

**DIET REHAB**  
**28 DAYS TO FINALLY STOP CRAVING THE FOODS**  
**THAT MAKE YOU FAT**

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## Are You Hungry for Serotonin?

### A Quiz

Score the following:

0—never

1—rarely

2—sometimes

3—frequently

4—always

1. I feel that I'm not getting enough of one or more of the following: calm, serenity, peace, or quiet.
2. When I feel blue, my idea of comfort might include one or more of the following: cuddling, seeing a therapist, meditation, yoga, a gentle stroll, a romantic movie, peaceful music, or talking to someone to cheer me up.
3. I crave tea, wine, cigarettes, or cigars.
4. When I'm in a bad mood I crave sugar, carbs, foods with a soothing texture, such as ice cream, or soothing temperatures, such as soup, or familiar foods.
5. I don't like it when things are out of place.
6. I don't like it when people are late.
7. I question myself and wonder whether I'll be good enough to reach my goals.

8. I wonder why other people seem to have it so much more together than I do.
9. I feel lonely.
10. I prefer a job where there is not much pressure or where I can work alone without competition or demands.
11. I like to take care of others by cooking.
12. I will eat when others do, just to be polite.
13. I startle easily or am easily frightened.
14. I get stuck in anxious thoughts.
15. I'm fearful.
16. I carry tension in my body, especially my neck, back, shoulders, around the temples, or in my jaw.
17. I get headaches.
18. When I have a physical symptom, I worry about what potentially life-threatening disease I might have.
19. I have trouble falling asleep.
20. I don't like to sit still. I either pace, do something with my hands, or have something in my mouth. I rely on gum, toothpicks, cigarettes, candy, playing with my hair, or some other way of keeping busy.
21. I feel nervous.
22. I have the general feeling that things are not going to be okay.
23. I eat to calm myself down.
24. I feel overwhelmed.
25. I don't like change.
26. I consider myself a conflict-avoider or people-pleaser.
27. When things are bad, I have trouble seeing any hopeful possibilities.
28. I use sedating prescription drugs (e.g., painkillers, tranquilizers, or anti-anxiety medication) in a way I know a physician did not intend or use illegal sedating drugs (e.g., marijuana, Ecstasy, heroin).

29. I have a history of anxiety, bipolar disorder, panic attacks, obsessive-compulsive disorder, anorexia, agoraphobia, or specific phobias. (If no, score this item 0; if yes, score this item 4.)
30. I have responded favorably to anti-anxiety medication, sleeping pills, or the following antidepressants or their generic formulations: Buspar, Celexa, Cipralex, Cymbalta, Effexor, Lexapro, Lustrol, Luvox, Paxil, Pristiq, Prozac, Remeron, Sarafem, Seroxat, Serzone, Zoloft. (If no, score this item 0; if yes, score this item 4.)

#### SCORING

Add up your scores for items 28, 29, and 30.

**Total (from boxes 28, 29, and 30 only):** \_\_\_\_\_

Now, multiply this number by 3.

**X3 =** \_\_\_\_\_ **(A)**

Add up your scores for items 1–27.

**Total:** \_\_\_\_\_ **(B)**

If you are a woman, put a 5 in box C.

If you are a man, put a 0 in box C.

\_\_\_\_\_ **(C)**

**A + B + C =** \_\_\_\_\_ **(D)**

**Your score:** \_\_\_\_\_

## Are You Ravenous for Dopamine?

### A Quiz

Score the following:

0—never

1—rarely

2—sometimes

3—frequently

4—always

1. I feel that I'm not getting enough of one or more of the following: adventure, excitement, new or stimulating life experiences.
2. When I feel blue, my idea of a lift might include one or more of the following: action movies, adventure sports, loud music, screaming, hitting something, acting out, gambling, spending lots of money, or casual sex.
3. I crave coffee, energy drinks, soda, sex, cigarettes, cigars, hard liquor, or beer.
4. I crave fatty foods; foods that are new, adventurous, or spicy; or foods that have stimulating textures, such as crunchy chips or salty popcorn, especially when I'm in a bad mood.
5. I don't mind things being out of place.
6. I often procrastinate or show up late.
7. I have gravitated toward jobs that involve risk-taking, competition, and high stakes.

8. I often find myself working with large groups of people and usually enjoy it.
9. I isolate myself and don't like reaching out when I'm in a bad mood.
10. I want things when I want them.
11. I'm not a detail-oriented person.
12. If I haven't reached my goals, that's not my fault.
13. People would say I make impulsive decisions.
14. I have trouble listening.
15. I often wonder what's wrong with other people.
16. I can't finish things.
17. I have trouble staying asleep.
18. I have lost interest in things I used to find pleasurable.
19. I like adventure and change.
20. I would rather say what I mean, even if it means hurting someone else's feelings.
21. I have trouble concentrating.
22. I feel bored.
23. I have low energy.
24. I feel restless.
25. I feel hopeless.
26. I find myself crying or tearful.
27. I feel generally dissatisfied with life.
28. I use prescription stimulants in a way I know a physician did not intend, or use illegal activating drugs (cocaine, crystal meth, speed, steroids), or ephedra/ephedrine-based workout or diet formulations.
29. I have a history of depression, bipolar disorder, or ADD/ADHD. (If no, score this item 0; if yes, score this item 4.)

30. I have favorably responded to ADD/ADHD stimulant medication, ADD/ADHD non-stimulant Strattera, or to the following antidepressants or their generics: Cymbalta, Effexor, Pristiq, Remeron, or Wellbutrin. (If no, score this item 0; if yes, score this item 4.)

#### SCORING

Add up your scores for items 28, 29, and 30.

**Total (from boxes 28, 29, and 30 only):** \_\_\_\_\_

Now, multiply this number by 3.

**X3 =** \_\_\_\_\_ **(A)**

Add up your scores for items 1–27.

**Total:** \_\_\_\_\_ **(B)**

If you are a man, put a 5 in box C.

If you are a woman, put a 0 in box C.

\_\_\_\_\_ **(C)**

**A + B + C =** \_\_\_\_\_ **(D)**

**Your score:** \_\_\_\_\_

### Am I an Obsessive Eater?

Take a look at the following list. Circle every item that applies to you.

1. I need to eat the exact same thing every day.
2. I feel extremely out of sorts, moody, or anxious when I can't get my usual choice of breakfast, lunch, or dinner.
3. I must sit and eat in the same spot every day.
4. I often turn down restaurant invitations because I prefer to eat a particular food at a particular time.
5. I have to have my own set of cutlery.
6. I can't eat certain colored foods.
7. I tell people I have an allergy when I've never been tested and there's no physical evidence I have one.
8. I don't like different foods to touch on my plate.
9. I have a way of eating that other people consider strange.
10. I weigh my food (and have not been told to do so by a professional).
11. I get very anxious if I can't complete my exercise routine every day.
12. I keep a calorie count in my head all the time.



13. If I eat something on my “forbidden” list, I starve myself for a while or double my exercise routine.
14. When I see someone in good shape, I have to find out what they eat.
15. I sometimes crave foods so badly I cry.
16. I don’t allow myself to eat until I’ve showered/finished work/cleaned the house/done my rituals.
17. I like to go on juice or supplement-based fasts more than once a year.
18. I think the key to weight loss is eating no fat or carbs whatsoever.
19. I hide the evidence of my eating (packaging, dirty plates).
20. I prefer to cook for others and watch them eat rather than eat myself.
21. I often try to push food on my friends so I feel less guilty.
22. I bring my own food with me on occasions because I am fearful of new foods.
23. I have suffered from some form of anorexia or bulimia.
24. I have other non-food rituals I have to perform to feel safe.
25. I am extremely adamant about my foods being a certain brand or from a certain restaurant.

## Am I an Emotional Eater? A Quiz

Take a look at the following list. Circle every item that applies to you.

1. I have always felt guilty about eating.
2. When I was little, I ate more than the other kids.
3. I have at least one friend who makes me feel bad, but I can't seem to let him or her go.
4. I had a difficult relationship with my family.
5. I'm often lonely.
6. When I eat, I'm not truly satisfied, even when I eat a lot.
7. I eat just to have something to do.
8. I always like to eat something when I get home, because it's comforting.
9. I eat when other people eat, even if I'm not hungry.
10. I feel powerless around food.
11. I often feel very down on myself.
12. I get very upset when I can't eat my favorite food.
13. My parents often rewarded me with food when I was a child.

