



LP3 DIET

LIKE VEGAN... BUT WITH MUSCLES

The plate.
The full contents.
One full day of meals.

The actual pages from the book — same typesetting, same recipes.

SIX PAGES, FREE

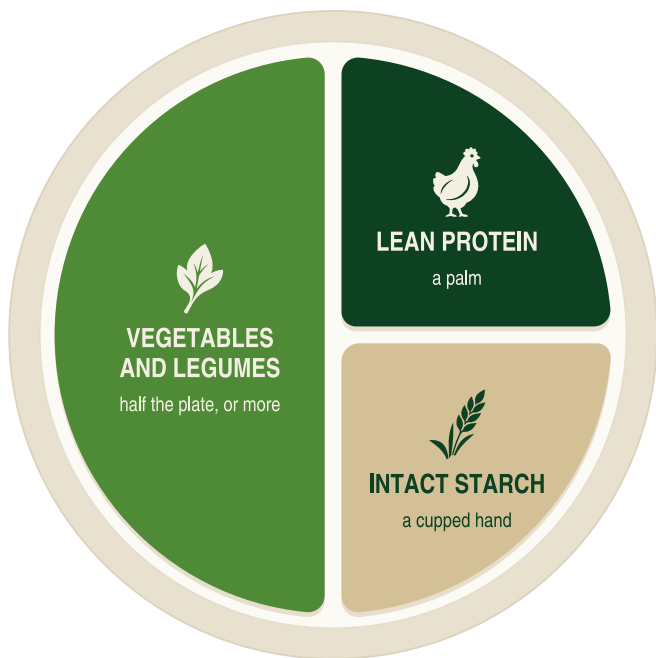
ROBERT R. SHRECK, MD

THE LP3 DIET · FREE SAMPLE · lp3diet.com

THE METHOD

The plate

The whole diet, in one picture.



FAT, WITH INTENT

a thumb, not a pour



SEAFOOD

two or three times a week

Half the plate, or a little more, is vegetables and legumes. A palm of lean protein or seafood. A cupped hand of something starchy and intact. Fat with intent — a thumb, not a pour.

Your hand is a measuring device that is always with you and is conveniently sized in proportion to the rest of you. That is the entire portion system — no scale, no app, no logging, nothing to count.

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Every chapter, with the page it starts on.

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One full day

Monday of week one, with the protein counted.

BREAKFAST · 25 G

Overnight oats with yogurt and berries

½ cup rolled oats · ¾ cup fat-free plain Greek yogurt · ¼ cup water or milk · 1 tbsp chia · ½ cup frozen berries

1. Stir the oats, yogurt, liquid and chia together properly — chia clumps if you are lazy about it.
2. Scatter the berries on top. Do not stir them in.
3. Refrigerate at least six hours. Eat cold, from the jar.

LUNCH · 26 G

Chickpea and carrot bowl

2 cans chickpeas, drained · 1 lb carrots · 1 tsp cumin · 1 tbsp olive oil · parsley · tahini-lemon dressing

1. Roast the carrots and dried chickpeas at 425°F with the cumin and oil, 20 to 25 minutes, until the carrot edges go dark.
2. Toss warm with parsley and dressing. Dressing hot vegetables makes them absorb it.

DINNER · 42 G

Sheet-pan chicken and roots

12 oz chicken breast · 1 lb carrots · 12 oz potatoes · 1 red onion · smoked paprika · thyme · olive oil

1. Oven to 425°F with the tray already inside. Vegetables on first, 15 minutes.
2. Push them aside, lay the chicken in the middle, roast 15 to 18 minutes more until it reads 160°F.
3. Rest 5 minutes on the tray so the juices go into the vegetables.

SNACK · 25 G

Sardine, lemon and parsley smash

1 can sardines, drained · 1 tsp Dijon · ½ lemon · 2 tbsp red onion · parsley · greens

1. Mash the sardines with the mustard and lemon until it holds together.
2. Fold in the onion and parsley. Over greens, or on something crunchy.
3. This is the recipe that converts people.

132 pages

Fourteen chapters, forty recipes, four weeks of meals, and every research claim cited at the back.

That day came to 118 grams of protein across four ordinary eating occasions, with no powder and no shaker bottle. The book explains why that number matters more than the calories, and how to hit yours without weighing anything.

THE ARGUMENT

Why most ways of eating well ask you to give up either your bloodwork or your muscle, and why this plate does not. Told by a physician who ran marathons with a warning sitting in his file, and what five bypasses taught him.

THE METHOD

The plate in one picture. Your protein number for training days and rest days, with the research behind it. Why the requirement goes *up* after sixty, not down.

THE FOOD

Forty recipes with numbered steps and the protein calculated from USDA values. Four weeks of meals with the shopping already worked out. How to cook this on a budget, and for a household that has not signed up.

THE REAL WORLD

Restaurants cuisine by cuisine. Airports, holidays and business dinners. The checklist for when the scale stops moving — and how to tell when it is not the diet at all.

THE EVIDENCE

Every claim cited, including the studies that argue against parts of LP3. They are printed with their limitations attached, because a book that only shows you the research agreeing with it is not worth much.

The LP3 Diet — 132 pages, PDF and ePub, \$39.99. Written by Robert R. Shreck, MD, who spent forty years in clinical practice and then had five heart bypasses at seventy-four. The story behind it, and what happened to his family's numbers afterwards, is at lp3diet.com/story.

lp3diet.com

Not medical advice. Talk to your doctor before changing how you eat or train, particularly if you are pregnant, under eighteen, or manage any condition with medication.