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I. INTRODUCTION TO THE 14-DAY QUICK START PROGRAM

WELCOME TO THE PROGRAM

Are you hoping to fit into a smaller pant size in time for a special occasion? Or fit into smaller clothes in time for the summer season? We can help! The 14-Day Quick Start Program is designed to activate your fat burning hormones and kickstart the weight loss process, whether you have five pounds to lose or 50. If you're struggling with chronic health problems (acne, fatigue, bowel sluggishness, etc.), this program can help with those too! When you feed your body nutritionally-dense food and avoid inflammatory processed foods, you'll be amazed at the transformation that you see. When you're done, you'll feel thinner, healthier, and more mentally aware. You'll be able to start over with a clean slate and tackle the challenges that come your way!

WHAT IS CLUB REDUCE?

Club Reduce was created to help you – and others like you – to lose weight, address physical ailments, and restore full body health. Being a member of Club Reduce will give you great benefits and weight loss tools, as well as fantastic discounts on our products and services! You will receive access to daily food journals, delicious recipes, example menus, and much more. If you've signed up for this program, don't forget to enroll as a Club Reduce member! Club Reduce gives you dozens of useful tools to assist you on your path to total wellness.

WHY YOU ARE HERE

Most people have weight that they'd like to lose, but can't. Weight loss isn't easy, especially when you're not getting the nutrients that your body needs to succeed! You've probably tried a variety of diets and fitness routines, only to wind up frustrated because of little or no improvement. We understand that this can be difficult, and we want the very best for you as our patient. To help get your body back on track, we've designed this program to provide you with 100% nutrition in your daily diet.

You may think that your diet is pretty healthy most of the time. Unfortunately, many toxins can sneak into your diet, even from the "healthier" foods that you buy. For example, most breakfast cereals contain artificial sweeteners or high fructose corn syrup, and the milk that you buy is probably contaminated with hormone and antibiotic residues. The salad dressing that you're using for lunch is probably loaded with inflammatory vegetable oils and preservatives, and the alfredo sauce that you're eating for dinner probably contains gut-damaging "emulsifiers."

Because these types of foods can contribute to bad health over the course of several years, you may not recognize the signs of poor nutrition and internal toxicity. Your body can become very unhealthy without you even realizing it! *Those stubborn pounds may be a sign that something is going terribly wrong.* The program that you're about to embark on will get your body back on track so that you can enjoy your future – your vacation on the beach, your perfect wedding, or whatever else you'd like to do – without worrying about the way you look or feel.

II. WHAT YOU CAN ACCOMPLISH IN 14 DAYS

This program is going to help you lose weight, but it's also going to do so much more. If you read this manual and follow the instructions outlined here, you won't just lose a few pounds in time for your next big event – you'll radically transform your health and possibly even change the trajectory of your life. Improving your diet and lifestyle habits can dramatically increase your energy levels and reduce your risk for a wide variety of chronic health conditions. That's a pretty big benefit, and it's absolutely worth the effort! Though you may be focused on all of the weight that you're going to lose on this program, don't forget that this program is going to improve your health, too.

WHY DOES IT MATTER?

You are probably well aware that excess weight increases your risk of diabetes, heart disease, cancer, depression, and a number of other conditions. The detrimental effects of excess weight are unfortunate, but well documented. Excess weight affects the whole body, and as such, requires a physician that can offer a holistic method of treatment. Here in our office, we provide a drug-free, non-surgical approach to healthy weight loss. We won't just help you lose the weight in the short-term – we'll provide you with the resources you need to keep it off for life!

Losing weight won't just improve your health. When you've shed excess pounds, you'll find that so many activities become more enjoyable. You'll have an easier time shopping for new clothes, you'll feel great in a swimsuit, and you'll be physically fit enough to participate in activities you love (whether that's skiing, hiking, playing soccer, or just keeping up with your kids). Losing weight is a life-changing experience that will provide you with the energy and vitality you need to live the life of your dreams. Though giving up comfort foods and old habits may be tough at times, the effort will be well worth it!

Note: For best results, use this kit after completing a week-long detoxification program with the Quick Start 7-Day Cleanse. This will help prepare your body to achieve the best possible results. Though you'll still get pretty amazing results using this kit alone, we think you'll be blown away by what you can accomplish when you use the two kits together.