14. I feel quite disconnected from my body sometimes.
15. I berate myself in front of the mirror a lot.
16. My desire to eat comes from above-the-neck emotional hunger, rather than below-the-neck physical hunger.
17. I have gone through phases of trying to limit my eating, but sometimes I eat a very large amount of food without really noticing.
18. I often eat in front of the TV.
19. I've noticed I'll crave my favorite pitfall foods when something unpleasant has happened.
20. I want to eat at weird times of the day and sometimes wake in the night, wanting to snack.
21. I sometimes feel overwhelmingly sad before eating.
22. Other people push me around and I always treat myself with food afterward.
23. I find it almost impossible to stand up for myself and I eat to cover how that makes me feel.
24. When I say no, I feel guilty—and I often eat to comfort myself.
25. I eat almost no calories during the day but then consume a lot at night.

## **Am I a Binge Eater?**

Take a look at the following list. Circle every item that applies to you.

1. I feel guilty, depressed, or ashamed after eating.
2. I eat to the point of feeling uncomfortably full or even of being in pain.
3. I eat what most people would consider a very large amount of food in a short amount of time.
4. I eat a large amount of food when I'm not physically hungry.
5. I avoid social situations where food is present.
6. When I eat, I'm often not truly satisfied, even when I eat a lot.
7. I attribute nearly all my success or failure to my weight.
8. I feel powerless around food.
9. I quite often feel very down on myself.
10. I feel a lack of control when I begin eating.
11. I enter a trancelike state when I begin eating.
12. I feel quite disconnected from my body sometimes.
13. I berate myself in front of the mirror a lot.

14. After a binge, I will compensate by restricting the amount of food I will eat the next meal or next day.
15. I often eat in front of the TV.
16. I eat very rapidly.
17. I've noticed I'll crave my favorite pitfall foods when something unpleasant has happened.
18. Most of my eating occurs late at night.
19. I eat very little food during the day.
20. I sometimes feel overwhelmingly sad before eating.
21. My binges occur in private because I'm embarrassed about how much I eat.
22. I have ritual foods that I will obtain to binge on.
23. I feel anxious once I begin thinking about obtaining my foods and my upcoming binge, but I feel that I can't do anything to stop it.
24. I pretend that the food I buy is not all for me in some way, such as going to different drive-through restaurants or telling the takeout people that I'll need more than one set of utensils.
25. I hoard foods—especially high-calorie, high-fat pitfall foods.

# Serotonin Booster Foods

## LOW-FAT DAIRY/DAIRY ALTERNATIVES

- almond milk, unsweetened
- any nonfat or reduced-fat cheese
- fat-free cream cheese
- low-fat cottage cheese
- low-fat goat's milk
- nonfat or low-fat kefir
- nonfat or low-fat sour cream
- plain low-fat Greek yogurt
- plain low-fat soy yogurt
- plain low-fat yogurt
- skim or 1% milk

## WHOLE GRAINS AND SEEDS

- barley
- brown rice
- buckwheat
- flaxseed
- high-fiber bars (at least 5 grams of fiber per serving)
- high-fiber tortilla (at least 3 grams of fiber per serving)
- plain instant oatmeal
- quinoa
- soba noodles
- spelt
- steel-cut oats
- whole-grain bread/bagel/pita (at least 3 grams of fiber per serving)
- whole-grain cereal (at least 5 grams of fiber per serving)
- whole-wheat pasta



**PROTEIN: UNFRIED AND UNBREADED**

- Animal protein
  - eggs
  - chicken
  - Cornish hen
  - turkey, ground turkey, turkey bacon
- Seafood: favor wild-caught over farm-raised
  - clams
  - halibut
  - herring
  - mackerel
  - salmon
  - sardines
  - scallops
  - shrimp
  - sole
  - trout
  - tuna
  - white fish
- Beans
  - adzuki beans
  - black beans
  - black-eyed peas
  - cannellini beans
  - chickpeas
  - edamame
  - fava beans
  - great northern beans
  - hummus
  - Italian beans
  - kidney beans
  - lentils
  - lima beans
  - mung beans
  - navy beans
  - pigeon beans
  - pinto beans
  - refried beans: fat-free only, no hydrogenated oils
  - soybeans
  - soy nuts
  - split peas
  - tempeh
  - tofu
  - white beans
  - yuba (dried bean curd skin)
- Nuts and seeds: just 10 to 15 per serving, favor plain and unsalted
  - almond and other nut butters
  - almonds
  - cashews
  - hazelnuts
  - peanut butter (natural)
  - pecans
  - pistachios
  - sunflower seeds
  - walnuts
- Other protein sources
  - casein protein
  - soy crisps
  - soy protein
  - whey protein

**VEGETABLES: RAW, GRILLED, SAUTÉED, STEAMED, OR JUICED**

- beets
- bell peppers
- broccoli
- Brussels sprouts
- cabbage
- carrots
- celery
- collard greens
- eggplant
- kale
- mushrooms
- mustard greens
- onions
- popcorn: air-popped or microwaved (low-fat, no hydrogenated oils)
- romaine lettuce
- sea vegetables
- spinach
- squash
- sweet potatoes
- Swiss chard
- tomatoes
- turnip greens
- yams

**FRUITS: UNSWEETENED (NO SUGAR, SYRUP, OR OIL ADDED), NOT JUICED, WHOLE FRUIT**

- açai berries
- apples
- apricots
- bananas
- blueberries
- cantaloupe
- cherries
- cranberries
- figs
- goji berries
- grapefruit
- grapes
- kiwis
- lemons
- limes
- olives
- oranges
- papayas
- pears
- plantains
- plums
- prunes
- raspberries
- strawberries



#### **OILS**

- extra-virgin olive oil (for dressings)
- virgin olive oil (for cooking)

#### **SPICES AND HERBS: FAVOR SOOTHING AND FAMILIAR**

- basil
- cinnamon
- cloves
- cumin
- dill
- ginger
- oregano
- parsley
- peppermint
- rosemary
- sage
- thyme

#### **DRINKS AND DESSERTS**

- unsweetened tea: herbal, white, red, or decaf
- unsweetened decaf coffee
- hot water with lemon
- sparkling water with a splash of fruit juice
- vegetable juice
- dark chocolate with at least 70% cacao
- frozen plain bananas
- frozen plain berries

# Serotonin Booster Activities

Adopt a rescue animal  
Apologize  
Arrange an outing to a movie or concert  
Ask your barista how his or her day is  
Ask a stressed coworker if there's something you can do to help  
Attend a 12-step meeting  
Attend a class  
Attend a religious service or Bible study  
Balance your checkbook  
Be honest  
Become a Big Brother or Big Sister  
Bird watch  
Bowl  
Breathe deeply for five minutes  
Bring a reusable bag to the store  
Bring home one flower for your significant other . . . or yourself  
Build a sand castle

Build a snowman  
Call just to say, "I love you"  
Canoe  
Coach a kid's team  
Cook  
Cuddle with your significant other or pet  
Do a crossword puzzle  
Do a favor and expect nothing in return  
Do the dishes  
Do your errands on foot or on your bike  
Do your taxes  
Eat dinner in the dark and taste every bite  
Exercise  
Fly a kite  
Forgive  
Garden  
Get health insurance  
Get or give a massage  
Get rid of clutter  
Get that mammogram or medical test you've been putting off  
Give somebody a compliment  
Give your pet a bath  
Give yourself a compliment  
Give yourself a face mask or scrub  
Go a whole day without using your car

Go dancing  
Go fishing  
Go online and look at photos of foreign cities or landscapes  
Go to a farmers' market  
Go to a library or bookstore to just browse  
Go to a museum  
Go to a petting zoo  
Go to a stand-up comedy show  
Go to bed thirty minutes earlier  
Go to the opera or theater  
Go to the top floor of a parking structure and take in the view  
Golf  
Half-smile for five minutes  
Have a dance party with your kids  
Have a good conversation  
Have a TV- or computer-free evening  
Hike a trail  
Hold a baby  
Hold a puppy  
Hold hands  
Hold the door for someone  
Horseback ride  
Hug somebody  
Invite friends or family over just to chat  
Jog  
Join a support group

Journal—jot down what you're grateful for, any overwhelming feelings you'd like to unload, or any great ideas!

