

Acc(u)Life

PASSOVER SEDERS

Seder Days will be “one meal days” -- the Seder meal.

- All day, unlimited zero-calorie fluids.
- Around 12pm have a “sour” fruit; either a Granny Smith apple or ½ grapefruit.
- Hours for eating are extended 12 noon–8pm.
 - If eating past 8pm, finish eating at least 2 hours before you go to bed.

The Seder:

- Food and drink directly related to the Seder should be eaten in moderation and as ritually required.

Dinner portion of the Seder:

- Salad, no vinegar.
 - Non-starchy vegetables (maximum 2 Tablespoons oil).
 - 5–7 oz. of protein: preferably fish, chicken, turkey, eggs, plant-based proteins allowed by your family traditions
 - heavier proteins such as beef might give you an upset stomach.
 - If you decide to indulge in some of the trimmings, please be sensible and stay under control.
 - Fresh fruit for dessert.
- If you have been on the program for several weeks, you will find your sense of satisfaction comes quickly. Listen to your body and stop eating.
 - Paying attention will stop you from overeating. Your old habits are still there, but you overcome them by taking control and choosing to stop.

After Seder Days:

- Resume your 4-day food plan with two Milk Days.
- For a modified Passover plan, see the Passover Non-Seder Day Modifications.

Happy Holiday!!!