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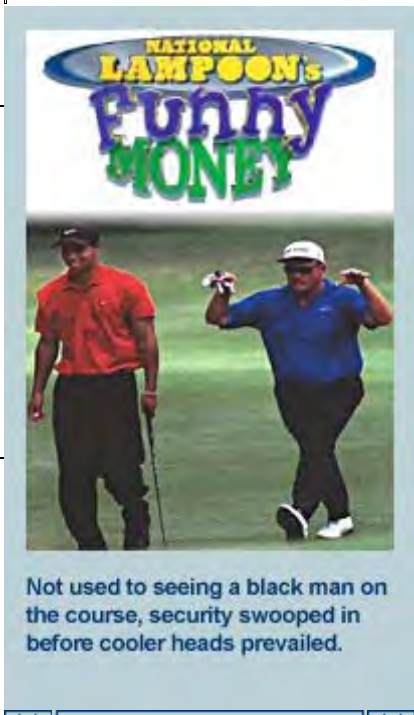
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national lampoon vol. two • january 26, 2004



Not used to seeing a black man on the course, security swooped in before cooler heads prevailed.

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voices: Father Aikens' Day Planner

A sneak peak at a piece from the new National Lampoon's Big Book of Love. The book is now available – a great gift for birthdays, Valentine's Day, or Groundhog Day.

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features: Iceberg Lettuce and Coffee Diet

Forget Atkins, The Zone, and South Beach. With the LCD, you can eat whatever you want, whenever you want, for as long as you want.

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the rest



columns: Confessions of a Harvard Delinquent

"The Question" Sometimes you realize your dreams have



animations and video: Two Way Comics

An old magazine classic appearing in the new


passed you by. But that doesn't mean they've passed by your parents.

*National Lampoon's Big Book of Love*, animated for the web.

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true facts:

The comedy of Paula Bel in an animated setting. Warning: explicit content not suitable for young minds. Do not enter if you are under the age of 65.

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The greatest trucking songs of all time, from your trucking experts here at National Lampoon.

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favorites:

**[Mars Landing! Last Known Transmission](#)**

**[Hussein 'N a Hole](#)**



flashbacks:

**My Vagina** by John Hughes

One of the all-time great National Lampoon stories, chronicling the confusion

**[Brad and Jen: A Roadmap to Peace](#)**

every adolescent boy feels when he wakes up with a vagina. Also from *[National Lampoon's Big Book of Love](#)*.

**[Useful Phrases for Your Trip to Morania](#)**

**[Ten Men for Whom I Would Consider Turning Gay](#)**

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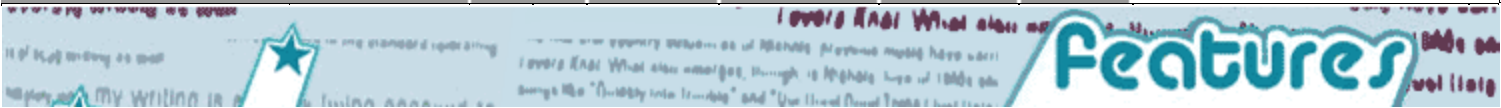
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# The Iceberg Lettuce & Coffee Diet

### Why LCD Works Where Other Plans Fail

**Why Most Plans Fail**  
 Many plans fail because they rely on portion control, a form of self-sacrifice that dieters find to be really mean. Other plans struggle when they become bogged down in scientific terminology such as “carbs,” “fats,” and “proteins,” technical concepts that simply overwhelm dieters.

**Why This Plan Works**  
 This plan (Plan!) works because it’s simple and generous. With LCD, eat



**21 Days to a Gaunt You!**

## Recipes

## Dining Out

## LCD Store

and drink as much as you want, whenever you want, for as long as you want, with whomever you want, wherever you are, and however you want. And don't worry about esoteric concepts that throw smokescreens onto your efforts ("insulin?" What are we, scientists?!). That's right, as long as it's iceberg lettuce and coffee, there are absolutely no restrictions. None at all! Take that, Jenny Craig!

A healthy body is not a fad. It's our most precious commodity, and that's why, more than ever, the Iceberg Lettuce and Coffee Diet (LCD) is such a remarkable and significant breakthrough in health maintenance.