GETTING STARTED: NUTRITION AND LIFESTYLE GUIDELINES

To get the best possible results on this program, you can't just take your supplements and be done with it. Your diet and lifestyle choices matter – probably more than you think! To maximize your success, we've put together a set of guidelines that will help you get the most out of this program. When you're done, you'll feel lighter, healthier, and more energetic than you've felt in years! If you don't believe us, try it for yourself. You'll be amazed at what your body can do in just 14 days.

WHAT TO EAT ON THIS PROGRAM

On the most basic level, our nutritional guidelines are pretty simple – eat LOTS of vegetables and avoid unhealthy processed foods. If you want to get into the nitty gritty details, take a look at the chart below.

Here, you'll notice that we also recommend limited quantities of fruit, high-quality meats, nuts, seeds, healthy fats, and a few other miscellaneous foods. On the “avoid” list, you’ll notice that we completely prohibit junk food of any kind – and for good reason! Your body isn’t going to let go of excess weight while you’re eating these foods.

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none"> • Lots of organic dark leafy greens and brightly colored vegetables • Limited quantities of organic fruits • Organic poultry and eggs • Limited use of whole grains and legumes • Limited quantities of nuts and seeds • Wild-caught fish • Sparing use of organic, grass-fed red meat • Unrefined, cold-pressed olive and coconut oil • Organic, additive-free vegetable broth • Solutions4 Nutritional Shake 	<ul style="list-style-type: none"> • All fast food, processed food, and junk food • Refined sugar (candy, soda, ice cream, etc.) • Refined flour (breads, pastries, cookies, etc.) • Refined oils (canola oil, soybean oil, sunflower oil, safflower oil, peanut oil) • Dairy products (milk, cheese, yogurt, etc.)

If possible, we strongly recommend that you replace 1-2 meals per day with the Nutritional Shake. This healthy shake is packed full of the nutrients that your body needs for successful weight loss. For more information about why this shake is so beneficial, check out the information on pg. 5. We think you’ll be amazed when you see how much better the shake will make you look and feel!

PORTION SIZING AND CALORIES

Because you’ll be eating so many fruits and vegetables that are dense in nutrients – but not calories – you’ll find that you naturally eat far fewer calories than you would eat on a standard American diet. To succeed on this program, it’s important to eat enough calories without overdoing it! To figure out exactly how many calories you should be eating each day, talk to your doctor and ask about your BMR (your basal metabolic rate). Basically, your BMR tells you how many calories you will be burning each day at rest. If you know your BMR, it’s easy to make sure that you’re not eating more calories than you burn!

Now, let’s talk about portion sizing. If you imagine that you’re looking at your dinner plate (or your lunch or breakfast plate, for that matter), 70% of what you’re eating should be vegetables. The remaining 30% can include fresh fruits or lean meats (see the chart on pg. 4 for specifics). In between meals, it’s okay to snack on fresh vegetables to your heart’s content. This helps to keep your energy levels high and your metabolism going.



Though fruits are healthy, they’re also quite high in sugar and calories. That’s why we recommend that you include just one serving of fruit per day while you’re on this program. Though this may not seem like much, it can go a long way towards satisfying your sweet tooth and providing your body with additional nutrients!



On this program, we also allow small amounts of healthy fat – namely, extra virgin olive oil and unrefined coconut oil. These oils contain all of the valuable nutrients, enzymes, and antioxidants contained in the original plant. They’re so healthy that moderate amounts can actually help you lose weight!

Note: On this program, we also allow limited quantities of nuts, seeds, grains, and legumes. These foods tend to be very high in calories, and for that reason, should be eaten in very small serving sizes. For nuts and seeds, eat no more than $\frac{1}{2}$ cup per day. For whole grains (like wild rice or quinoa) or legumes (like beans or lentils), eat no more than 1 cup per day. For best results, consider omitting these foods from this program altogether. If you have any questions about these “grey area” foods, feel free to consult with your doctor.

LIFESTYLE GUIDELINES

Though our nutritional guidelines will make a pretty big difference all on their own, there are additional steps that you can take to maximize your results.

