

# Chicken and spinach

**T**he first principle of the miracle diet is that there is no miracle diet. There are plenty of diets around, plenty of promises. All protein, all carbs. All protein but only the right protein. All carbs but only the right carbs. There are location diets — South Beach, Mediterranean, Asian. There are body part diets — abs, arms, gut. There are diets for carbohydrate “addicts.” You can eat anything you want and take a capsule that dissolves fat. You can track your foods and eat for points. You can have pre-prepared meals mailed to you. You can eat like a caveman. There’s portion control and various shakes and protein bars. And

if all else fails there is always surgery.

Don’t get me wrong. Lots of these diets work and they all have principles worth looking at. I know people who have done well on all of them (except maybe the fat dissolving capsules). It’s healthy to eat more protein and less carbohydrate and it’s even more healthy to eat more of the “right” proteins and “right” carbohydrates. But it can all just seem complicated and even overwhelming. It’s



**GRANT JACKSON**

hard to know what to do or where to start.

So let me unveil my version of the miracle diet. Drum roll, fanfare, trumpets, etc. — spinach and chicken. That’s it — two foods. You can

have as much as you want. Eat spinach and chicken breakfast, lunch and dinner — and eat nothing else. There is only one stipulation — no fried chicken and no butter on the spinach. Otherwise you can cook it anyway you want and put whatever you want on it.

OK, maybe it’s good in principle, but I’m probably not going to sell many books or brochures. After all, there’s only so much you can do with chicken and probably even less you can do with spinach. A lot less.

So let’s expand — any and all green vegetables. Spinach (of course), broccoli, green beans, Brussels sprouts, cucumbers, zucchini, okra, peas, kale or anything else green you can think of. If that’s still not enough variety we can expand to all vegetables of any color — although the bulk should still be green.

Now for the chicken. There’s lots of options here. Really

the options with chicken are endless. You can grill it, bake it, boil it, broil it or roast it. You can do kebabs. You can baste it, tenderize it or marinate it. Even with all of these options it would probably get old after a while. So add turkey, pork and fish. Really any lean protein is OK. If you want to get really crazy you could add eggs, low fat yogurt and skim milk cheese. But the bedrock is still chicken. And spinach.

**Steven Kalas’ “Human Matters” will run in Thursday’s edition of The Daily World.**