Kayak

Knit

Let the person with just a few things go ahead of you at the store

Light a candle or incense

Listen to a friend's problems

Listen to classical or peaceful music

Look at old pictures

Look in the mirror and find one thing you like about the way you look

Look into someone's eyes when you're talking to them

Make a five-dollar donation to a charity online

Make amends

Make love

Meditate (download my serotonin-boosting meditation at [www.drmikedow.com](http://www.drmikedow.com))

Mow your lawn

Open a Facebook account and get in touch with an old friend

Open a savings account and plan for a trip you want to take

Organize your desk, closet, or junk drawer

Paint

Pamper yourself

Pay a bill

Pay for the person behind you at the tollbooth

Plan a potluck

Plan a surprise party

Plan for retirement  
Play a game—with a team or by yourself  
Play an instrument  
Play with your pet  
Practice tai chi/qi gong  
Pray  
Put on warm socks  
Quilt  
Rake the leaves  
Read  
Recycle  
Rub lotion on your hands or feet  
Sail  
Say hello to a stranger in the elevator  
Say no when you need to, and don't feel guilty about it  
Scrapbook  
Send a card  
Send somebody flowers  
Set the table and sit down to eat  
Sing along to the radio  
Skip rocks  
Skype with a faraway friend  
Smell the roses . . . literally  
Smile  
Speak your truth  
Spend a little time at a park or beach  
Start a piggy bank

Stop and admire the view  
Stretch for five minutes or more  
Study  
Sunbathe (no more than twenty minutes or with sunblock)  
Swim  
Take a bath  
Take a small step at achieving a big goal  
Take a twenty-minute nap  
Take a walk—a brisk after-work stress reliever or a leisurely after-dinner stroll. Get the family involved!  
Take a yoga or Pilates class  
Take deep breaths for several minutes while visualizing positive thoughts  
Take photos—even if it's just with your cell phone  
Take some old clothes to Goodwill or the Salvation Army  
Take the stairs  
Talk to a therapist  
Tell a friend how much he or she means to you  
Tell yourself three things you like about yourself  
Treat yourself to a subscription to your favorite magazine  
Try bright light therapy in the morning  
Try positive visualization  
Turn off your phone for one hour  
Visit a loved one's grave and tell them why they'd be proud of you today

Volunteer  
Walk or run for a cause  
Walk your dog  
Watch a funny or inspiring show on TV  
Watch your favorite romantic comedy  
Write a letter longhand, on paper  
Write a poem  
Write down your childhood dreams  
Write your memoir



# Serotonin Pitfall Foods

Breadsticks and crackers  
Cake  
Candy  
Coffee with flavored syrup  
Cookies  
Doughnuts  
Fruit juice  
Hot chocolate  
Ice cream  
Jam/sweetened spreads  
Milk chocolate  
Muffins  
Pancakes  
Pie  
Soda  
Sugar (white, brown, powdered)  
Sweetened breakfast cereals  
Syrup  
Waffles  
Whipped cream  
White bread  
White flour  
White pasta

# Dopamine Booster Foods

## LOW-FAT DAIRY/DAIRY SUBSTITUTES

- almond milk, unsweetened
- any nonfat or reduced-fat cheese
- fat-free cream cheese
- low-fat goat's milk
- nonfat or low-fat kefir
- nonfat or low-fat sour cream
- plain low-fat Greek yogurt
- skim or 1% milk

## WHOLE GRAINS AND SEEDS

- flaxseed
- high-protein pasta, such as Barilla Plus
- quinoa

## PROTEIN: UNFRIED AND UNBREADED

- animal protein
  - buffalo (5% or less fat)
  - chicken
  - Cornish hen
  - eggs
  - elk (5% or less fat)
  - lamb shank or leg
  - lean beef (5% or less fat)
  - lean lamb (5% or less fat)
  - low-fat sliced ham
  - ostrich (5% or less fat)
  - pork
  - turkey, ground turkey, turkey bacon
  - venison (5% or less fat)

## OTHER PROTEIN SOURCES

- casein protein
- protein bars (15 grams or more of protein)
- protein shakes with no added sugar
- whey protein

**SEAFOOD: FAVOR WILD-CAUGHT OVER FARM-RAISED**

- clams
- halibut
- herring
- mackerel
- oysters
- salmon
- sardines
- scallops
- shrimp
- sole
- trout
- tuna
- white fish

**BEANS**

- adzuki beans
- black beans
- black-eyed peas
- cannellini beans
- chickpeas
- edamame
- fava beans
- great northern beans
- hummus
- Italian beans
- kidney beans
- lentils
- lima beans
- mung beans
- navy beans
- pigeon beans
- pinto beans
- refried beans: fat-free only, no hydrogenated oils
- soybeans
- split peas
- white beans
- yuba (bean curd skin)

**NUTS AND SEEDS: JUST 10 TO 15 PER SERVING; FAVOR PLAIN AND UNSALTED**

- almond and other nut butters
- almonds
- Brazil nuts
- cashews
- hazelnuts
- macadamia nuts
- peanut butter (natural only; no hydrogenated oils)
- pecans
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- walnuts

**VEGETABLES: RAW, GRILLED, SAUTÉED, STEAMED, OR JUICED;**

**UNLIMITED PORTIONS UNLESS OTHERWISE NOTED**

- asparagus
- avocado (half; no guacamole)
- beets
- bell peppers
- broccoli
- Brussels sprouts
- cabbage
- carrots
- celery
- collard greens
- corn
- cucumbers
- eggplant
- fennel
- garlic
- green beans
- kale
- leeks
- mushrooms
- mustard greens
- onions
- popcorn: air-popped, microwave (low-fat, no hydrogenated oils) or stove-popped in canola oil
- romaine lettuce
- sea vegetables
- spinach
- squash
- Swiss chard
- tomatoes
- turnip greens

**FRUITS: UNSWEETENED (NO SUGAR, SYRUP, OR OIL**

**ADDED), NOT JUICED, WHOLE FRUIT**

- açai berries
- bananas
- blueberries
- cranberries
- goji berries
- lemons
- limes
- olives
- raspberries
- strawberries

**OILS AND DRESSINGS: HEAVY ON THE VINEGAR, LIGHT ON THE OIL**

- canola oil
- extra-virgin olive oil (for dressings)
- mustard
- trans-fat free spreads like Smart Balance
- vinegar
- virgin olive oil (for cooking)

**SPICES AND HERBS: FAVOR EXCITING AND NEW**

- black pepper
- cayenne pepper
- chile pepper
- cilantro
- dill
- ginger
- hot sauce
- low-fat mayonnaise
- mustard seeds
- oregano
- thyme
- turmeric (mustard)
- vinegar

**DRINKS, DESSERTS, AND SWEETENERS**

- unsweetened tea: green or black
- unsweetened iced tea
- unsweetened coffee
- stevia-sweetened soda or juice
- Vitamin Water Zero
- sparkling water
- stevia-sweetened soda or juice
- stevia
- xylitol
- vegetable juice
- dark chocolate with at least 70% cacao
- frozen plain bananas
- frozen plain berries

# Dopamine Booster Activities

Act in community theater  
Apply for a job  
Ask a special someone on a date  
Attend a 12-step meeting  
Attend a lecture  
Be the one to initiate sex tonight  
Break down your list of goals into small, achievable subgoals  
Browse realtor.com for a new house  
Build something  
Call in to a contest on a radio station  
Clean the house to loud music and at a quick pace  
Cook something you've never made before  
Dance  
Do a fast walk with your dog  
Do some intense cardio or interval training  
Do volunteer work that's rewarding and exciting  
Drive a new way home from work  
Dye your hair a new color . . . or let it go gray  
Eat something you've never tried before