- Drink half your body weight in ounces of water each day.
- If possible, replace 1-2 meals per day with the Solutions4 Nutritional Shake.
- Get 8 hours of sleep every night.
- Find ways to reduce your stress levels.
- Exercise regularly – we recommend high-intensity interval training (HIIT).

If you have any questions about these guidelines, ask your doctor. All of these factors – sleep, stress, exercise, hydration, etc. – can impact your body’s ability to lose weight. If you’re really serious about slimming down, these are guidelines that you can’t afford to overlook!

SOLUTIONS4 SUPPLEMENTATION

On this program, you’ll use your Quick Start Weight Loss kit to maximize your nutritional intake, moderate your appetite, and activate your fat-burning hormones. In your kit, you’ll find Advanced Booster Packs designed to provide all of these benefits and more. On each of the 14 days that you’re on this program, you’ll take two packs – one before breakfast and one before lunch. You’ll find that these supplements make this program *much* easier and *much* more effective. You’ll feel incredible when you’re done!

Warning: Because these supplements provide a natural boost in energy, you don’t want to take them too close to bedtime.

ADDITIONAL RECOMMENDED SOLUTIONS4 SUPPLEMENTS:

Nutritional Shake: This quick and easy meal replacement shake is great for losing weight and maintaining your blood sugar. Each time you drink a shake, you get a healthy dose of vitamins, protein, probiotics, omega-3, and digestive enzymes! The all-natural, lactose and casein-free protein comes from grass-fed, free-range cows in New Zealand. You’ll want to incorporate this product into your life even

after you finish your program. Used as a meal replacement, this shake will help you get all of the daily nutrients you need while helping you maintain a healthy weight for life!

Craving & Impulse Control: This powerful supplement is designed to help manage cravings, boost energy levels, and control impulsive behavior. To achieve these outstanding results, this supplement uses a blend of herbal extracts and other naturally occurring substances that naturally increase one's sense of self-control.

Daily Essentials: These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs for healthy and effective weight loss. This product is a must-have for anyone balancing great health with a busy life!

Cardio Health Essentials: Each serving of this supplement provides heart-healthy benefits in an easy-to-use power pack. With nitric oxide, L-arginine, L-citruline, and CoQ10, this formula supports the entire circulatory system. Healthy circulation is an integral component of any weight loss program.

Daily Antioxidant Essentials: Each serving of this delicious beverage is packed with the essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to lose weight quickly and effectively! Use this quick-and-easy beverage to enhance your results and keep your weight off for life.

Vitamin B12: This essential vitamin keeps your brain, nerves, and circulatory system functioning at peak performance. It can also provide a natural boost in energy, which can make it easier to cut out caffeine and live a naturally healthy lifestyle!

Exercise Gel: Exercise Gel helps to get your blood moving the all-natural way. When applied to problem areas before exercise, this innovative gel *warms muscles* and increases circulation so that you can get the most out of your workout!

QUALITY MATTERS: CHOOSING THE RIGHT INGREDIENTS

Do you feel like it's difficult to keep up with the latest nutrition news because it's always changing? Most of the information out there comes from "fad" diets designed to help you lose weight without actually getting healthy. This type of weight loss isn't sustainable. The pounds come right back when the diet is over! To stay lean for a lifetime, you need to understand some basic information about nutrition. Learning to eat healthfully isn't just a diet – it's a lifestyle change. It means more than just avoiding fattening foods. Eating "healthy" means eating clean, fresh, vibrant ingredients that provide you with maximum nutrients. On this program, you'll learn to make healthy choices on your own so that you can keep your weight off for the rest of your life!

FRUITS AND VEGETABLES: EAT ORGANIC, EAT FRESH



Did you know that more than 500 different chemicals are routinely used on conventional produce? A single grape is covered in 15 different types of synthetic pesticides! These pesticides can be very difficult to wash off, and some are absorbed into the plants themselves. Pesticides can wreak havoc on your body – some affect your nervous system, others disrupt your hormones, and many cause birth defects in later generations. To prevent these

pesticides from interfering with your detox, choose organic fruits and vegetables instead. As an added benefit, you'll also get more nutrients too! On average, organic fruits and veggies have 29% more magnesium, 27% more vitamin C, 21% more iron, and 14% more phosphorous than their conventional counterparts. That's a big difference.

