

[Free "Real World Diet" Debuts from Tulane's Dr. Gourmet](#)

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Dr. Timothy S. Harlan, assistant professor of clinical medicine at Tulane who also is known as Dr. Gourmet, has launched the [The Real World Diet](#), the newest version of his free, online diet and menu planner.

"I designed The Real World Diet because people need a real world alternative to silly fad diets," Dr. Harlan said. "People don't have time to cook every night and create separate meals for themselves and their kids. With the features we've built into the planner, it can be easier than ever to eat healthy and lose weight. It's a plan you can live with."

Grounded in evidence-based medicine, the online planner includes the following features:

- Develop personalized two-week menu plans for one person or a whole family, complete with recipes and shopping lists.
- Use leftovers creatively for lunches and later in the week.
- Use convenience foods such as Lean Cuisine or Weight Watchers meals as alternatives to cooking.
- Track calories in and calories out with the integrated Food and Exercise Diary.
- Set goals for weight, body mass index or waist-to-hip ratio and track your progress.

[Harlan](#) is a practicing internist who was raised in the restaurant business and is the author of cookbooks as well as patient education materials.