Fix something  
Get a new haircut  
Get eight hours of sleep  
Get neurofeedback or EEG biofeedback  
Get off at a train or bus stop in a part of town you've never been  
to before, or get in your car and drive to one  
Get tickets to your favorite talk or game show  
Get waxed  
Go ballroom dancing  
Go Kart  
Go shark tank diving  
Go to a 12-step meeting for the first time  
Go to a bootcamp-style fitness class  
Go to a city you've never been to before  
Go to a restaurant you've never been to before  
Go to a sporting event  
Go to a zoo  
Go to an open house just to look  
Go to the target range  
Go whitewater rafting  
Go window shopping  
Go wine tasting  
Have a dance party with your kids  
Have that conversation you've been meaning to have  
Hike up a new trail  
Hire a personal trainer  
Hit some balls at a batting cage

Hit the playground with the kids  
Host a theme party  
Initiate foreplay  
Invent something  
Join a free meetup.com group—everything from hiking to groups  
just to meet new people  
Join the PTA  
Join Toastmasters, a public speaking group  
Jump off the diving board into the pool  
Jump rope  
Karaoke  
Kiss  
Learn a new language  
Learn how to salsa  
Lift weights  
Make a movie on your phone  
Make an obstacle course for the kids—see who can do it the  
fastest  
Make love  
Make some really hot salsa  
Meditate (download my dopamine booster meditation at  
[www.drmikedow.com](http://www.drmikedow.com))  
Miniature golf  
Mountain bike  
Order healthy takeout from a place you've never tried  
Paint a room in your house a new color



Paint your nails a new color  
Participate in a contest  
Play a game or do a puzzle that challenges you, such as Sudoku,  
a crossword puzzle, a video game, poker  
Play backgammon  
Play ball  
Play billiards  
Play board games  
Play bocce ball  
Play darts  
Play fetch with your dog  
Play low-stakes poker with friends  
Play Ping-Pong  
Play soccer  
Play tag  
Play Twister  
Poke around with one of those programs on your computer you've  
never used before  
Read an exhilarating novel or story  
Read the comics  
Read your horoscope  
Rearrange your furniture  
Ride a roller-coaster  
Rollerblade  
Sail  
Scuba dive  
See a therapist

Show up on time  
Sign up for a dating website like [match.com](http://match.com) or [eharmony.com](http://eharmony.com)  
Sign up for speed dating  
Ski  
Snorkel  
Snowmobile  
Spend five minutes browsing vacation spots online  
Sprint  
Start a blog  
Start a fantasy football league  
Submit your short story to a magazine  
Surprise your significant other with a romantic fantasy  
Surprise your significant other with some sexy lingerie  
Take a belly dancing or pole dancing class  
Take a cold shower  
Take a spin class  
Take a trapeze lesson  
Take a walk in the rain  
Take part in a flash mob  
Take the stairs  
Take your dog to the dog park  
Test drive a new car—buy it only if you can afford it  
Text somebody and tell them why you appreciate them  
Train for a 5K  
Try a new sport, such as fencing, tennis, or surfing  
Try on a new pair of shoes  
Vote

Walk a new path  
Watch a game show  
Watch a horror or action movie  
Watch a street performer  
Watch airplanes take off  
Watch competitive sports—better yet, play one  
Wear a new color makeup today  
Wear sexy underwear—even if it's just for you  
Whiten your teeth  
Write a song—and perform it for somebody  
Write down five things you'd like to do this year  
Write down ten things you'd like to do in your life

# Dopamine Pitfall Foods

Bacon

Breakfast pastries

Brownies

Buffalo wings

Butter

Cheese dip

Cookies

Corn chips

Cured meats like salami and Slim Jims

Deep-fried crackers

French fries

Fried foods

Full-fat coffee drinks

High-fat creamy cheese

Movie theater popcorn

Mozzarella sticks

Potato chips

Sausage

Soda

# Booster Snacks and Meals

SEROTONIN BOOSTER SNACKS	SEROTONIN BOOSTER MEALS
<ul style="list-style-type: none"> <li>• 1 cup cottage cheese with ½ cup berries</li> <li>• 2 squares of dark chocolate and herbal tea</li> <li>• Whole-wheat tortilla with hummus and 1 apple, sparkling water</li> <li>• Carrot and beet juice and light string cheese</li> <li>• Banana, 1 cup plain Greek yogurt, flavored tea</li> <li>• Carrots and hummus, sparkling water</li> <li>• Whole-wheat English muffin with fat-free cream cheese, hot water with lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-wheat pasta, marinara sauce with broccoli, ½ cup berries with stevia</li> <li>• Turkey on whole-wheat bread with light Swiss cheese, 1 apple, white tea</li> <li>• Large beet and leafy green salad with low-fat Italian dressing with grilled salmon, 1 whole-wheat roll, decaf coffee</li> <li>• ½ cup cooked brown rice, grilled mahi-mahi, sautéed red and yellow peppers, ¼ cup blueberries, and 1 cup plain Greek yogurt</li> <li>• Grilled chicken strips over leafy greens, ¼ cup low-fat cheddar cheese, salsa, 1 piece of whole-wheat toast</li> </ul>

DOPAMINE BOOSTER SNACKS	DOPAMINE BOOSTER MEALS
<ul style="list-style-type: none"> <li>• 1 cup plain Greek yogurt, small black coffee</li> <li>• Light string cheese, 1 whole apple, large green tea</li> <li>• Carrots with hummus, vegetable juice, sparkling water</li> <li>• Egg white wrap in whole-wheat tortilla and light feta cheese</li> <li>• 6 slices of low-sodium deli turkey, 1 whole apple</li> <li>• 10 almonds, light string cheese, sparkling water</li> <li>• Small decaf with ¼ cup skim milk and 2 hard-boiled eggs</li> <li>• 8 celery sticks and salsa, coffee with a splash of skim milk</li> <li>• 2 cups reduced-fat microwaved popcorn, 1 whole peach</li> </ul>	<ul style="list-style-type: none"> <li>• 2 grilled chicken breasts, grilled broccoli, plain Greek yogurt with frozen blueberries</li> <li>• Turkey chili, romaine lettuce salad with balsamic vinegar and olive oil, 1 whole pear</li> <li>• 4 ounces grilled wild salmon, side of spinach sautéed in olive oil and garlic, 1 cup of skim milk</li> <li>• Grilled grass-fed 95% lean beef patty, 1 slice of low-fat Swiss cheese on a bed of mixed leafy greens topped with avocado, spicy mustard, and balsamic vinegar</li> </ul>

# Keep Your Pitfalls Manageable

## 1 MANAGEABLE SERVING OF PITFALL FOOD:

- 12 ounces of fruit juice
- 2 sausage links
- 1 small pancake
- 2 tablespoons maple syrup or artificially flavored syrup
- 1 bagel
- 2 tablespoons full-fat cream cheese
- 1 small doughnut
- 1 piece of coffee cake
- 1 cup whole milk
- Home fries
- 1 croissant
- 1 small muffin
- 1 piece of full-fat cheese
- 1 biscuit
- 1 slice of pepperoni pizza
- 6 ounces flavored full-sugar yogurt
- 1 piece of fried chicken
- 3 chicken nuggets
- 4-ounce serving of red meat containing more than 5% fat
- Small coleslaw
- Small french fries
- 1 serving of mashed potatoes
- 1 baked potato
- 1 hot dog
- 1 serving of baked beans
- 2 tablespoons peanut butter
- 2 tablespoons full-fat mayonnaise
- 2 tablespoons tartar sauce
- 1 tablespoon butter, margarine, or oil (except olive oil)
- 2 tablespoons sugar

**1 MANAGEABLE SERVING OF PITFALL FOOD:**

- 2 tablespoons of jelly or jam
- 2 ounces of white pasta
- Alfredo or cheese sauce
- 2 meatballs
- Small cheeseburger
- Tuna or chicken salad in full-fat mayonnaise
- 2 pieces white bread
- Large flour tortilla
- 12 saltines or crackers
- Small bag of chips
- Nuts roasted in oil
- Dried fruit in oil
- Fruit cocktail in syrup
- Small bag of pretzels
- ½ of a small movie theater popcorn
- ½ of a small order of nachos
- ½ of a large pretzel
- Side of cheese sauce
- Ramen noodles
- ⅓ box of macaroni and cheese
- 8-ounce milk shake
- 1 slice of cheesecake
- 1 piece of cake
- 1 cup frozen yogurt
- 1 cup ice cream
- 12 ounces soda
- 12 ounces diet soda
- 12 ounces tonic water
- 1 small iced sugary coffee beverage
- 12 ounces fruit juice
- 2 small cookies
- Small candy bar
- Small milk chocolate bar
- 6 pieces of licorice
- 2 tablespoons full-fat salad dressing

