



3-Season Diet

The 3-Season Diet was developed by John Douillard, a leading practitioner in Aruvedic medicine, natural health and fitness. He is currently the director of the LifeSpa Retreat Center and Clinic in Boulder, Colorado. John Douillard is also the author of more than 15 books, CDs and DVDs including *Body, Mind and Sport*, which has been translated into six languages.

How is it that so many dietary theories have been scientifically proven to work? According to John Douillard's book, *The 3-Season Diet*, each season calls for a different diet plan. Low-carbohydrate, high-carbohydrate and low-fat all fit into a healthy eating plan for 4 months of the year. This book explains why it is important to make lunch your biggest meal of the day, why you should give yourself adequate time to enjoy your food, and why snacking is counterproductive to weight loss efforts and might actually lead to hypoglycemia. Eating with the seasons, for your body type, and at the right time of day in combination with an exercise routine that does not trigger the fight or flight response, will not only help you to reach a healthy weight, but it will also bring health, energy and power into your life.

The book provides a glossary of foods and shopping lists with sample menus for each season.

What to eat:

- The diet for spring is naturally low in fat, consisting of salads, sprouts, berries and leafy greens.
- The diet for summer is naturally high in carbohydrates for quick energy, and consists of fruits and veggies, which are naturally cooling.
- The diet for winter is naturally high in protein and fat, and consists of soups, nuts, grains, meats and fish.

Here is a sample menu for spring from page 93 in John Douillard's book The 3-Season Diet:

Spring Lower-Fat, Lower-Calorie Diet (March-June)

Breakfast

- Grapefruit with honey
- Rye toast with apple butter
- Fresh carrot, beet and apple juice

Lunch

- Barley Vegetable Soup (made with barley, carrots, green beans, celery, dandelions, mushrooms, and onions mixed in blender) with Rye toast
- Steamed Kale (with balsamic vinegar, canola oil, black pepper and garlic)
- Vegetarian : Baked beans (with basmati rice and asparagus)
- Non Vegetarian : Grilled chicken breast (skinless and boneless, marinated in ginger-tamari sauce and grilled)

Supper

- Split pea soup (made with barley and carrots, celery, onions, and garlic)
- Toasted Rye bread