## The Plan

### Phase I: **Acclimation**

**Duration:** 7 days

**Meals:** 3 per day, plus 2 snacks

Breakfast: 2 cups coffee, 1 cup iceberg lettuce

Snack: 1 cup coffee, 1/2 cup iceberg lettuce

Lunch: 2 cups coffee, 1 cup iceberg lettuce

Dinner: 1 cup coffee, 1 cup iceberg lettuce

Snack: 2 cups coffee, 1/2 cup iceberg lettuce

During this acclimation period, your body needs to wean itself from the rigid pyramid food group items that "conventional" educational sources (teachers, physicians, scientists, dieticians) have drilled into our minds as essential. Say goodbye to meats, poultry, fish, fruit, grains, and breads—and say hello to rich, Colombian coffee and crisp iceberg lettuce.

Don't be concerned if you're doubled-over with cramps after a few days—those are temporary feelings that subside completely by Phase II. Those blinding pains are your body telling you that the plan is working!

Expected weight loss: 27-32 pounds

### **The Complete Guide to Your Favorite Foods**

The following is a list of all foods you should feel free to enjoy while on the Plan:

#### **Foods to Enjoy**

VEGETABLES  
Iceberg Lettuce

BEVERAGES  
Coffee

#### **Foods to Avoid**

BEEF  
POULTRY  
PORK  
SEAFOOD  
VEAL  
DAIRY (milks and cheeses)  
BEANS  
LEGUMES  
RICE  
PASTA  
BREADS

**Phase II: Tapering****Duration:** 14 days (shorter if necessary)**Meals:** 3 per day, plus 2 snacks

Breakfast: 2 cups coffee, 1 cup iceberg lettuce  
 Snack: 1 cup coffee, 1/2 cup iceberg lettuce  
 Lunch: 2 cups coffee, 1 cup iceberg lettuce  
 Dinner: 1 cup coffee, 1 cup iceberg lettuce  
 Snack: 2 cups coffee, 1/2 cup iceberg lettuce

This is where you'll really start to see results. When you're able to drag yourself from the couch (you'll spend a lot of time prostrate in Phase II) you'll be overcome with joy at your new-found Self.

Expected weight loss: 44-51 pounds

**Phase III: Fit for Life****Duration:** Ongoing**Meals:** 3 per day, plus 2 snacks

Breakfast: 2 cups coffee, 1 cup iceberg lettuce  
 Snack: 1 cup coffee, 1/2 cup iceberg lettuce  
 Lunch: 2 cups coffee, 1 cup iceberg lettuce  
 Dinner: 1 cup coffee, 1 cup iceberg lettuce  
 Snack: 2 cups coffee, 1/2 cup iceberg lettuce

Phase III is where the magic begins. Your middle-age paunch will be replaced by rib-cage abs, signs that your body has completely acclimated to the LCD lifestyle. And don't be alarmed at intermittent blackouts or muscle failure—they're temporary symptoms that are byproducts of any successful weight management program.

Expected weight loss: 15% of body weight per week.

DESSERTS  
 SOUPS  
 PICKLES & CONDIMENTS  
 CEREALS  
 SWEETS  
 NUTS  
 EGGS  
 FRUITS  
 FATS  
 SEASONINGS  
 VEGETABLES  
 (except lettuce, see above)  
 BEVERAGES  
 (except coffee, see above)

**Real Results: LCD Success Stories**

*In just 7 weeks on the Iceberg Lettuce and Coffee Diet, I dropped 137 pounds and went from a size 34 to a perfect 2. Though I can't stand upright, my self esteem has never been higher. Thanks, LCD! ---B. Glen, Chicago, IL*

*I was a bit leery about LCD after the 60 Minutes piece, but my wedding was three weeks away and I wanted to look good. I'm happy to report that I shed 79 pounds in just 19 days. And despite the persistent gum bleeding and total hair loss, my dress fit great! LCD works!  
---M. Jackowitz, San Jose, CA*

*I'm a 44-year old 5'10" male who's been active his entire life, and I never thought weight management would be an issue that I'd need to confront. But when I recently tipped the scales at 425 pounds (I was 185 when I turned 40), my clothes weren't fitting right and my wife started to notice. In fact, our lovemaking had also slowed considerably.*