Did you know that cooking your vegetables can reduce nutrient content by 25% to 75%? Your serving of vitamin-rich broccoli loses half of its nutritional value when you boil it on the stove! Boiling causes far more nutrient loss than lighter cooking methods like steaming or lightly sautéing. When you boil vegetables, many of the nutrients leach out into the water and aren't consumed. Unless you want to drink the boiled vegetable water, you should opt for a lighter cooking method. Food is always best when it's fresh!

ORGANIC POULTRY



Organic birds – chicken, turkey, etc. – are healthier than regular conventional poultry. These birds are also allowed outdoor access, fed an organic diet, and are not injected with antibiotics! Because organic producers can't use antibiotics, they have to keep their living conditions reasonably sanitary to ensure that the birds reach maturity. Choosing organic poultry that are free of antibiotics will improve your gut health and immune system function, which will make it easier to maintain a healthy weight! Though *antibiotics* are something to watch out for, you should know that the FDA has banned the use of *hormones* in poultry farming. Though steroid hormones are used to make cows and sheep grow bigger, they aren't used in chicken or turkey. This is one reason why poultry is a better option in the first place.

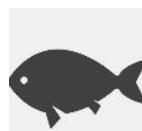
EGGS: ORGANIC, FREE-RANGE, OR OMEGA-3



You can find many different types of eggs at the store. Each of these options below are healthy alternatives to regular, conventional eggs. For best results, choose organic eggs that are free of antibiotic and pesticide residues.

- **Organic eggs** come from chickens that have not been treated with antibiotics and are fed pesticide-free feed.
- **Omega-3 enriched eggs** come from chickens that have eaten food supplemented with a source of omega-3 (flaxseed, green algae, fish oil, etc.).
- **Pastured (or “free-range”)** eggs come from chickens that have been given access to the outdoors and allowed to forage on plants and insects (a more natural food source for chickens) in addition to their grain-based feed. Because chickens are healthier when they eat plants and insects, pastured or free-range eggs will often have naturally higher levels of omega-3!

WILD-CAUGHT VS. FARM-RAISED FISH



When you see “farm-raised” on a label, you might think that’s a good thing – it isn’t. Wild-caught fish are higher in healthy omega-3 than farm-raised fish. And they contain the most beneficial type of omega-3, too! Wild-caught fish are significantly higher in DHA and EPA – the two best types of omega-3 – compared to farm-raised varieties. DHA and EPA are excellent “brain foods” that boost your mental health and reduce your risk of developing diseases like

Alzheimer's. They also help prevent heart disease! Some varieties of wild-caught salmon, albacore tuna, and mackerel are among the best sources of these nutrients. Farm-raised fish, on the other hand, are high in inflammatory omega-6. They're also raised using antibiotics, are fed pesticide-laced food, and can develop high levels of toxic substances (like PCBs). Many of these fish must be artificially dyed to conceal their unhealthy appearance.

Mercury levels in U.S. fish have quadrupled since the Industrial Revolution. Coal-based power plants churn out high levels of many chemicals, especially mercury. Though the mercury is released into the air, it eventually finds its way into the ocean and into the diet of many types of fish. Though fish are excellent for good health and weight loss, you should be aware that some types contain more mercury than others.

To keep your exposure to mercury minimal, follow these simple guidelines:

- Only eat tuna fish 1-2 times a week.
- Choose tuna fish caught in the U.S. or in Canada. These are typically much lower in mercury than tuna from other locations.
- Eat lots of wild-caught salmon! Salmon is loaded with omega-3 and is *very low* in mercury.

When choosing a can of wild-caught tuna or salmon, check the label to see how many grams of fat are contained in a 1.5 ounce serving. If the number is between two and five, there's a good chance you're getting a healthy dose of beneficial omega-3. "Light" options don't contain the beneficial omega-3 that you're looking for!