# Swaps and Switches

INSTEAD OF THIS PITFALL	SWAP WITH THIS BOOSTER FOOD
• coffee with sugar	• flavored-bean coffee
• orange juice	• whole orange
• apple juice	• whole apple
• bacon	• turkey bacon
• fruit-on-the-bottom yogurt	• plain yogurt with stevia and frozen blueberries
• banana-flavored oatmeal	• plain oatmeal with ½ banana
• white bread	• whole-wheat bread (3 or more grams of fiber)
• cream cheese	• fat-free cream cheese
• corn flakes or puffed rice cereal	• whole-wheat cereal (5 or more grams of fiber)
• cranberry juice cocktail	• sparkling water
• diet soda	• Vitamin Water Zero
• soda	• coffee or tea
• tonic water	• soda water
• cheddar cheese	• light cheese
• white pasta	• whole-wheat pasta
• salt	• black pepper
• mayo	• reduced-fat mayo
• butter	• 1 tablespoon olive oil
• oil	• mustard
• candy bar	• protein bar (more than 15 grams protein)
• saltines with peanut butter	• carrots or celery with hummus or salsa
• chips	• whole apple
• milk chocolate	• 70% or more cacao chocolate
• apple pie	• frozen whole banana
• chocolate milk shake	• chocolate whey shake
• fruit pastry	• granola bar (more than 5 grams fiber)
• frozen yogurt with strawberries in syrup	• plain low-fat Greek yogurt with frozen whole strawberries, stevia
• fried	• baked, sautéed, grilled
• heavy-handed oil (even olive oil)	• light-handed oil, heavy-handed vinegar and spices
• visible fat present	• trim it
• visible grease present	• blot it



INSTEAD OF THIS PITFALL	SWAP WITH THIS BOOSTER FOOD
• Caesar dressing	• vinaigrette
• ranch dressing	• balsamic vinegar
• Thousand Island dressing	• lemon and pepper
• croutons	• whole-wheat bread (more than 3 grams fiber)
• half-and-half	• skim milk
• non-dairy creamer	• 1% milk
• small cheeseburger	• 3-ounce sirloin steak (less than 5% fat)
• burger on white bun	• veggie burger, whole-wheat bun
• french fries	• baked sweet potato
• orange chicken	• Szechuan chicken
• saag paneer (spinach and cheese)	• bhindi bhajee (okra in tomato sauce)
• egg roll	• grilled chicken skewers
• spicy tuna roll wrapped with white rice	• tuna sashimi, side of edamame
• 1 cup of white rice	• ½ cup of brown rice and extra steamed vegetables
• 6-inch cold cut submarine sandwich on white bread with American cheese, mayonnaise, and salt and pepper, chips, soda	• 6-inch turkey submarine sandwich on wheat bread, no cheese, extra vegetables, extra vinegar, mustard, black pepper, side of cut apples, decaf coffee
• BK Whopper, large onion rings, soda	• BK veggie burger patty put on top of salad, reduced-fat Italian dressing, water
• Big Mac, large fries, chocolate milk shake	• Grilled chicken salad, vinaigrette, water
• guacamole	• extra salsa
• Spanish rice	• extra grilled bell peppers
• beef fajitas in flour tortillas	• grilled shrimp fajitas, no tortillas
• flour tortilla	• whole-wheat tortilla
• sour cream	• Tabasco
• fried chicken	• grilled chicken
• cheese sauce	• hummus
• peanut butter	• almond butter
• cream-based soup	• broth-based soup
• lot of noodles	• lots of vegetables
• beef chili	• turkey or veggie chili
• ranch dip	• salsa
• potato chips	• soy crisps

# Beware the Stealth Foods

## PITFALL FOODS IN DISGUISE

- protein or energy bars with less than 15 grams of protein
- breakfast, fiber, or granola bars with less than 5 grams of fiber
- dark chocolate with less than 70% cacao
- wheat bread with less than 3 grams of fiber per serving
- dried fruit made with oil
- sugary sodas that market themselves as “naturally flavored”
- fruit juice
- frozen yogurt
- frozen fruit toppings in sugar
- “real fruit” smoothies that use fruits in sugar or juice
- anything with high-fructose corn syrup
- anything with partially hydrogenated oils or trans fats

## Diet Rehab Contract

I've identified that my pitfall mantra is: \_\_\_\_\_

\_\_\_\_\_

And the mantra that I'd like to have is: \_\_\_\_\_

\_\_\_\_\_

The best thing about having this new mantra will be: \_\_\_\_\_

\_\_\_\_\_

I would rate my willingness to make a change on a scale of 0 to 10 (with 0 being not willing to lift a finger and 10 being willing to do whatever it takes): \_\_\_\_\_

My current weight: \_\_\_\_\_

**My goal weight:** \_\_\_\_\_

*(Set yourself an achievable weight-loss goal for the 28-day period of Diet Rehab. This might be anything from two to ten pounds. Remember, setting achievable goals is one of the ways to avoid pitfall styles of thinking.)*

I, (your name) \_\_\_\_\_, am committed to following Diet Rehab for twenty-eight days. I will eat booster foods and fill my life with booster activities that will change my mantra. I will actively change any obsessive, emotional, or compulsive eating using the tools I now have. Embarking on this journey means that I am affirming my own self-worth, and I am willing to let my behaviors and choices help support this belief.

Signed,

Date:

\_\_\_\_\_

\_\_\_\_\_

(You)

\_\_\_\_\_

\_\_\_\_\_

(Accountability buddy: friend, spouse, health care professional, sponsor)

### **SAMPLE WEEK 1**

## **Serotonin-Deficient Food Journal**

---

*Circle your serotonin booster meal or snack (they are in italics and boldface).*

**Breakfast:** sugary cereal with milk, croissant, orange juice, coffee with sugar and cream

**Lunch:** 2 pieces of garlic bread, spaghetti in marinara sauce, 2 sodas

**Dinner:** *dinner salad made with romaine lettuce, tomatoes in balsamic vinaigrette, 1 cup of brown rice, 1 breast of grilled chicken with fresh rosemary, thyme, and black pepper, 2 glasses of sparkling water*

**Snack (optional):** king-size candy bar, soda

**Snack (optional):** chips, water

**Snack (optional):** 2 cups of chocolate ice cream

**Booster activity:** took a 10-minute walk in the afternoon when I was feeling stressed

**SAMPLE WEEK 2**

## **Serotonin-Deficient Food Journal**

---

*Circle your serotonin booster meals or snacks (they are in italics and boldface).*

**Breakfast:** whole milk latte, muffin

**Lunch:** *brown rice bowl with sliced steamed carrots, broccoli, and grilled black sole with low-sodium soy sauce, green tea*

**Dinner:** club sandwich, fries, sweetened iced tea

**Snack (optional):** candy

**Snack (optional):** *protein bar, decaf coffee with skim milk*

**Snack (optional):** pretzels

**Booster activity 1:** meditated for five minutes in the morning

**Booster activity 2:** challenged myself by saying hello to a stranger in the elevator when I was going to work

### **SAMPLE WEEK 3**

## **Serotonin-Deficient Food Journal**

---

*Circle your maximum of 3 servings of pitfall foods (they are in italics and boldface).*

**Breakfast:** whole pear, instant oatmeal with stevia, hot white tea

**Lunch:** *2 pieces of pepperoni pizza (2)*, green salad with low-fat Italian dressing, water

**Dinner:** high-fiber pasta with marinara sauce, grilled chicken, and red bell peppers, sparkling water

**Snack (optional):** baby carrots with hummus, hot water with lemon

**Snack (optional):** *small bag of chips (1)*

**Snack (optional):** none

**Booster activity 1:** sent a nice e-mail telling a friend how much I appreciate him

**Booster activity 2:** prayed and gave thanks for things I was grateful for today

**Booster activity 3:** took a nap in the sun for twenty minutes

**SAMPLE WEEK 4**

## **Serotonin-Deficient Food Journal**

---

*Circle your maximum of 2 servings of pitfall foods (they are in italics and boldface).*