*I began following the LCD Plan after witnessing a co-worker's rapid success (followed by her untimely death) two months ago. Since then, I've shed 220 pounds and my wife is insatiable. Muchos gracias, LCD!  
---E. Gorman, Las Cruces, NM*

**Problems You Might Encounter** *It's no secret that the LCD works. In addition to finding unparalleled success in meeting your weight loss goals, you'll gain tremendous self-confidence and a much more manageable metabolic rate. These are considerable triumphs, reassuring you that you're on your way to a successful LCD lifestyle. And as you adapt to these changes, don't be alarmed if you experience any or all of the following (remember, your body is correcting years of abuse, relearning the way it needs to properly function):*

- Heart Palpitations
- Hair Loss
- Migraines
- Fainting
- Short and/or Long-Term Memory Obstruction
- Incontinence (Phase III dieters only)
- Internal and External Bleeding
- Searing Stomach Pains
- Permanent Hearing Impairment or Loss
- Tooth Abscesses
- Halitosis (severe in teens and seniors)
- Bruxism
- Muscle Failure

- Bone Mass Erosion (BME)
- Ulcers
- Gout
- Parathyroid Goiters
- Rickets
- Scurvy
- Breathing abnormalities
- Liver and/or kidney damage
- Grand Mal Seizures
- Alzheimer's (rare; death far more common—see below)
- Death

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by Jerry Soverinsky

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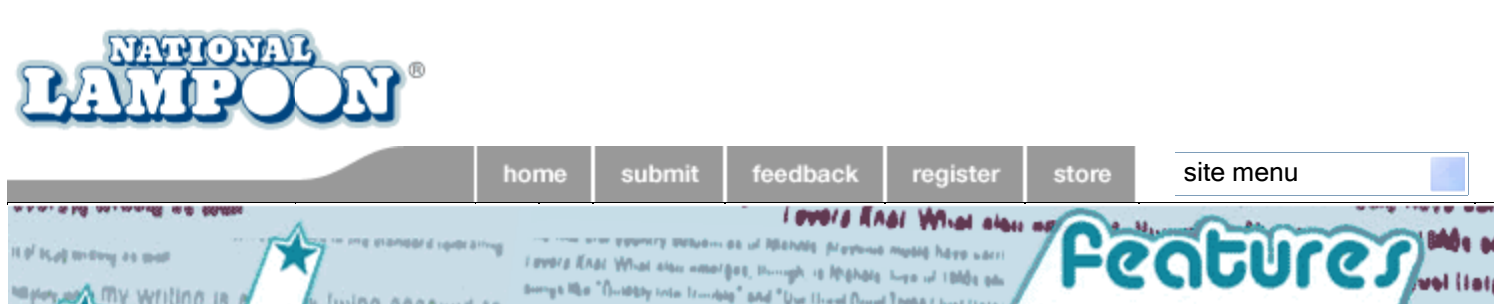
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### Recipes: The Complete Guide to Your Favorite Foods

This plan is nothing if not easy to follow. Intimidated by the Food Network? No worries! Even a child can prepare these easy-to-follow recipes:

#### **Handful o' Lettuce**

Ingredients: 1 cup iceberg lettuce

Preparation:

- Cut 1 cup of iceberg lettuce into small pieces
- Place on 10" plate
- Enjoy!

#### **Koffee Crazy**

Ingredients: 1 cup coffee, water

Preparation:

- Pour one cup steaming caffeinated coffee into mug;

- Add water to taste;
- Enjoy!

*Many diets fail because they become tedious. Day after day, dieters recycle the same tired menus, and this lack of variety—besides being nutritionally unbalanced—leads to boredom, dissatisfaction . . . and ultimately, failure. Not so with the LCD. We want you to succeed, and we've gone to great lengths to cultivate some of the most exotic meal variations offered on any diet plan. Did someone say Creole? Tex-Mex? Pub Fare? You won't even know you're dieting!*

### **Creole Lettuce**

Ingredients: 1 cup iceberg lettuce

Preparation:

CAUTION: Prepare in a well-ventilated kitchen!