GRASS-FED BEEF



If you choose to eat a little bit of red meat occasionally, make sure that the beef you choose is grass-fed. Cows that have fed on grass – rather than grain – are not treated with antibiotics and have lower rates of *E. coli* contamination. They're also free of the steroid hormones used in conventional dairy farming! Meat from grass-fed cows contains about four times more omega-3 than meat from grain-fed cows. It also contains far less inflammatory omega-6 and provides a rich source of anti-inflammatory CLA (conjugated linoleic acid).

III. YOUR PROGRAM MANUAL RESOURCES

DAILY CHECKLISTS

In the daily checklists, you'll have the opportunity to write down everything you ate for breakfast, lunch, snacks, and dinner (even if all you ate for a meal was a Nutritional Shake). The checklists ask you a series of questions each day to make sure that the program is working for you (about sleep habits, exercise, etc.). They also have a space where we want you to jot down your thoughts and feelings about how the day went. Studies show that keeping a food journal will make you twice as successful at losing (and maintaining) your weight! That's a big benefit from such a simple task.

RECIPES

All of our recipes are 100% program approved. When planning your daily meals, you can choose anything you find in our recipe section! We've put together some of our best recipes to help you lose weight and feel great! With food this good, you won't feel like you're missing out on anything.

EXAMPLE MENUS

If you're too busy to plan your meals in advance, we've done it all for you! We've prepared a daily sample menu that you can use to structure your meals throughout the week. Every single day is accounted for. If you're wondering what to eat, you can just flip to the day of the program you're on and look at what's planned for that day. The recipes themselves are low-hassle, easy to prepare, and excellent for family dinners! You can choose to use these convenient example menus or design your own from scratch.

CALORIE INDEX

We have the calorie count for all of the foods that are foundational for this program. Each time you put together a new recipe, you can easily reference the calorie index to determine how many calories you ate in your meal!

DAILY CHECKLISTS



DAY 1

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? ____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 2

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 3

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? ____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 4

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 5

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day

Total Calories You Ate

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 6

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 7

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 8

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 9

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 10

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 11

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? ___ min.

- Did you sleep at least 8 hours? ___ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 12

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 13

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:



DAY 14

Date: ___ / ___ / ___

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 4 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
Total Calories You Ate	



AM: Advanced Booster Pack

PM: Advanced Booster Pack

Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you drink $\frac{1}{2}$ your weight in oz. of water?
- Did you exercise? _____ min.

- Did you sleep at least 8 hours? ____ hrs.
- Did you replace 2 meals with a Nutritional Shake?
- Write down questions for next appointment:

WHERE TO GO FROM HERE

IF YOU REACHED YOUR GOAL

If you reached your goal weight, congratulations! You're feeling healthy and happy, but now what? At this point, you'll need to make some decisions about your long-term weight and health maintenance. Here at Club Reduce, we offer a Maintenance Program that can help this transition go as smoothly as possible. We don't want you to start eating just anything! Any new foods must be reintroduced slowly, and certain foods shouldn't be reintroduced at all. On a Maintenance Program, we'll help you find a custom fit for your diet so that your new, healthy eating habits will last a lifetime.

IF YOU STILL HAVE ROOM TO IMPROVE

If you haven't reached your goal weight, don't despair. There's so much more you can do! Here in our clinic, we offer programs that can completely change your life, whether you need to lose 5 pounds or 50. Our weight loss programs are so successful because we take a holistic approach to treating the whole person, rather than just the physical symptoms of disease. We believe that your food habits, stress levels, and interpersonal relationships all contribute to the condition in which you find yourself today. Rather than treating superficial symptoms, our treatments focus on addressing the causes of illness and treating your problems at the source.

NUTRITIONAL PROGRAMS

The way that you live and the daily decisions that you make determine your level of health. According to the U.S. Center for Disease Control and Prevention, the quality of your medical care accounts for only 10% of your overall health. Predisposed, hereditary conditions account for another 18%. Everyday lifestyle conditions – the foods you eat, your activity level, and the toxins you are exposed to – account for 72%! As a holistic facility, we want to educate you on the principles of proper nutrition so that your success lasts a lifetime. Our nutritional programs are designed to empower you to obtain optimal health, wellness, and balance in your life – physically, emotionally, and spiritually. The first step in this process is reforming your relationship with food.

