



The Potato Hack Diet

The all-potato diet is an effective (albeit counterintuitive) strategy for weight loss and resetting the digestive system.

The basic rules of the potato hack diet are:

1. Eat nothing but white potatoes for three to five consecutive days (can be [cooked and cooled](#), then optionally reheated to a temperature of less than 130 degrees prior to eating, to reduce blood sugar impact); potato skins are optional but do include appreciable nutrients
2. Eat two to five pounds of potatoes each day (exact amount depends on starting and target weight and activity level—ask your healthcare practitioner for guidance)
3. Do not eat any condiments with the potatoes (no butter, sour cream, cheese, or bacon bits!)
4. Salting the potatoes is not recommended (as it may increase calorie intake) but is permitted in small quantities if necessary
5. Drink only coffee (black), tea (no milk or sweetener), and water
6. Perform only light exercise such as walking, yoga, or gentle cycling or swimming

You can expect to lose approximately three to five pounds per three- to five-day period.

A standard Paleo diet is recommended on the other two to four days of the week. This protocol can be repeated indefinitely until weight loss goals are achieved.

Another variation of this diet is called “potatoes by day” (PBD). This means that you would follow rules #1–6 above from sunup to sundown and then eat a normal, Paleo-type diet for dinner. This can be done on a daily basis, instead of the alternating three- to five-day approach described above.