Why the Three-Day LDA Diet Is Worth It

So one of the things you need to know about LDA is that you're gonna have to have a pretty restrictive diet for three days. And you've got a couple of options depending upon your level of LTA that your getting or receiving and the issues that ya have.

But I'll tell ya, it's most important to push through. It's important push though because the results far outweigh the three day of diet that we're going to go through and results that I've experienced have been so substantial through L DA that the 3 days of dieting is well worth it to get to the long term results I experienced from L D A.

So what I would tell you is someone new looking to approach LDA is just recognize you're gonna have to go through three days of a pretty restrictive diet, but you can have fun, be creative.

It's also a great chance to kind of recenter your diet long-term. Doing the diet has helped me achieve more of plant-based diet which I feel is really important now.

So I've used those three day as kind every eight to 10 weeks of re-centering for myself to check my diet. Check where I'm at. Use that time for meditation and prayer and thought almost as a fast.

And I've been able to get through it. But look, to think about what you're eating, what your bringing into your diet, and could you improve that going forward?

Using the Diet as a Reset and Recenter

And what I found is that there are certain things like lamb that I never really ate before the LDA diet. And now I like Lamb, so I bring it into my diet more frequently now.

I'd never did that before. Fish, same thing. So I would encourage you, push through. It's really important to by those three days, knowing that there's a long-term benefit to LDA that you'll receive on the end of the diet.

Justin, do you have any tips? So I think stew's an easy one, because you can just throw it in the crock pot or the insta pot, and you got a nice stew that can pull off of.

What I found is my Lda diet consists of this. So, I work out first thing in morning, so I have sweet potatoes that I will make in advance of three day.

And I'll bake probably like 10 sweet potato. They're all ready to go. Just throw them in a fridge, then I pull one out when I want to eat it, heat it up.

So that's one thing I do. And I love a sweet potato first thing in the morning because you get a little bit of the sugar and the carbs and it gets you going.

So that's one thing. The other thing that I've really liked is I'll boil carrots with water and some salt.

Easy Meal Ideas for the LDA Diet

And then I take those carrots, strain them once they're boiled and nice and soft and I put them in like a little magic bullet or little insta blender and blend it up and it's like carrot souffle.

It's surprisingly sweet. So again, I love that first thing in the morning and oftentimes I do that last thing at night before I go to bed. That's been two things that are quick, easy and get it done.

The other one is ground lamb. So if you do the ground, lamb, it's so easy because then you can do lettuce wrap. the moisture from the lettuce and the lamb on the inside.

It's like a nice lettuce wrap, something you'd see at a PF Chang's, you do it at home. And then the other thing is it's great to mix the ground lamb with sweet potatoes or the cooked carrots as well.

So I do that a lot. Then the third thing I'd do is fish and chips. I'll slice potatoes real thin, white potatoes on a baking sheet with salt and cook those, make them nice and crispy.

And then I'll take some fish and I will just broil the fish. Chunk it up, white fish, fresh whitefish, chunk it, throw it in a pot of water, boil it real quick.

Um, and then throw that on top of the potatoes. And it's almost like a shepherd's pie. It turned out pretty good. So you can do it. I'm just stick with it and the important thing is to focus on what are the benefits long-term and.

The three days of a diet isn't that big of deal if you're focused on the benefit longterm.