**Breakfast:** high-fiber granola bar, whole orange, green tea

**Lunch:** grilled chicken Caesar salad, no croutons, with low-fat dressing, sparkling water

**Dinner:** grilled tilapia, steamed green beans, ½ cup brown rice

**Snack (optional):** *fruit snacks (1)*

**Snack (optional):** bowl of low-sodium vegetable soup

**Snack (optional):** *small bag of chips (1)*

**Booster activity 1:** cuddled with my dog for ten minutes before work

**Booster activity 2:** cleaned my closet

**Booster activity 3:** took a thirty-minute walk after dinner

**Booster activity 4:** went to my ceramics class

**SAMPLE WEEK 1**

## **Dopamine-Deficient Food Journal**

---

*Circle your dopamine booster meal or snack (they are in italics and boldface).*

**Breakfast:** sausage, white toast with peanut butter, orange juice, 2 cups of coffee with nondairy creamer

**Lunch:** cheeseburger, fries, diet soda

**Dinner:** *high-protein pasta with grilled shrimp, asparagus, and broccoli in marinara sauce, green tea, fat-free Greek yogurt with organic frozen blueberries*

**Snack (optional):** chips, diet soda

**Snack (optional):** milk chocolate

**Snack (optional):** chocolate muffin

**Booster activity:** lifted weights for forty minutes



## **SAMPLE WEEK 2**

# **Dopamine-Deficient Food Journal**

---

*Circle your dopamine booster meals or snacks (they are in italics and boldface).*

**Breakfast:** *low-fat plain Greek yogurt with frozen raspberries, coffee with low-fat milk*

**Lunch:** shrimp fried rice, 2 egg rolls, white rice with soy sauce, soda

**Dinner:** fried chicken, biscuits with gravy, corn on the cob with butter, water

**Snack (optional):** *protein bar*

**Snack (optional):** 2 candy bars

**Snack (optional):** large bag of chips, frozen coffee beverage with whole milk, sugar

**Booster activity 1:** went to an Overeaters Anonymous meeting for the first time

**Booster activity 2:** played fetch with my dog for twenty minutes

**SAMPLE WEEK 3**

## **Dopamine-Deficient Food Journal**

---

*Circle your maximum of 3 servings of pitfall foods (they are in italics and boldface).*

**Breakfast:** whey protein powder mixed with skim milk, banana, frozen mixed berries

**Lunch:** grilled mahimahi on a bed of mixed greens, tomatoes, walnuts in balsamic vinegar and olive oil

**Dinner:** *small cheeseburger (1), small french fries (1)*, bottle of water

**Snack (optional):** fried chicken snack wrap

**Snack (optional):** low-fat cheese, ten plain almonds, black coffee

**Snack (optional):** *small soda (1)*, whole apple

**Booster activity 1:** watched my favorite sports team for thirty minutes

**Booster activity 2:** took a walk around my neighborhood and followed a new route

**Booster activity 3:** looked at vacation spots online

**SAMPLE WEEK 4**

## **Dopamine-Deficient Food Journal**

---

*Circle your maximum of 2 servings of pitfall foods (they are in italics and boldface).*

**Breakfast:** *breakfast pastry (1), black coffee*

**Lunch:** veggie burger with spicy mustard on whole-wheat bun, baked sweet potato fries, large unsweetened iced coffee

**Dinner:** high-protein pasta with grilled chicken breast and rosemary in a spicy marinara sauce, whole-wheat garlic bread made with lots of fresh garlic and a little extra-virgin olive oil

**Snack (optional):** hard-boiled egg, green tea

**Snack (optional):** *small cheeseburger (1)*

**Snack (optional):** ten almonds, ½ cup fresh blueberries

**Booster activity 1:** spin class

**Booster activity 2:** drove home a new way from work

**Booster activity 3:** bought flowers for my wife

**Booster activity 4:** made love

**SAMPLE WEEK 1**

## **Dual-Deficiency Food Journal**

---

*Circle your serotonin or dopamine booster meal or snack (they are in italics and boldface).*

**Breakfast:** 2 toaster pastries, orange juice

**Lunch:** *grilled salmon in olive oil and black pepper, ½ cup quinoa, steamed broccoli, coffee with a splash of skim milk, water*

**Dinner:** steak, baked potato, corn in butter sauce, water

**Snack (optional):** ten saltines, diet soda

**Snack (optional):** small bag of chips

**Snack (optional):**

**Booster activity:** called a friend I haven't talked to in a long time

**SAMPLE WEEK 2**

## **Dual-Deficiency Food Journal**

---

*Circle your serotonin and dopamine booster meals or snacks (they are in italics and boldface).*

**Breakfast:** *Kashi high-fiber cereal, skim milk, frozen mixed berries, ½ banana, hot black tea*

**Lunch:** cold cut sub, chips, diet soda

**Dinner:** pasta in cream sauce, garlic bread, beer

**Snack (optional):** *whole apple, low-fat string cheese*

**Snack (optional):** crackers

**Snack (optional):** croissant

**Booster activity 1:** wrote in my journal

**Booster activity 2:** signed up for a Meals On Wheels training

**SAMPLE WEEK 3**

## **Dual-Deficiency Food Journal**

---

*Circle your maximum of 3 servings of pitfall foods (they are in italics and boldface).*

**Breakfast:** *hash browns (1)*, scrambled eggs, coffee with stevia, water

**Lunch:** tuna salad with reduced-fat mayo, lettuce, tomato on whole-wheat bread, whole apple, unsweetened iced tea

**Dinner:** grilled chicken, low-fat cheese, salsa, fat-free sour cream in a whole-wheat tortilla, celery with salsa, water

**Snack (optional):** Vitamin Water Zero, whole apple, ten almonds

**Snack (optional):** *small candy bar (1)*

**Snack (optional):** *2 pieces of white bread (1)*, 2 tablespoons almond butter

**Booster activity 1:** saw my therapist

**Booster activity 2:** went to bed thirty minutes earlier to feel well rested tomorrow

**Booster activity 3:** took the stairs instead of the elevator at work

**SAMPLE WEEK 4**

## **Dual-Deficiency Food Journal**

---

*Circle your maximum of 2 servings of pitfall foods (they are in italics and boldface).*

**Breakfast:** whole grapefruit, low-fat string cheese, green tea, water

**Lunch:** *2 pieces of white bread (1)*, filet mignon, steamed broccoli, *french fries (1)*

**Dinner:** quinoa in balsamic vinegar and extra-virgin olive oil, grilled salmon, mixed grilled vegetables in light pesto glaze

**Snack (optional):** protein bar

**Snack (optional):** celery with salsa

**Snack (optional):** whole apple, light string cheese

**Booster activity 1:** played ball with my son outside for forty-five minutes

**Booster activity 2:** did a favor for my neighbor when I picked up her son from school

**Booster activity 3:** ate at a new restaurant

**Booster activity 4:** sent a thank-you card to a friend

## Here's where you can journal your own Diet Rehab progress:

### Day 1, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_



## Day 2, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_

## Day 3, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_

## Day 4, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_

## Day 5, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_

## Day 6, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_

## Day 7, Week 1

*Circle your booster meal or snack.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity** \_\_\_\_\_

\_\_\_\_\_

**My weight:** \_\_\_\_\_ **pounds**

What I learned about myself this week was: \_\_\_\_\_

---

---

What I think I need more of in my life is: \_\_\_\_\_

---

---

The thing I'm most proud of myself this week is: \_\_\_\_\_

---

---

I have noticed the seven pitfall thought patterns (personalization, pervasiveness, paralysis-analysis, pessimism, polarization, psychic, permanence):

INCREASED

DECREASED

REMAINED THE SAME

I have felt the seven booster attributes (purpose, peace, pride, power, passion, productivity, pleasure) in my life:

INCREASED

DECREASED

REMAINED THE SAME

Overall, I'm feeling: \_\_\_\_\_

---

---

## Day 8, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_



## Day 9, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_  
\_\_\_\_\_

**Lunch** \_\_\_\_\_  
\_\_\_\_\_

**Dinner** \_\_\_\_\_  
\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_  
\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_  
\_\_\_\_\_