TREATMENTS

To meet your holistic needs, we offer resources that help you improve your food habits, reduce stress levels, sleep better, reduce the appearance of cellulite, lose inches, and increase your physical activity. Self-Mastery Technology (SMT) sessions help you to make emotional eating a thing of the past! They can also reduce your stress levels and make healthy sleep habits come more naturally to you. Our Whole Body Vibration (WBV) and Exercise with Oxygen Therapy (EWOT) sessions will make exercise something to get excited about! We also offer Body Wraps for inch-loss and cellulite reduction that allow you to lose 4-14 inches in one hour. You can even relax in the Infrared Sauna and expect to burn up to 600 calories in half an hour – the equivalent of running 10-15 km! When you visit us, we'll customize a treatment plan that addresses your own specific needs.

RECIPES

Fennel and Orange Salad

2 cups raw spinach
1 small fennel bulb, thinly sliced
1 orange, peeled and sectioned
Lemon Herb Dressing

1. Combine all ingredients with desired amount of dressing.

Prep time: 15 minutes

Serves 2

Veggie Chowder

2 large tomatoes, peeled and pureed
1 cup water
1 medium red bell pepper, diced
1 medium yellow onion, finely chopped
1 garlic clove, minced
1 tbsp. fresh parsley, chopped
1 tbsp. fresh sage, chopped
1 tbsp. fresh thyme, chopped

1. Combine all ingredients in a large pan and bring to a boil.
2. Reduce heat and simmer for 10-15 minutes or until veggies are tender.

Prep time: 20 minutes

Serves 4

Lemon Herb Dressing

$\frac{1}{2}$ cup extra virgin olive oil
 $\frac{1}{4}$ cup fresh lemon juice
1 tsp. dill
1 tsp. oregano
1 tsp. tarragon
1 clove of garlic, crushed
Dash of salt and pepper.

Place all ingredients in a bowl and stir.

Prep time: 5 minutes

Serves 1

Spicy Taco Crunch Wraps

1 ripe avocado, diced
 $\frac{1}{2}$ large onion, diced
 $\frac{1}{4}$ cup fresh lime juice
 $\frac{1}{8}$ cup fresh parsley, chopped
 $\frac{1}{2}$ jalapeno pepper, diced
1 $\frac{1}{2}$ tsp. sea salt
Romaine or leaf lettuce

1. In a food processor, add all ingredients and process until smooth.
2. Spoon into a lettuce leaf and wrap.

Prep time: 10 minutes

Serves 2

Nori and Avocado Salad

1 cup chopped romaine lettuce
1 cup chopped spinach
 $\frac{1}{2}$ cup alfalfa sprouts
4 sheets of nori
 $\frac{1}{2}$ an avocado, diced

1. Mix lettuce, spinach, sprouts, and avocado in a medium salad bowl. Set aside.
2. Place a nori sheet in a frying pan on medium heat. Turn the nori from side to side until it goes from black to bright green. Repeat with other sheets of nori.
3. Cut nori into bite size pieces and add to salad. Toss well and add avocado.
4. Drizzle Lemon Herb Dressing over the top. Enjoy!

*Substitute $\frac{1}{2}$ cup sliced cucumber for the avocados for a lighter, equally delicious salad.

Prep time: 20 minutes

Serves 2

Creamy Celery Soup

1 medium onion, diced
1 medium celery stalk, chopped
1 medium garlic clove, chopped
1 tbsp. olive oil
5 cups organic vegetable broth
Freshly ground pepper
4 cups chopped vegetables

1. Sauté oil, onion, garlic, and celery for 1 minute on medium heat.
2. Add remaining vegetables and sauté for another minute.
3. Add broth and bring to a boil. Simmer for 8-10 minutes or until vegetables are tender.
4. Add half of soup to blender at a time. Liquefy to a cream. Repeat with the remaining soup.
5. Reheat soup over medium heat. Add salt and pepper to taste.

Prep time: 30 minutes

Serves 4-5

Greek Salad

2 cups chopped romaine lettuce
1 Roma tomato, seeded and cut into chunks
 $\frac{1}{4}$ cucumber, seeded and cubed
 $\frac{1}{4}$ cup thinly sliced red onion
 $\frac{1}{4}$ red bell pepper, cut into chunks

Combine all ingredients with desired amount of dressing.

