

## **The Get Real Diet**

by Deborah R. Dolen

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I am not a diet fanatic, but after looking at my eating habits, I had to get real. I also feel the need to drop ten pounds before filming any more "how to" videos. A certain natural health food store had a vegetable salad that I knew I could stand to eat all day long and any time I was hungry. Like many people, I am not normally magnetized to raw vegetables. Ya know, the ones we eat at parties to act like we are health conscious? Yet this salad had such a great dressing. Well, Greg Engelhardt, our Chef, customized this recipe just for me.

Subsequently, I learned how to make this salad, it is good for four days at a time, and the longer it marinades, the better it gets anyway. I love it, and this is about all I do eat and desire to eat. Occasionally I will throw crab meat, or steak in for variety. It is along the low carb diet lines, yet high in fiber. Ten pounds of this salad is not too much to make for a four day period. To print my diet plan in PDF format, [click here](#). We have to call it something exciting, like the South Beach Diet, Hollywood Diet, so, let's see, we will call it **The Get Real Diet. As always drinking lots of of water and walking a bit helps.**

### **To Make:**

For 10 Pounds of Salad make or buy chopped and diced produce such as **Broccoli, Cauliflower, Sweet Onions, Tomatoes, Carrots, Zucchini, Yellow Summer Squash** and anything else you feel will adapt. If I am pressed for time and do not have time to slice and dice, I just buy already diced vegetables in bags, as well as vegetables from the deli, mixing it all up, maybe dicing a bit finer and throwing the dressing below on it to marinade. Use salt and pepper to taste.

### **Salad Dressing In a Blender:**

**2 Cups of Soy Creamer, 1/2 Cup of Olive Oil, 1/2 Cup of Peppercorn Ranch, 1/4 Ounce Feta Cheese, 2 Ounces of Parmesan, 1 Cup of Plain Crackers, 2 Teaspoons of lemon juice, Salt and Pepper.**

I also bought Relacore, the newly advertised all natural stress fat reducer. A lady at a health food store, who does not sell the item, swears by it. I see it is working for me also so far, and I have been using Relacore for two weeks. It is very high in Vitamin B, C and contains many natural herbs. I bought it right from the Relacore site. Good luck!

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