## Day 10, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_  
\_\_\_\_\_

**Lunch** \_\_\_\_\_  
\_\_\_\_\_

**Dinner** \_\_\_\_\_  
\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_  
\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_  
\_\_\_\_\_

## Day 11, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

## Day 12, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_  
\_\_\_\_\_

**Lunch** \_\_\_\_\_  
\_\_\_\_\_

**Dinner** \_\_\_\_\_  
\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_  
\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_  
\_\_\_\_\_

## Day 13, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_  
\_\_\_\_\_

**Lunch** \_\_\_\_\_  
\_\_\_\_\_

**Dinner** \_\_\_\_\_  
\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_  
\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_  
\_\_\_\_\_

## Day 14, Week 2

*Circle your 2 booster meals or snacks.*

**Breakfast** \_\_\_\_\_  
\_\_\_\_\_

**Lunch** \_\_\_\_\_  
\_\_\_\_\_

**Dinner** \_\_\_\_\_  
\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_  
\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_  
\_\_\_\_\_

**My weight:** \_\_\_\_\_ **pounds**

What I learned about myself this week was: \_\_\_\_\_

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What I think I need more of in my life is: \_\_\_\_\_

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The thing I'm most proud of myself this week is: \_\_\_\_\_

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I have noticed the seven pitfall thought patterns (personalization, pervasiveness, paralysis-analysis, pessimism, polarization, psychic, permanence):

INCREASED

DECREASED

REMAINED THE SAME

I have felt the seven booster attributes (purpose, peace, pride, power, passion, productivity, pleasure) in my life:

INCREASED

DECREASED

REMAINED THE SAME

Overall, I'm feeling: \_\_\_\_\_

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## Day 15, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_



## Day 16, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

## Day 17, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

## Day 18, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

## Day 19, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

## Day 20, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

## Day 21, Week 3

*Circle your maximum of 3 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**My weight:** \_\_\_\_\_ **pounds**

What I learned about myself this week was: \_\_\_\_\_

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What I think I need more of in my life is: \_\_\_\_\_

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The thing I'm most proud of myself this week is: \_\_\_\_\_

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I have noticed the seven pitfall thought patterns (personalization, pervasiveness, paralysis-analysis, pessimism, polarization, psychic, permanence):

INCREASED

DECREASED

REMAINED THE SAME

I have felt the seven booster attributes (purpose, peace, pride, power, passion, productivity, pleasure) in my life:

INCREASED

DECREASED

REMAINED THE SAME

Overall, I'm feeling: \_\_\_\_\_

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## Day 22, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_



## Day 23, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

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**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_

## Day 24, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

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**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_

## Day 25, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_

## Day 26, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_

## Day 27, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_

## Day 28, Week 4

*Circle your maximum of 2 servings of pitfall foods.*

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Snack (optional)** \_\_\_\_\_

**Booster activity 1** \_\_\_\_\_

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**Booster activity 2** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 3** \_\_\_\_\_

\_\_\_\_\_

**Booster activity 4** \_\_\_\_\_

\_\_\_\_\_

**My weight:** \_\_\_\_\_ **pounds**

What I learned about myself this week was: \_\_\_\_\_

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What I think I need more of in my life is: \_\_\_\_\_

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The thing I'm most proud of myself this week is: \_\_\_\_\_

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I have noticed the seven pitfall thought patterns (personalization, pervasiveness, paralysis-analysis, pessimism, polarization, psychic, permanence):

INCREASED

DECREASED

REMAINED THE SAME

I have felt the seven booster attributes (purpose, peace, pride, power, passion, productivity, pleasure) in my life:

INCREASED

DECREASED

REMAINED THE SAME

Overall, I'm feeling: \_\_\_\_\_

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## APPENDIX A

# 7 Days of Quick and Easy Recipes

Once you have reached week 3 of Diet Rehab, your brain has become balanced, which means you can begin to combine both serotonin and dopamine boosters to create delicious meals. These simple twenty-minute recipes—or sometimes restaurant orders—will help you to maintain a healthy balance of brain chemicals, keeping you both happy and healthy.

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You can find more quick and easy recipes at  
[www.drmikedow.com](http://www.drmikedow.com).

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### 7 Booster Breakfasts

*The All-American:* Mist a nonstick pan with olive oil spray. Whip 2 eggs or egg whites with a splash of skim milk, then add to the pan and scramble until light and fluffy, and season with a little black pepper. Mix in herbs such as thyme or basil at the last minute. Serve with 2 pieces of veggie or turkey sausage or bacon and 2 pieces of whole-wheat toast with a little olive oil or trans-fat-free spread. You could also have oatmeal instead of toast. Add some fresh cut melon and berries



and coffee with a little skim milk. (If you're at Denny's, you can even Build Your Own Slam: egg whites, turkey bacon, oatmeal, and fruit cup.)

*Elated Egg Wrap:* Mist a nonstick pan with olive oil spray. Whip 2 eggs or egg whites with a splash of skim milk, then add to the pan and scramble with low-fat cheese and some black pepper until light and fluffy. Top with fresh cut tomatoes, salsa, hot sauce, or herbs to taste. Wrap in a whole-wheat tortilla. (No eggs in the fridge? Try Starbucks reduced-fat turkey bacon with egg whites on an English muffin—the cheese is low-fat and the muffin is multigrain. Their oatmeal with just nuts and a little skim milk is another great choice—skip the dried berries, since they're high in sugar and oil!)

*Berry High Protein:* Mix 1 cup low-fat plain Greek yogurt with frozen (or fresh) blueberries, raspberries, or strawberries. Add a touch of stevia to taste. Late to work? Put these ingredients in the blender with a little skim milk and throw it in a travel mug.

*Eggs-on-the-Run:* Mist a mug with olive oil spray. Fill the mug to the top with loose spinach, some sliced mushrooms, and diced tomatoes. Microwave on high for 15 seconds. Lightly beat 2 eggs or egg whites and add to the mug. Microwave on high for 50 seconds. Remove and stir. Microwave on high for another 50 seconds. Season with black pepper, dried herbes de Provence (fennel, basil, thyme, and savory), or fresh herbs like chives, basil, or thyme. (If you're not on the run and find yourself at IHOP, try the spinach, mushroom, and tomato omelet off their Simple & Fit menu.)

*Cinnaberry Oatmeal:* Cook 1 packet of instant plain oatmeal in the microwave (or better yet, cook steel-cut oats on the stove) with water, skim milk, unflavored soy milk, or unsweetened almond milk. Add in ½ banana, frozen (or fresh) blueberries, cinnamon, and—if you're craving a little sweet—stevia. For an extra dopamine boost, stir in some vanilla whey protein. This goes great with black or green tea.

*Butter My Muffin:* Toast a whole-wheat muffin and spread it with 2 tablespoons of almond butter. If you're feeling like a sweet kick, add some banana slices. Coffee in a travel mug and you're out the door!

*Brain-Booster Pancakes:* Mix  $\frac{3}{4}$  cup oatmeal,  $\frac{1}{2}$  cup low-fat cottage cheese,  $\frac{1}{8}$  teaspoon nutmeg,  $\frac{1}{8}$  teaspoon cinnamon, 1 teaspoon vanilla extract, 1 egg or 2 egg whites, and 1 cup skim milk in the blender. For an extra boost, add some blueberries and  $\frac{1}{2}$  banana. Cook as you would any pancake. Instead of butter and maple syrup, add some fresh berries, bananas, and cinnamon on top to sweeten. Or try a trans-fat-free spread like Smart Balance or a xylitol-based sugar-free syrup like Nature's Hollow.

## 7 Booster Lunches

*Going Fishing:* Take tuna in water or wild salmon (my favorite is Chicken of the Sea Premium Wild Caught Pink Salmon in packs). Stir in low-fat mayonnaise, a little mustard, and some chopped celery, apples, and walnuts. Take a piece of low-fat cheese, some crunchy romaine lettuce or sprouts, a sliced tomato, and put it all on toasted whole-wheat bread. Take the rest of the apple and cut it up for a side dish.

