

Wai Start: How to begin?

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Okay, you've decided to give the Wai Diet a shot, but now what? How to get from your current way of eating to how the Wai Diet is supposed to work? Time, adjustments and experimentations are needed. Like someone wanting to run a marathon first has to train a lot, we need to train ourselves and body too.

Before you start make sure you've read the info on the site, especially the Wai Diet (or Wai Cure in case of acne) section, as well as the Wai Talk forum. Ask your questions there if you have them. The "[Wai Short](#)" article on Wai Diet is a useful summary of the diet and its background.

Part One: Structuring Your Diet

Step 1: Choose Your Way

Choose one of two ways to go about adopting the diet: cold turkey or gradually. Both have their advantages and disadvantages. Going cold turkey means that you will have to deal with all the problems in the beginning, while taking the gradual route has the danger of backsliding or losing motivation, and taking those last steps can be quite difficult. Nevertheless the latter might be the easier to accomplish.

Cold turkey

Choose this option if you don't mind making a huge change, making big adaptations, and going through possible withdrawal symptoms all in the beginning. Also choose this option if you're going on the **Acne Sample Diet**.



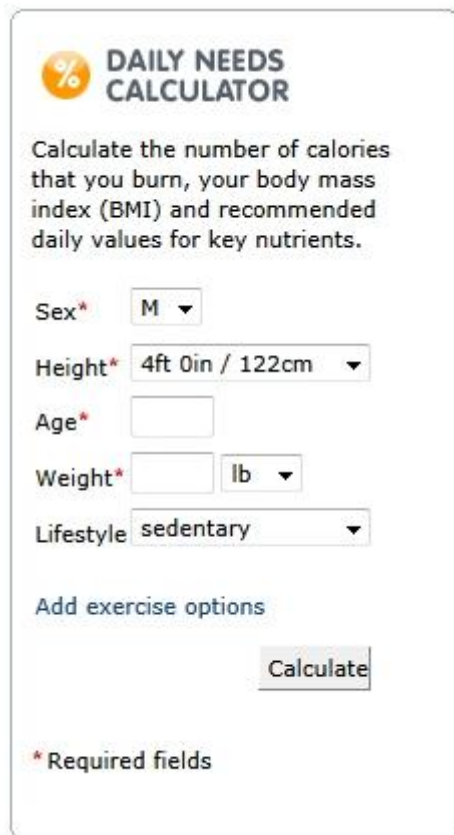
Gradually

Choose this option if you prefer making several smaller changes and adaptations over time, and if you're sure you can keep your motivation strong until the last step. The method offered here is only one of many. If you think you have a way that works better for you, by all means go for it.



Step 2: Calculate Daily Needs

Surf to [selfNutritionData](#) and find this:



DAILY NEEDS CALCULATOR

Calculate the number of calories that you burn, your body mass index (BMI) and recommended daily values for key nutrients.

Sex*

Height*

Age*

Weight*

Lifestyle

[Add exercise options](#)

* Required fields

Enter the appropriate information and click Calculate. You will get to the results page. There you will see something like this:

CALORIES BURNED

Your Calories Burned

Daily Energy Expenditure: **2081 kcal** (8713 kJ)

As you can see, in this example the amount of calories needed per day is 2081 kcal.

The choice of activity level (Lifestyle) can make a big difference, so choose wisely or take the average of two categories.

Alternatively you can enter a typical day on your current diet, including snacks and (soft) drinks. Take note of the amount of calories.

Step 3: Calculate Average Meal Size

Divide the number of calories per day by 10. Following the example above, that means: $2081 \div 10 = 208.1$ kcal. As it would be virtually impossible to make each meal exactly 208.1 kcal, use a range from 200 - 220 kcal.

Step 4: Spread The Meals

Schedule those meals over the day, from getting up to about 30 minutes to an hour before going to bed.

Example: 08:30 - 23:30

Meal 01: 09:00am

Meal 02: 10:30am

Meal 03: 12:00pm

Meal 04: 13:30pm

Meal 05: 15:00pm

Meal 06: 16:30pm

Meal 07: 18:00pm

Meal 08: 19:30pm

Meal 09: 21:00pm

Meal 10: 22:30pm

It is important not to skip any of the meals, but it is okay to take some time eating your meal. Plan your last meal of the day in such a way that you're not hungry when going to bed.

Step 5: Create Meals

The next step is to fill the schedule with meals, each approximately the Meal Size we've calculated in Step 3. You can use the [Wai calculator](#) or the calculator on the *self*NutritionData site. In the beginning it's a good idea to combine each fruit meal with a little oil/fat, for optimal energy management. In case of avocados this isn't necessary, because avocados already contain lots of fat. Be careful with combining whole fruits with protein, as that may cause smelly gas.

