

# TABLE OF CONTENTS

I. Introduction to the 20-Day Rejuvenation Program	
Welcome to the Program .....	2
What Is Club Reduce? .....	2
Why You Are Here .....	3
II. Your Journey to Wellness	
Back to the Beginning.....	4
A Holistic Approach .....	8
What You Can Expect From This Program.....	9
III. The Benefits of Detoxification	
Detoxification 101: Healing Your Body Naturally.....	10
The Experience of Detoxification.....	11
Transitioning Back to Solid Foods .....	13
Frequently Asked Questions .....	13
IV. Give Your Body a Break	
Who Needs a Break?.....	15
Feast and Famine .....	15
Foods to Enjoy on Your 20-Day Program .....	16
Foods to Avoid on Your 20-Day Program.....	18
V. Food List .....	22
VI. Maximizing Your Nutritional Intake	
Supplementation .....	26
Eating Organic Produce .....	29
Eating Raw, Fresh Produce.....	30
Juicing, Soaking, and Sprouting .....	31
VII. Structuring Your Program	
Diet Composition and Portion Sizing .....	33
Quick Tips for Planning Your Meals .....	35
VIII. Your Program Manual Resources	
Daily Checklists .....	38
Day 21 and Beyond.....	58
Recipes.....	59
Example Menus .....	73
Calorie Index.....	76
IX. External Resources .....	79

# I. INTRODUCTION TO THE 20-DAY REJUVENATION PROGRAM

## WELCOME TO THE PROGRAM

At Club Reduce, we change lives through holistic nutrition and clinical excellence. Our doctors have spent over 20 years researching and testing methods with thousands and thousands of patients. The program you are about to embark upon is a result of all that work. We seek constant improvement in our programs, and hope that you will also seek constant improvement in your diet and lifestyle. Through this program, we will utilize nutritional principles and supplementation to bring your body into balance and help you achieve your health and weight loss goals. When your body is optimally healthy, you will arrive at your proper weight. Eating a vibrant and nutritionally-rich diet will help you to keep your weight off and maintain optimal health for a lifetime. We are honored to partner with you on your exciting adventure to improved health!

## WHAT IS CLUB REDUCE?

Club Reduce was created to help you – and others like you – to address physical ailments, lose weight, and restore full body health. Being a member of Club Reduce gives 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, a dedicated support team, and much more. If you've signed up for this program, you have been automatically enrolled as a Club Reduce member. You will receive instant access to our Club Reduce website, where you will find useful tools to assist you on your path to total wellness.

### TREATMENTS



Our in-office treatments give you an opportunity to pamper, renew, and recharge yourself on a regular basis. Your weekly visits will feel like spa days – and you'll lose inches, too! Our in-office treatments vary from program to program. Your treatment program has been custom-tailored to suit your personal needs, maximizing its efficacy for you. In-office treatments may include Exercise with Oxygen Therapy (EWOT), Whole Body Vibration, Infrared Sauna, Body Wraps, or Self-Mastery Technology (SMT). You'll count down the days until your next appointment!

- You need oxygen to burn fat, so try **Exercise with Oxygen Therapy!** This treatment helps oxygen to reach every tissue of the body, boosting your metabolism and providing you with an immediate increase in endurance and energy. EWOT has been known to increase basic cellular life, providing anti-aging benefits.
- **Whole Body Vibration** workouts will dramatically speed up your weight loss and healing! Using this treatment will help you to burn fat, build strength, improve circulation, and decrease stress hormones in the body.

- The **Infrared Sauna** can burn up to 600 calories in half an hour – the equivalent of running 10-15 km! Sweating is one of the body's natural detoxification systems. It cleanses the skin, flushes out toxins, and helps your body to heal. You'll love how relaxing healing can be.
- **Body Wraps** aid in detoxification and maximize weight loss and health benefits. You'll feel thinner and healthier immediately. The wraps remove cellulite by targeting and removing the toxins trapped in your connective tissue. Expect to lose 4-14 inches in one hour!
- **Self-Mastery Technology** sessions help make your results permanent. SMT sessions help you to regain control of your life and overcome emotional eating. They help you to tune out the stress in your life and activate healthy brain neurochemistry, allowing you to experience feelings of exuberant mental health and well-being. This is how you'll learn to “think thin!”

## **SOLUTIONS4 PRODUCTS**



To lose weight and achieve optimal health, supplementation is key. The Solutions4 line provides some of the highest quality nutritional supplements available on the market.

