really need more, then eat the other half, but you have to stop there. Don't pig out on anything.

You like Hershey's® bars? Eat a half one and put the other half in the fridge for the next time you crave Hershey's®, even if it's the next day. Half a bar should satisfy that crave.

The way I handle this is to consider myself on the Sandwich Lover's Diet 80% of the time. The other 20% is reserved for foods higher in fats and carbs, like sharing a Death-by-Chocolate Brownie with my wife at an Italian restaurant, or eating a slice of pizza from the local pub, or eating a banana when I feel like a Jamaican. This 80/20 plan keeps me happy and allows me to make this a lifetime eating plan. While it may slow my weight reduction slightly, it won't reverse it. By adding this bonus 20% of anything I want I figure I may add another 200 calories making this more of a 1200 calorie per day diet. You'll still lose weight at that level.

One indulgence in a high fat/carb food every now and then won't knock you off this eating plan. And it is sure good for your mental health.

**3rd Step:
Get off this diet 20% of the time
to indulge in whatever food you want.**

To summarize . . .

If we put all of this together we have an eating plan that lets us eat many sandwiches made out of low fat/carb versions of the stuff each of us likes to eat, tasty side dishes high in vitamins and minerals, and literally anything we want 20% of the time. This combination will keep us healthy, happy, and knock the excess fat from our body.

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I'll bet you are
anxious to get
started aren't
you?

O.K. stop
reading; take a
break!

Go to the market
and buy some
onions,

mushrooms, fat free Swiss cheese (technically, called cheese food),
low-carb wraps and a small top sirloin steak.



Come back home and chop up a small handful of onions and
'shrooms and fry them in a tsp of vegetable oil till the 'shrooms turn
golden brown and the onions are sweet and tender. Slice 2 oz. of the
steak very thin and against the grain and add it to the pan for just a
minute. Sprinkle on a little low-salt seasoning and lay it across one
half of a low-carb wrap. *The wrap must be labeled low-carb.*

Tear a slice of the Swiss cheese in half and lay the pieces across the
meat, onions and 'shrooms. Roll it up tight and place it in the fry pan.

Brown one side (I like to flatten it a little) then roll it over to brown
the other side. This is called a press and will melt the cheese into a
cheese sauce and crisp up your wrap.

Remove the wrap and cut it in half on an angle.

For a side dish, stuff a large mushroom with chipped beef and cream
cheese and place it on a leaf of lettuce for a nutritionally balanced
meal and the tastiest wrap steak and onion hoagie you've ever had.
You're gonna want another one later.

O.K. let's get back to this great eating plan and look at the all important information we need to know to keep our eating plan *healthy* without giving you a plump promontory.

Did you know . . .

More than one-third of children and more than two-thirds of adults in the United States are overweight or obese.

Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society.

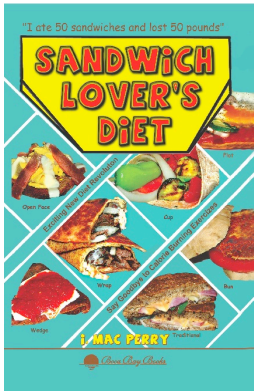
People who are most successful at achieving and maintaining a healthy weight do so through continued attention to consuming only enough calories from foods and beverages to meet their needs and by being physically active.

. Dietary Guidelines for Americans: 2010

“Obesity is the fastest-growing cause of disease and death in America. And it's completely preventable.”

. Richard H. Carmona,
Surgeon General

Department of Health and Human Services



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