Example:

1 medium apple = 73 kcal

1 small banana = 89 kcal

1 teaspoon olive oil = 40 kcal

----- +

Total = 202 kcal

Look in the Recipes section for some more possibilities.

When totalling your diet for a day, the ratio carbs : fat should be at least 2:1. The more active you are, the higher the ratio. Someone who's very active during the day might end up with a ratio of 4:1.

Use one of the meals for the bulk of your protein intake. For fish or meat 100 grams/3.5 ounces is a good standard starting amount. Start with 0.5 or 1 egg yolk per day and increase the amount after a few days. Alternating fish and eggs is also possible. For most people 100 - 150 grams/3.5 - 5.5 ounces of protein per day is plenty.

Acne Sample Diet: pay attention to the maximum amount of protein (see [Acne Sample Diet](#)).

Gradual Way: choose 0 - 9 meals to replace with Wai foods, and over time increase the number of Wai meals until all 10 meals are Wai.

That's it! You are now ready to begin.



Part Two: Good To Know

Logistics

Egg yolks can be bought for a week in advance. Storing them in the fridge helps, but makes it somewhat more difficult to check for freshness. To make that easier, take the eggs you're going to eat out of the fridge some hours before checking. Organic eggs can be bought at organic/farmer's markets, or in supermarkets. Especially in the USA make sure they are not pasteurized!

Fish can be stored in the freezer for a few days at least. TIP: if you're in a hurry to unthaw, submerge the fish (in its plastic freezing bag) in a container with cold to lukewarm water. Buy the fish at your local fishmonger, at a farmer's market, or at a supermarket. Another (more pricey) option is buying sashimi from a Japanese restaurant.

The ripest fruits taste the best and contain the most nutrients. When we buy fruit, it usually isn't ripe yet, so we have to plan ahead. Buying in bulk (wholesale) makes it easier and often less expensive. Oranges usually need to ripen for at least a week before they become sweet and juicy. Pineapples and mangoes also need quite some time to ripen. Using your hands and nose to determine ripeness is the best way to go.

Organic vs. Non-Organic

While organic always has the preference it is also more expensive. If choices have to be made, then a general rule is: the thicker the peel, the less 'need' to buy organic. As such, avocados could be bought non-organic, while strawberries should be bought organic. Peel all fruits if possible.

It is preferable for meat and eggs to be organic. In addition make sure the meat is not irradiated.

If possible buy farmed fish (e.g. farmed salmon) organic.



Fish, Meat & Eggs

The fresher the better. When you're not yet used to eating raw it's good to be a bit careful. Read the [Fish & Eggs page](#) for info about checking for freshness and parasites.

What to eat the fish with? Soy sauce is a no-go because it's made of heated soy, and wheat is added to make it more addictive. Ultimately eating the fish plain is the best for enjoying the subtle taste, but some prefer using egg yolk as a dip, others use some lemon/lime.

Herring is never fresh, but always frozen and treated with lots of salt. As such a no-no if you're on the **Acne Sample Diet**.

Doesn't fish contain lots of unhealthy mercury? We don't yet know the extent of mercury issues, so we need to be cautious. According to [official US guidelines](#) farmed Salmon, Tilapia, Scallops and North Atlantic Mackerel are fine. Tuna contains more mercury, and Swordfish a lot.

What kind of meat to eat? Thinly sliced beef tenderloin (carpaccio), chopped steak, ox heart, chicken heart are some of the possibilities. Avoid pork.

How to separate eggs?

1. Gently tap the egg on a flat surface to crack it. Alternatively you can use the rim of a bowl or a knife.
2. Pry the halves apart above a bowl and let the white run out as much as possible.
3. Pour the egg yolk out in your hand to let more white slip away.
4. Use both hands to clear away all the egg white.
5. Puncture the egg sack and let the yolk run out. Chuck the sack.



How to eat the egg yolks? Either plain, with orange juice, with mashed banana, or as a dip for fish, depending on your preference. Some like it with avocado as a sleep-inducing snack.

Try to be relatively inactive after a larger protein meal. Usually you'll feel so inclined anyway.

Fat/oil

How much fat to use with fruit? Not much. Per banana or apple 2 teaspoons. It doesn't have to be that precise, but it gives an idea. When in doubt use the Nutrient Calculator.

Nuts

On the Wai Diet nuts are optional. If you do choose to eat them, Brazil nuts or Macademia nuts (you'll need a special nutcracker for these) are the most nutritious. Whichever nuts you're eating, make sure they are raw. The easiest to ensure this is to always crack them yourself, as not all shelled nuts are totally raw, even if it states they are. Also, pistachios are roasted, cashews are almost never raw, and peanuts aren't nuts.

Acne Sample Diet: only start to experiment with nuts after you're acne-free.