Unlike other supplements available in the United States, Solutions4 blends are manufactured without any harmful additives or fillers that reduce the potency of a product.

Each product meets standards of quality control that far exceed anything else found in the United States. The products are designed as synergistic blends of several complementary herbs, rather than single-herb supplements. The combined ingredients support each other, making the product more potent and effective. As a Club Reduce member, you can order Solutions4 products directly from your Club Reduce membership website and have it shipped to your home. You will also get a special discount each time you order!

## **WHY YOU ARE HERE**

For one reason or another, you came to our clinic to get help – whether it's because you want to lose weight or just feel better. You may suffer from fatigue, depression, acne, weight gain, or other uncomfortable conditions. You've probably tried a variety of programs or medications, only to wind up frustrated because of little or no improvement. We understand the frustration you've been through and want the very best for you as our patient. We hope to educate you so that you can better understand why you've become sick and what you can do to restore your health.

Because bad health can develop over the course of several years, you may not recognize the signs of poor nutrition and internal toxicity. For many years now, you've been exposed to environmental toxins, consumed harmful additives in your food, and relied upon over-the-counter medications that only treat symptoms. These toxins can remain in your body and cause a number of external symptoms (weight gain, headaches, allergies, skin conditions, etc.) that can be reversed through a detoxification program.

This program is designed to deep clean your body and get you back on track. If you've fallen off your eating program, made some poor food choices, or gotten stuck in bad habits (caffeine, smoking, emotional eating, etc.), a 20-Day Program can start you over on a clean slate. You can also use a 20-Day Program to kick-start your way into a longer program for more dramatic results. Now that you're here, you're ready to embark on a journey that will change your life! We congratulate you for taking this step.

## II. YOUR JOURNEY TO WELLNESS

This program is designed to cleanse your body from the inside out, leaving you feeling cleaner, healthier, and happier than you've felt in *years*. To help you understand why certain foods are so important (or so restricted) on this program, we want to give you some basic information about diet and lifestyle. Once you realize just how helpful certain foods can be (and how harmful other foods *really* are), you'll be so excited to make the changes we recommend on this program! We'll also let you know why this program is so effective and exactly what you'll be doing on each of the 20 days.

### BACK TO THE BEGINNING

#### **FOODS THAT KILL**

The world we live in provides us with junk food at almost every corner. Grocery stores are filled with packaged, boxed, canned, and processed foods that are loaded with harmful additives and preservatives. Though most of these foods have little nutritional value, we continue to eat them, day in and day out. Americans eat an alarming average of 3,800 calories each day and consume only 7% of their calories from fruits and vegetables. On top of all of this, the average American drinks 600 cans of soda each year – that's 50 pounds of sugar!



Each day, we eat the same processed foods that continue to make us sick. Sugar consumption is especially prevalent, and the effects on the body are overwhelmingly negative. Refined sugars contain no nutritional value and wreak havoc on the immune system. The ingestion of only 100 grams of refined sugar reduces the immune system's function by 50% within two hours of eating. Refined white sugar also triggers the release of insulin, causing the body to produce fewer "fat burning" hormones. When this happens, the body stores more calories as fat. You may end up seeing this fat on your hips, your thighs, your stomach, or your arms!



The saying that "the whiter the bread, the sooner you're dead" isn't far off. When it comes to weight gain and poor health, refined carbohydrates are the real culprit. These empty calories end up directly on your body as fat. And refined grains are everywhere! Refined grains are used to make bread, pasta, cookies, cakes, breakfast cereals, crackers, and other snack foods. The refining process removes the outer parts of the grain that have nutritional value, leaving nothing but the inner starchy carbohydrates. Because so many nutrients are removed in this process, the law actually requires bread producers to add small amounts of iron and B vitamins back into the bread! This attempt to "enrich" the flour does not restore it anywhere close to its former state. This is especially frightening considering that the standard American gets 20% of their calories from white flour alone.



Americans do poorly when it comes to animal products, too. Your choice to eat double-bacon cheeseburgers for lunch may eventually prove deadly. Much of the meat you find in the grocery store is laced with antibiotic and hormone residues, preserved with carcinogenic nitrates, and "flavored" with a variety of questionable chemicals. Eating lots of processed

meat doesn't just make you sick – it makes you fat! Skipping your daily hamburger, hotdog, or sausage is a no-brainer way to cut out excess calories. Eating these types of meat – even in moderation – increases your risk of chronic disease and obesity.



