

Vegetarians

For vegetarians, there are alternatives for the daily ration of meat. Dr. Simeons substitutes 500cc or ½ liter of skim milk; which I would split to 250ml per meal. Other alternatives for the daily meat ration include 100 grams of non-fat cottage cheese or one protein portion from eggs. This would be one whole egg, boiled or poached, with the whites of 3 more eggs.

These substitutes work inside the diet, yet Dr. Simeons found that you will lose weight half as fast as non-vegetarians. However, you need to be comfortable with this program and you need the protein or else you will lose muscle instead of fat and we do not want that!

Vegans and Vegetarians

While it may appear that this diet is not for vegetarians and vegans, Dr. Simeons made a note regarding this group, and there is additional information to consider. First of all, Dr. Simeons allowed the substitution of eggs (1 egg + 3 egg whites), cottage cheese (100 grams of skimmed milk), and/or 500 cc of skim milk which can be turned into curds. He states:

Strict vegetarians such as orthodox Hindus present a special problem, because milk and curds are the only animal protein they will eat. To supply them with sufficient protein of animal origin they must drink 500 cc. of skimmed milk per day, though part of this ration can be taken as curds. As far as fruit, vegetables and starch are concerned, their diet is the same as that of non-vegetarians [i.e. salad greens or specific veggies for lunch and dinner, and an orange, apple or strawberries for lunch and dinner along with the melba or grissini bread]; they cannot be allowed their usual intake of vegetable proteins from leguminous plants such as beans or from wheat or nuts, nor can they have their customary rice. In spite of these severe restrictions, their average loss is about half that of non-vegetarians, presumably owing to the sugar content of the milk.

For vegans, who do not consume any animal products, including dairy products, the problem is finding a source of high-quality protein that provides the amount of protein provided by the animal products, but ensuring that carbohydrates or calories are not being increased. For example, by eating 100 grams per serving of the proteins allowed on Dr. Simeons protocol, 100-200 calories are consumed with an average of 25-30 grams of true protein. Nutritionally, 25 grams of protein is equal to 100 calories using the method of 4 calories per gram of protein. Therefore, the remaining calories come from fat. With two servings of protein per day, or 200-350 calories (since beef is to be eaten only once and is the highest caloric protein allowed), the bulk of the 500 allotted calories is for protein. In summary, vegans would need to find an acceptable protein rich food that would provide them with about 50-60 grams of protein (25-30 grams two times a day), while keeping the calories below 350.

There are three possible substitutions which have been thought out and/or used by at least one person. The first is using a protein powder as an alternative. Before choosing a protein powder, you must carefully review ALL ingredients to ensure there are no sugars (-oses/aspartame) or additives (MSG). One possibility is this. From the nutritional information listed, 1 scoop provides 26 grams of protein and 175 calories, falling perfectly into the equations stated above. Therefore, 2 scoops would provide 50 grams protein and 350 calories. That appears to be a possible substitution, plus 2 fruits and the balance of 500 calories in veggies could work. However, to ensure you receive enough nutrients from the vegetables, we recommend that you pass on the melba/grissini.

The second solution is to eat soy patties that you can treat like beef (eat no more than one serving per day). You can drink soy protein or a different protein powder for your other serving of "meat" and/or eat non-fat soy cottage cheese. Also, remember that some of the vegetables, such as cabbage, have protein in them.