Sugar

The addition of sugar is optional. Although sugar doesn't contain vitamins or minerals, it is an easy source of energy. Make sure you're getting enough micro-nutrients before adding sugar though. TIP: If you're out of food/drink and can't get fruit, sugar water is a good solution. The easiest is to dissolve sugar in hot water and let it cool down before drinking.

Recipes

There are many combinations possible, but a few of the "standard" ones are:

1. Avocado + tomato + cucumber. Any combination of two of those work as well.
2. Mashed banana + coconut oil + egg yolk. Adding sugar is optional.
3. Date balls. Use big Medjool dates. Peel them and take out the pit. Use 2:1 to 3:2 dates : coconut oil and mix it together well to a paste. Roll balls and refrigerate to harden. Adding crumbled nuts (use less oil) and/or coconut shavings are optional. It takes some experimenting to find the right mix. For more recipes check the [Recipes section](#) on the WaiTalk forum (not all recipes are 100% Wai).

Cravings

Sooner (cold turkey) or later (gradual way) you will experience cravings for addictive foods/substances. Your mind might try to trick you in different ways, and aside from images and smells of your previously favorite foods, one of the following phrases could enter your thoughts:

"Fruit is so boring, I need more variation."

"Everything tastes so bland, I need spices."

"I want something crispy."

"I NEED chocolate!"

"This diet doesn't work for me."

And other similar thoughts. So what to do?

1. Make sure you're never hungry. Usually eating something already helps.
2. Eat something you really like, often egg yolks or something fatty.



If you're not sure whether you're hungry for energy or if it's a craving, do the Fruit Test: Do you feel like eating fruit or not? Yes = okay, No = craving.

Do not underestimate the addiction!

Restaurants

The easiest for us is a Japanese restaurant. Some sashimi choices:

Sake = salmon

Maguro = tuna

Toro = fatty tuna

Hotate-gai = scallops

Hamachi = yellowtail

Tai = bass

Ama-ebi = sweet shrimp

Saba = mackerel (marinated, so not ideal for acne sufferers)

Ika = squid

Uni = sea urchin

Gyu sashimi = raw beef



French restaurants might have Steak Tartare (raw beef with egg yolk) or Saumon/Thon Tartare (salmon/tuna). Italian restaurants might offer Carpaccio (raw beef), which unfortunately isn't always raw and often has salt/pepper and/or cheese plus a sauce (not for the acne-prone). Make sure you ask for just the beef. Some restaurants having salmon/tuna on their menu might be willing to serve it raw. Other choices include oysters or a (tomato/cucumber/avocado) salad. South-East Asian cuisines usually have nothing we can eat, as all of their dishes are cooked.

Which juicer/blender?

For oranges any kind of citrus juicer works, like this one:



For other fruit we recommend a slow masticating juicer like the Hurom Slow Juicer HU-100 (a.k.a. Oscar Pro 930; called Versapers in The Netherlands):



Because blenders can heat, use one with which you can control the speed (some blenders have pulse control as well), and use the lowest speed possible. Blending isn't advised for those who are acne-sensitive.

Body Care

Your teeth probably aren't used to the amount of sugars, and might not be in optimal condition. Therefore make sure to use a straw when drinking (orange) juice and rinse with water after every sugary meal if possible.

For cleaning use a soft brush without toothpaste. Brush normal, without too much force, and in addition use the Bass Method. Place the brush at 45 degrees on the border of teeth and gum as in the picture. Make small rotating movements and work your way through the mouth. This can take a while, so be patient. Using triangular toothpicks and/or floss helps too.



Aside from being vitamin bombs, egg yolks work great as a shampoo/conditioner. Egg whites can be used as shaving gel.

The Future

The most often made mistake is not eating (often) enough. We're used to eating 3 big meals a day and need to get to a situation where ideally we eat a piece of fruit every half hour, or two pieces per hour, several sips of juice per hour, etc. This takes time and training. In time you'll learn to 'listen' to your body, and those 10 meals/snacks can evolve to the point where the body 'tells' us when a new meal/snack/sip is needed, by a very slight hunger feeling.

Cold Turkey: After overcoming the initial changes, adjustments and issues, it is a question of fine-tuning and experimenting to get to what is ideal and optimal for you.

Gradually: Keep replacing your cooked meals with Wai meals. Stay determined, as the last steps are the hardest. Rest assured, the thinking about and cravings for addictive foods will cease after you clear that last hurdle.

Acne Sample Diet: After two weeks you should see a significant improvement. Now keep going until your skin is clear and free of acne. You can choose to continue with the Wai Diet, or start to carefully experiment bringing cooked foods back in your diet.

Following the diet partially is possible, and everything helps, but the full benefits will only be experienced when following the diet 100%. As someone said: 99.9% is 2 times better than 50%, but 100% is 50 times better than 99.9%!

Good luck!