But don't think it's just the meat! Dairy products can be problematic, too. Because cow's milk is designed for baby cows, it isn't an ideal source of food for humans. It may make you feel sluggish, upset your stomach, or cause you to produce excess mucus. You may be in such poor health that you don't even notice when dairy affects you in this way. Even if you don't react poorly to dairy, most of the dairy products you find at the store are loaded with fillers, chemicals, and preservatives. These foods aren't particularly nutritious and often wind up on your body as fat. The average American eats 31 pounds of cheese each year and has about the same number of pounds to lose. If you want a leaner, slimmer body, most dairy foods are not your friend.



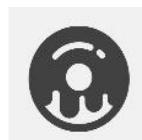
On top of all this, Americans are consuming extremely harmful trans fats, MSG, high-fructose corn syrup, and hundreds of questionable food additives. Trans fats are found in almost all processed foods, baby formulas, non-dairy creamers, and salad dressings. These artificial fats oxidize rapidly in the digestive system, releasing a deadly bombardment of free radicals that destroy cells and cause genetic damage. MSG is used to enhance the flavor of foods, but can cause headaches, muscle aches, numbness, tingling, allergies, and other adverse reactions. In the long-term, it can cause brain damage and a variety of degenerative conditions. Many other preservatives and food additives can be just as damaging. When these toxins build up in your tissues – particularly in your fat deposits – they make it difficult to achieve a healthy weight.

## **FOODS THAT HEAL**

We're not just eating foods that hurt us – we're failing to eat the foods that would help our bodies heal. Nutrition is the single biggest – and most overlooked – factor that determines a person's health. When given the proper nutrients, your body possesses incredible, natural healing abilities. On this program, you will learn to eat a rich, vibrant diet of mostly plant-based foods that will make you healthy, slim, and happy.

So what is nutrition, exactly? Eating a nutritious diet means eating the food necessary for growth, nourishment, and the continuation of life. It involves the process of ingestion, digestion, absorption, metabolism, and excretion of waste materials. Getting balanced nutrition means getting the right amounts of carbohydrates, fats, proteins, vitamins, minerals, and water in your diet. For optimal health, you must eat the right types of each.

We live in a world in which we are overfed and undernourished. Though Americans eat an average of 3,800 calories a day, most people still don't manage to eat enough of the vitamins and minerals that their bodies need to survive. When we don't eat enough nutrients, our bodies go into "starvation" mode and begin storing all excess calories as fat. To reverse this process, we must give the body the nutrients it needs. Eating a mostly plant-based diet will provide your body with a rich and nutritious abundance of vitamins and minerals.



Carbohydrates are a source of energy found in grains, legumes, and other plants. Carbohydrates come in different forms – sugar, starch, and fiber – but are most commonly consumed as sugars or starches in the standard American diet. Sugars and starches are easy to overeat. Most people eat far more sugar and starch than their bodies can handle, causing excesses to be stored as fat. Over time, your excess fat deposits become home to unwanted toxins that

make the weight even harder to lose. Fiber, on the other hand, does not contain many calories and is extraordinarily beneficial to the human body. Many Americans don't even get half of the fiber they need each day.



Contrary to popular opinion, eating fat doesn't make you *fat*. Eating the right amount of healthy fats will actually help you lose weight! Healthy fats are found in unrefined olive and coconut oils, in flaxseed oil, and in other whole foods (avocados, walnuts, hemp seeds, etc.). Though these healthy fats aid in weight loss, they're also *essential* for optimal health and rejuvenation.



Water is the most essential, and sometimes most neglected, nutrient in the human diet. Often when we think we're hungry, our bodies are actually telling us that we need to drink more water. Staying hydrated is important for weight loss and overall health. Drinking more water helps control the appetite, aids in digestion, energizes muscles, and keeps your skin looking good. Plus, you'll feel so much better, too!

## **LIFESTYLE HABITS**

### **Emotional Eating**

Babies know to eat when they are hungry and know to stop when they are full. As we grow up surrounded by social pressure, intense advertising, and addictive processed foods, our natural appetite becomes distorted. We eat when we are stressed, when we're depressed, when we're anxious, and even when we're happy. We use food to celebrate and to mourn. Almost anything can give us an excuse to eat! To return to a more natural state, we must unlearn our habit of emotional eating. This can be tough, but the results will be life changing.

### **Overeating**

If you're like other Americans, you probably find yourself eating quick-and-easy processed foods more often than you would like to admit. Sometimes, you eat too much, and other times you put off eating until late at night. So how do you stop? Eating the right foods will make all the difference. Portion sizing and healthy eating habits are much easier to develop when you're eating the foods that your body needs (and avoiding the ones that it doesn't!). Processed grains and refined sugars are designed to be highly addictive. You probably find it impossible to eat just one! Fortunately, good foods are harder to overeat. They're delicious and satiating, but they're not destructively addictive.