Prep time: 15 minutes

Serves 1

Melted Tomato & Zucchini Wraps

1 tsp. extra virgin olive oil
 $\frac{1}{2}$ cup thinly sliced zucchini rounds
 $\frac{1}{2}$ large tomato, chopped
 $\frac{1}{2}$ medium yellow onion, finely chopped
Garlic powder and fresh basil, to taste
2 iceberg lettuce leafs

1. Preheat oven to 350° and heat oil in a skillet.
2. Add vegetables and seasonings to skillet and sauté until tender.
3. Allow vegetables to cool and then place in lettuce leafs.

Prep time: 20 minutes

Serves 2

Mock “Mashed Potatoes”

1 head of fresh cauliflower florets, chopped
1 tbsp. organic vegetable broth
1 tbsp. minced dried onion
 $\frac{1}{8}$ tsp. black pepper
 $\frac{1}{4}$ cup water

1. Steam cauliflower until tender.
2. Combine all ingredients in a saucepan and cook on medium heat for 5-7 minutes, stirring frequently.
3. Remove from heat and either mash (for a chunkier texture) or puree (for a creamier texture).

Prep time: 10 minutes

Serves 2-3

EXAMPLE MENUS

DAY 1

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Fennel and Orange Salad

DAY 2

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Spicy Taco Crunch Wraps

DAY 3

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Nori and Avocado Salad

DAY 4

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Mock “Mashed Potatoes”

DAY 5

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Greek Salad

DAY 6

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Fennel and Orange Salad

DAY 7

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Creamy Celery Soup

DAY 8

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Creamy Celery Soup

DAY 9

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Veggie Chowder

DAY 10

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Greek Salad

DAY 11

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Nori and Avocado Salad

DAY 12

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Spicy Taco Crunch Wraps

DAY 13

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Veggie Chowder

DAY 14

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Melted Tomato & Zucchini Wraps

CALORIE INDEX

Vegetables	Calories	Serving Size	Measurement Unit
<i>Artichokes</i>	42	½	Cup
<i>Alfalfa sprouts</i>	8	1	Cup
<i>Asparagus</i>	27	1	Cup
<i>Bamboo shoots</i>	42	1	Cup
<i>Beets</i>	59	1	Cup
<i>Bok choy</i>	9	1	Cup
<i>Broccoli</i>	31	1	Cup
<i>Brussels sprouts</i>	38	1	Cup
<i>Butter lettuce</i>	7	1	Cup
<i>Chinese cabbage</i>	12	1	Cup
<i>Red cabbage</i>	28	1	Cup
<i>Carrots</i>	53	1	Cup
<i>Cauliflower</i>	27	1	Cup
<i>Celery</i>	16	1	Cup
<i>Chard</i>	7	1	Cup
<i>Chives</i>	1	1	Tablespoon
<i>Collard greens</i>	11	1	Cup
<i>Cress</i>	16	1	Cup
<i>Cucumber</i>	8	½	Cup
<i>Dandelion greens</i>	25	1	Cup
<i>Eggplant</i>	20	1	Cup
<i>Endive</i>	4	½	Cup
<i>Escarole</i>	4	½	Cup
<i>Fennel</i>	27	1	Cup
<i>Garlic</i>	4	1	Teaspoon
<i>Green beans</i>	31	1	Cup
<i>Green leaf lettuce</i>	5	1	Cup
<i>Green onions</i>	32	1	Cup
<i>Green peppers</i>	18	1	Cup
<i>Iceberg lettuce</i>	10	1	Cup
<i>Jicama</i>	49	1	Cup
<i>Kale</i>	33	1	Cup
<i>Kohlrabi</i>	37	1	Cup
<i>Leek</i>	54	1	Cup
<i>Mung bean sprouts</i>	45	1	Tablespoon
<i>Mushrooms</i>	16	1	Cup
<i>Mustard greens</i>	15	1	Cup
<i>Oakleaf lettuce</i>	9	1	Cup
<i>Okra</i>	33	1	Cup
<i>Olives</i>	10	1	Tablespoon