- Pick and wash lettuce
- Combine strips of lettuce (NOT TOO THIN) in a shallow baking dish, coating sides liberally with remaining lettuce
- Discard the bone and neck (my grandma eats them, but I can't stand the taste!)
- Chill before serving

### **Tex-Mex Lettuce**

Ingredients: 1 cup iceberg lettuce

Preparation:

- Cut a 7-8 pound lettuce into 2" cubes
- Place in large mixing bowl
- Refrigerate overnight
- Stir well to mix all ingredients
- Let cool and enjoy!

### **Pub Fare Lettuce**

Ingredients: 1 cup iceberg lettuce

Preparation:

- Roll lettuce into 4 equal-sized balls and place on baking sheet
- Preheat oven to 400;
- Spread lettuce liberally onto 12" platters;
- DO NOT WORRY IF INGREDIENTS MIX (it's pub food, 'member?!)
- Enjoy!

**Fusion Lettuce**

Ingredients: 1 cup iceberg lettuce

Preparation:

- Completely bone and skin lettuce
- Cut into 3" slices
- Chop remaining lettuce into bite-sized strips (or chunks)
- In a large mixing bowl, prepare minced lettuce
- Let set 30 minutes or until cool
- Enjoy (my girlfriend uses chop sticks, but I don't have the patience!)

**Haute French Lettuce**

(suggested wine: coffee)

Ingredients: 1 cup iceberg lettuce

Preparation:

- Peel and finely chop lettuce
- Cut lettuce into 2" strips
- Finely grind the zest of 1/8 cup lettuce
- Slice remaining lettuce peelings, making sure to remove quarters of flesh
- Toss lettuce and remove to cast iron pot
- While stirring, add remaining lettuce
- Place on 10" plate, garnish with lettuce
- Enjoy!

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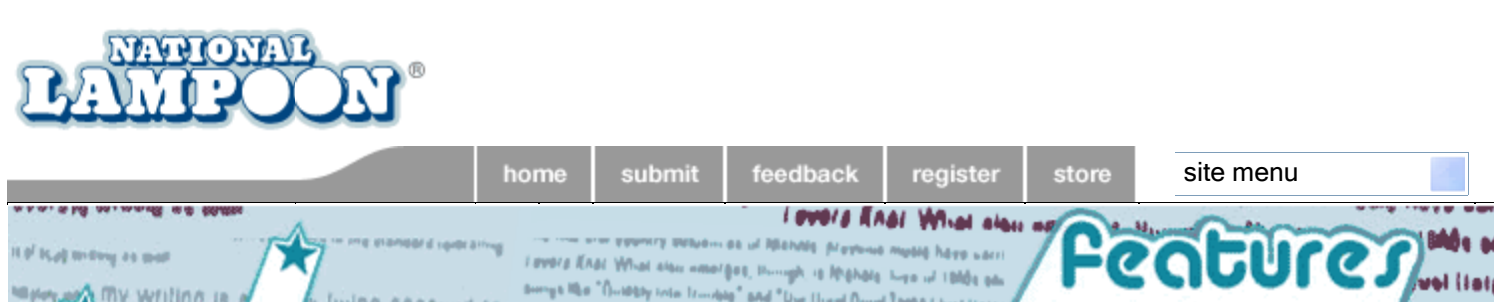
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### **Eating Out and the LCD**

*The LCD integrates seamlessly into your busy lifestyle. Not a homebody and prefer the flexibility of dining at your favorite restaurants? The LCD travels just fine, thank you very much!*

It doesn't take much tweaking to convert these traditional restaurant meals to LCD-compliant alternatives:

#### **McDonald's: Big Mac, Fries, & Diet Coke**

*LCD-friendly variation:* remove two beef patties, special sauce, cheese, pickles, onions, bun, fries, diet coke; add coffee.

#### **Wendy's: Baked Potato, Chili, Frosty**

*LCD-friendly variation:* remove baked potato, chili, Frosty; add lettuce, coffee.

#### **Bennigan's: Nachos, Buffalo Wings, Fried Perch, Strawberry Sundae**

(did somebody say "diet?!")

*LCD-friendly variation:* remove nachos, Buffalo wings, fried perch, strawberry sundae; add lettuce, coffee.

