



The California Wine Country Diet

Dinner is Served!

Grilled Rosemary-Skewered Scallops
English Pea and Toasted Cumin Salad
Mushroom Herbed Risotto
Paired with Chilled Sauvignon Blanc
Dessert: Chocolate-Covered Strawberries

Raise your glasses as you and your companion toast another magnificent meal on the California Wine Country Diet. You might be sitting at Bouchon Santa Barbara where these recipes were created, in the dining area of your own home, or on the deck of a friend's house. While you may have chosen a different dinner such as Patrona Chef Bridget Harrington's Mediterranean Chicken with apricots and green olives, this scene illustrates the fundamental principles of the California Wine Country Diet. It is based on the belief that taking the time to enjoy freshly prepared, tasteful food in a pleasing environment and in the company of friends and family nurtures us both physically and emotionally.

You will take a tour of California's various wine growing regions and discover sumptuous recipes and wine pairing suggestions from many of our finest chefs. You will learn how to enjoy the art of conscious indulgence: combining conscious attention to your nutrition, portions, and physical activity with the pleasures of indulgence in the foods and life experiences you love. Conscious indulgence is the key to preventing the rebellion and discouragement that usually result from dieting. Conscious indulgence creates the balance that is essential for long-term weight management.

The California Wine Country Diet is based on a Wheel of Weight Management, which includes the six fundamental aspects of healthy weight management: nutrition, physical activity, practicality, pleasure, relationships, and variety. The program includes three weeks of suggested daily food plans nutritionally based on the USDA Dietary Guidelines combined with key points from healthy traditional diets such as the Mediterranean Diet. You will also be shown how to use the Daily Meal Plan Form to create your own food plans.

This is not a fanciful program requiring a personal chef and trainer, but a very practical one. It is designed to fit with the reality of modern living where we have growing families, busy schedules, and generally too much to do. While readers are encouraged to take time for leisurely meals, there are also ideas for how to eat in a healthy way when time is short.

By taking pleasure in foods you truly love, moderation will no longer be a struggle. By moving away from denial and giving yourself permission to enjoy food, satisfaction will replace guilty overeating. The California Wine Country Diet's goal is to help you reach and maintain a healthy weight in the context of an enjoyable life.