Vegetables	Calories	Serving Size	Measurement Unit
Onion	46	1	Cup
Parsley	1	1	Tablespoon
Parsnips	100	1	Cup
Peas	118	1	Cup
Red leaf lettuce	5	1	Cup
Red peppers	3	1	Tablespoon
Pimentos	44	1	Cup
Radicchio	9	1	Cup
Radishes	18	1	Cup
Rhubarb	26	1	Cup
Romaine	8	1	Cup
Rutabaga	53	1	Cup
Shallots	7	1	Tablespoon
Snap beans	31	1	Cup
Spinach	7	1	Cup
Sugar (snow) peas	35	1	Cup
String beans	31	1	Cup
Swiss chard	7	1	Cup
Tomatillos	21	½	Cup
Turnips	36	1	Cup
Water chestnuts	60	½	Cup
Watercress	4	1	Cup
Wheatgrass	7	1	Ounce
Zucchini	19	1	Cup

Fruits	Calories	Serving Size	Measurement Unit
Apples	57	1	Cup
Apricots	79	1	Cup
Avocados	234	1	Cup
Bananas	133	1	Cup
Blackberries	62	1	Cup
Blueberries	85	1	Cup
Boysenberries	225	1	Cup
Cantaloupe	53	1	Cup
Cherries	77	1	Cup
Coconut	283	1	Cup
Coconut water	46	1	Cup
Dates	414	1	Cup
Figs	37	1	Piece
Grapefruit	97	1	Cup
Grapes	62	1	Cup
Guava	112	1	Cup

<i>Fruits</i>	<i>Calories</i>	<i>Serving Size</i>	<i>Measurement Unit</i>
<i>Honeydew</i>	61	1	Cup
<i>Kiwi</i>	110	1	Cup
<i>Lemon</i>	61	1	Cup
<i>Lime</i>	60	1	Cup
<i>Mulberries</i>	60	1	Cup
<i>Nectarines</i>	61	1	Cup
<i>Oranges</i>	85	1	Cup
<i>Papaya</i>	98	1	Cup
<i>Peaches</i>	61	1	Cup
<i>Pears</i>	80	1	Cup
<i>Pineapple</i>	82	1	Cup
<i>Plums</i>	76	1	Cup
<i>Pomegranate</i>	72	½	Cup
<i>Raspberries</i>	65	1	Cup
<i>Strawberries</i>	47	1	Cup
<i>Tangelo</i>	115	1	Cup
<i>Tangerines</i>	104	1	Cup
<i>Tomatoes</i>	32	1	Cup
<i>Watermelon</i>	46	1	Cup

<i>Miscellaneous</i>	<i>Calories</i>	<i>Serving Size</i>	<i>Measurement Unit</i>
<i>Coconut oil</i>	117	1	Tablespoon
<i>Coconut water</i>	46	1	Cup
<i>Extra virgin olive oil</i>	119	1	Tablespoon
<i>Flaxseed oil</i>	130	1	Tablespoon
<i>Nutritional Shake</i>	90	1	Scoop
<i>Solutions4 Fiber Sweetener</i>	30	1	Tablespoon
<i>Vegetable broth (Pacific)</i>	15	1	Cup

IX. EXTERNAL RESOURCES

Eating natural, nutritious foods may be new to you. If so, you're probably wondering where to find all of these things! Thankfully, most of the ingredients you'll need are available in your local grocery and health food stores. If there's something you want but can't find, there are plenty of places you can look online! Knowing where to look online is especially helpful if you live in a remote location or don't make it to the store often. If you have trouble, ask us about local options.

ORGANIC FRUITS AND VEGETABLES

Farmers' markets, local producers, and local health food stores are excellent sources. Localharvest.com can help you to find local farms in your area. Diamondorganics.com is another great source if you live in a remote location.

OLIVE AND OTHER OILS

Cold-pressed extra virgin olive oil isn't too difficult to find. Most grocery stores (and almost all health food stores) will carry some selection. Rawfood.com sells high quality, cold-pressed organic olive oil. Florahealth.com sells a high quality flaxseed oil.

SALT

Sea salt can be found in most grocery stores. Alternatively, Celtic sea salt is available at celtic-seasalt.com.

SPICES

Most of what you need should be available at your local health food store. More options are available online at frontiercoop.com.