**Morton's Steakhouse: New England Clam Chowder Soup** (chicken stock), **bread basket, Jumbo Shrimp Cocktail, 32 oz. Porterhouse, Steamed Asparagus with Hollandaise Sauce, Apple Fritter**

*LCD-friendly variation:* remove New England clam chowder soup, bread basket, jumbo shrimp cocktail, 32 oz. porterhouse, steamed asparagus with Hollandaise sauce, apple fritter; add lettuce, coffee.

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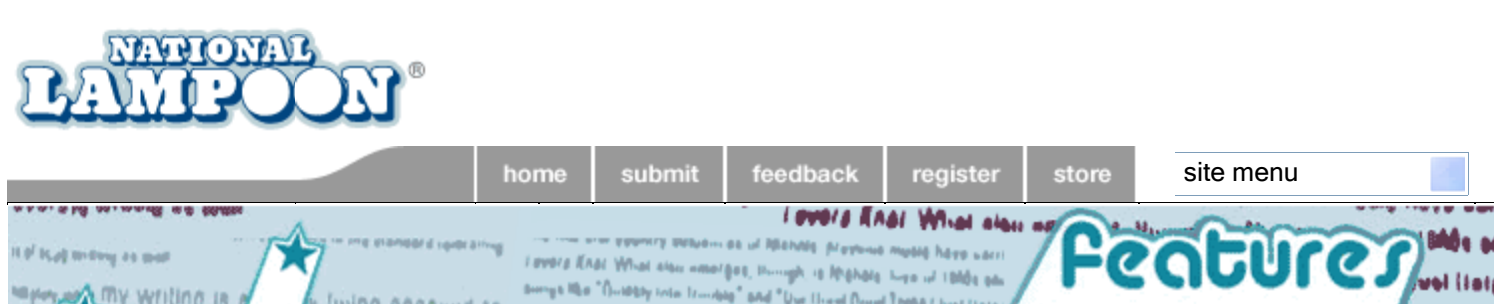
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### The LCD Online Store

Nothing says motivation like an LCD hat or t-shirt. Make sure you're staying the course—shop LCD.

Customize your selections with a choice of LCD slogans like:

**“Fuck Protein, Eat Lettuce”**

or

**“I lost 247 pounds in 4 weeks on the LCD Diet. Ask me how”**

for the following items:

- **T-shirt**  
Specify size: S, XS, XXS, XXXS  
\$12.95 + S/H
- **Low-Rise Cap**

“Sports fans, shed pounds while supporting your home team. Order yours with your favorite NFL logo”  
\$16.95 (\$1 more for CFL teams)

- **Coffee mug**

\$4.95 + S/H

- **Refrigerator magnets**

(may not work on stainless steel appliances)

\$3.95, 3/\$11 + S/H

- **Three-button Henley**

“100% cotton—of course!

Specify size: S, XS, XXS, XXXS

\$24.95 + S/H (Phase III dieters deduct \$2)

- **LCD Suspenders**

“LCD Suspenders: Take the guesswork out of your weight loss progress. These fashionable suspenders work great in any Phase”

Phase I (cotton)

Phase II (Kevlar reinforced)

Phase III (brass)

\$17.95 + S/H

- **LCD Dentures**

Social settings can get awkward when your teeth crumble. Don't risk it—LCD dentures work.

*NEW!* Gum mask implant—obscures unsightly gum bleeding. Compatible with LCD Dentures

Dentures: \$47.95; Gum Mask: \$13.95

Save \$\$\$\$, purchase LCD Dentures and LCD Gum Mask together: \$59.95 + S/H



- **LCD Wigs**

Hair loss? Who needs to know. LCD Wigs come in your choice of styles

Horseshoe pattern

Paris Hilton

Rasta Man

70's Afro

Jackie Chan

Joyce DeWitt

*Call for pricing*

- **Bed Pans**

Bed ridden? No energy to move? Avoid embarrassing accidents. The LCD bed pan makes sense.

\$32.95 (rush orders, add \$4)

- **Rearasil**

Hide unsightly bed sores and boost confidence as you stay the course

Recommended for Phase II users only.

\$34.95 + S/H

- **The LCD City Tote**

Let LCD integrate with your sophisticated Big-City lifestyle. Coordinates well with any style, throughout the year

Available in your choice of colors:

Lusty Lettuce

Leapin' Lettuce

Luscious Lettuce

Loopy Lettuce

\$24.95 + S/H

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