*Peaceful Protein Pasta:* Cook 2 ounces Barilla Plus pasta (high protein and high fiber) or whole-wheat pasta and drain. Mist a pan with olive oil spray and sauté your favorite green vegetables (think spinach, zucchini, kale) with some garlic until just soft, then add marinara sauce. Add cooked turkey or 95% lean beef for a protein boost. Toss the sauce with your pasta, making sure that two-thirds of your dish is super-boosting veggies and protein and one-third pasta. Sprinkle with low-fat mozzarella, basil, and oregano. Serve with a piece of whole-wheat bread sprayed with a little bit of extra-virgin olive oil and drizzled with balsamic vinegar.

*Keeping-You-Content Quinoa:* Place  $\frac{1}{2}$  cup of quinoa in a pot with 1 cup water, frozen edamame, and some of your favorite frozen or fresh vegetables. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes. Season with balsamic vinegar and add 1 tablespoon of extra-virgin olive oil. Make a little extra for a great side dish for dinner!

*Cheery Chicken Salad:* In a large bowl, mix romaine lettuce, grilled chicken breast, chopped tomatoes,  $\frac{1}{2}$  avocado, shaved almonds, and

apple slices. Add 1 tablespoon extra-virgin olive oil, a generous drizzle of balsamic vinegar, and black pepper to taste.

*Joyous Jaunt:* Okay, so you're on a road trip or have fifteen minutes to grab lunch. Bypass the burger joint for Subway. Order a 6-inch or 12-inch turkey, ham, grilled chicken, or veggie delight sandwich on omega-3 or whole-wheat bread with no cheese. Ask for the bread shelled out to maximize the super-boosting protein and veggies. Skip the iceberg lettuce and go for spinach. Ask for liberal amounts of tomato, green peppers, olives, onions, and jalapeños. Pour on the black pepper, mustard, and vinegar while skipping the mayonnaise, salt, and oil. Grab a bag of cut apples instead of chips.

*AB&B:* Spread a couple tablespoons of almond butter on toasted whole-wheat bread. Skip the jelly and slice ½ banana instead. Serve with a side of sliced carrots with hummus, celery, and salsa, or for a sweeter option, a whole apple or pear.

*Seductive Soup and Salad:* Pick any vegetable-based, non-creamy soup. My favorite restaurant options are Panera black bean soup or Au Bon Pain Garden Vegetable Soup. Pair with a crouton-free salad in a vinaigrette dressing—grilled chicken optional. Finish with a whole apple, orange, peach, or pear.

## 7 Booster Dinners

*Pep-Me-Up Pizza:* Take a whole-wheat pizza crust such as Boboli 12-inch Whole Wheat Thin Pizza Crust or a whole-wheat tortilla, top with marinara sauce, low-fat mozzarella cheese, fresh oregano, fresh garlic, fresh basil, and your favorite cut vegetables, such as tomato slices, baby broccoli, olives, or artichoke. For an extra boost, add grilled chicken, shrimp, or veggie meat. Bake until everything is warm, bubbling, and smelling delicious.

*Frickin' Happy Fried Rice:* This is a great recipe to make if you have leftover brown rice in the fridge. Add ½ to 1 cup per person to a skillet with just a couple tablespoons of canola or olive oil. Add 2 eggs (or egg whites) per person and 1 to 2 cups of boosting vegetables to the mix:



carrots, corn, peas, shredded broccoli, artichoke, and onion are all good options. Cook until all is warmed through and the eggs are cooked. Top it off with sesame seeds, a splash of low-sodium soy sauce, turmeric, and—for a dopamine boost—sriracha sauce. (If you find yourself at your local Chinese dive, go for the grilled Szechuan chicken over the breaded orange variety. Skip the white rice and ask for extra grilled veggies with the sauce on the side, or do a half cup of brown rice.)

*Titillating Tacos:* Take a few grilled chicken breast strips, shrimp, or 95% lean beef and place on soft white sprouted corn or whole-wheat tortillas with low-fat cheese, lots of salsa, and fat-free sour cream. Skip the rice and go for a double serving of trans-fat-free pinto beans. For vegetarians, use the pinto beans for a taco filling. Garnish with fresh cilantro, chopped fresh chile peppers, or hot sauce.

*Marvelous Mac and Cheese:* Cook 2 ounces Barilla Plus or whole-wheat pasta per person and strain. Toss with grilled baby broccoli, grilled chicken, and  $\frac{1}{4}$  cup reduced-fat or fat-free cheese and 1 tablespoon of extra-virgin olive oil. Season with cracked black pepper and a few basil leaves.

*Blissful Burger and Fries:* Bake your favorite veggie burger patty, turkey patty, or 95% lean beef patty and add slices of tomato and low-fat cheese, if desired. Put on a whole-wheat bun or wrap in romaine lettuce. Go very light on the ketchup and heavy on the mustard or spicy mustard. Coat sweet potato strips in a little olive oil with a sprinkling of paprika and black pepper and bake for 20 minutes at 450 degrees. For dessert: nonfat Greek yogurt with frozen mixed berries and stevia. (Believe it or not, you can even get a booster burger at Carl's Jr. or Hardee's! Go for the Turkey Burger, which is served on a whole-wheat bun. Just hold the mayo and pour on lots of mustard and a touch of ketchup to taste. If you're starving, better to have two of these than to add a side of fries. Or pair with a side salad with light dressing.)

*High-Spirit Steak, Sweet Potato, and Veg:* Cook yourself your favorite filet mignon or other extra-lean beef. Flavor with your favorite herbs and spices. Pierce the skin of a small sweet potato or yam and bake for

45 minutes at 450 degrees. Sprinkle with cinnamon and trans-fat-free spread like Smart Balance. Steam, grill, or sauté your favorite vegetables, such as broccoli, asparagus, or cauliflower in olive oil, garlic, and herbs. Have some orange slices or a whole pear for dessert.

*Ecstatic Eggplant:* Dip slices of eggplant in egg, then coat in whole-wheat bread crumbs (use 1 eggplant and 1 egg for every 2 servings). Place on a baking sheet and bake at 450 degrees for about 5 minutes on each side. Then put your favorite marinara sauce in a baking dish and place the eggplant on top. Top with fresh oregano, basil, and low-fat mozzarella cheese, and bake for another 20 minutes. For dessert, have a decaf espresso and 2 squares of dark chocolate.

## 7 Booster Snacks

*Not-So-Sinful Celery and Salsa:* If there's one food that you *can* eat mindlessly while watching TV, this is it. (Of course, I always recommend mindful eating at a table whenever possible, but sometimes you just have to munch.)

*Heavenly Hummus with Carrots and Tomatoes:* I eat this snack so much that my dog Rocco now counts baby carrots as one of his favorite foods, too. Have baby carrots and cherry tomatoes in the fridge at all times. Keep them on a nice-looking platter and pretty soon even your kids will have no choice but to swap neon cheese puffs for these red and orange booster foods.

*Fantastic Fruit Salad:* Again, presentation is key. An apple sitting on the counter may look boring next to that multicolored bag of chips, but when you slice and arrange a colorful platter of apples, grapes, blueberries, melon, and strawberries (with a sprinkle of lemon juice to keep the color), you're now using the Jedi mind trick that big food companies have been using on *you* all these years!

*Fun and Frozen:* My favorite and easiest snack is frozen grapes or frozen bananas. Throw washed grapes on a plate or in small plastic bags for a snack to take with you. When your bananas are turning a little

black, that's the perfect time to peel, wrap in plastic wrap, and throw in the freezer.

*Dopadelicious:* Make a whey, casein, or soy-protein shake. Try different combinations blended with whole fruit, and use water, skim milk, or unsweetened almond milk. Pour them into ice cube trays with toothpicks. When you're in need of an afternoon snack that will keep you going, reach for one of these instead of that ice cream sandwich.

*Crack-Me-Up:* Have 4 or 5 of your favorite whole-wheat crackers such as Triscuits, Ak-mak 100% whole-wheat, or Kashi TLC 7 Grain. Top with slices of low-fat cheese for a serotonin and dopamine booster snack.

*My Mood Is Poppin':* Air-pop popcorn and mist with a little extra-virgin olive oil. Or find a low-fat microwave variety (read the label and make sure there are no partially hydrogenated oils or trans fats). Pair with a whole apple, and you'll be satisfied till dinner.