### **Stress and Negativity**

Other lifestyle habits matter, too. High stress levels make it impossible to get your body back on track. Chronic stress raises cortisol levels in your body, increasing the rate at which you store fat. It also raises your blood sugar levels, makes you hungry, and increases the storage of fat around your stomach and liver. Under chronic stress, health and weight loss are hard to come by. So relax! Take time for yourself to pursue an activity that you love. Find ways to lower your stress levels – whether that involves a spiritual practice, meditation, or some other calming activity. Be optimistic about your future! You've embarked on a journey of self-healing that will change your life.

## Inactivity

Did you know that only 22% of Americans meet the minimum requirements for physical activity each day? Inactivity makes you more likely to become obese, increases your risk of diabetes, and makes you more likely to develop heart disease. If you – or those in your family – suffer from these conditions, it's not too late to prevent them from controlling your life. Regular physical activity will make you leaner, healthier, and happier. When you exercise, your body produces endorphins, giving you a feeling of euphoria. On the program, we recommend that you practice High-Intensity Interval Training (HIIT) for 20 minutes a day, three times each week (Mon/Wed/Fri). Though this only adds up to one hour each week, the high-intensity sessions will dramatically increase your production of fat-burning hormones and help you lose weight throughout the week!

## Sleeplessness

Insufficient sleep is a public health epidemic. Before the invention of the light bulb, people slept an average of 10 hours each night. Today, most Americans average a mere 6.9 hours each night! Getting enough sleep is essential for good health and for weight loss. Most people need at least 7-9 hours each night, beginning by at least 10 pm. If you get in bed by 10 pm, your body will be able to get into REM sleep – the deep sleep that your body needs – from 12 to 2 am. During this time, your body increases its production of fat-burning hormones, which helps with weight loss. You'll want to always be asleep at this time of night. To improve your sleep habits, we also recommend that you avoid large meals before bedtime and try to get into bed at the same time each night. A consistent schedule will work wonders for the quality of your sleep.

## TOXICITY



Did you know that Americans eat roughly 6 to 9 pounds of chemical additives each year? As a population, this adds up to over a billion pounds a year! You may not think of your food as dangerous, but many of the ingredients in processed food have toxic effects on the human body. If you've ever tried to read an ingredient list, you know that processed foods contain A LOT of additives. You probably don't know what these additives are or understand why they are in your food. By the time you've finished your bowl of sugary breakfast cereal, you've already consumed a handful of preservatives, artificial colors, and artificial flavoring agents. If you chose any of the standard breakfast cereals (Cheerios, Cocoa Puffs, Lucky Charms, etc.), you've also eaten trisodium phosphate – an industrial-grade detergent used in toilet bowl cleaners, dishwasher soaps, and paint strippers! And this is just breakfast! Eating these foods on a daily basis has caused toxins to build up in your body.

At each meal, you eat foods laced with pesticides, artificial sweeteners, flavor enhancers, food colorings, preservatives, and a variety of other substances that are harmful to your health. Some food colorings, for example, are derived from carcinogenic coal tars. Other toxic preservatives are added to kill bacteria and yeasts – so how do you think they'll affect you? With all of the toxins you are exposed to on a daily basis, it's no wonder that you're feeling so poorly! This accumulation of toxins – sometimes over the course of your entire life – leads to weight gain, sickness, and degenerative disease. To reverse this process, your body must be allowed to heal itself naturally through *detoxification*.

# A HOLISTIC APPROACH

## THE CONVENTIONAL APPROACH

The conventional medical approach seeks to treat symptoms in isolation, rather than treating the causes of disease. Conventional doctors offer treatments – drugs, surgeries, etc. – that may solve specific complaints in the short-term, but don't make you any healthier in the long-term. In the effort to relieve your symptoms, the real causes of your condition are routinely overlooked. Throughout your life, you've probably been to several doctors. As a patient, you've probably been prescribed medications that treat some of your symptoms, and they've probably helped, at least on the surface. Your doctors may have told you that you need to lose weight, or eat healthier, but they don't tell you *how*. They don't give you the resources you need to succeed.

The resources aren't impossible to provide – they're just not very profitable, and they require a lot of work. The manufacture and sale of symptom-alleviating drugs is an enormously profitable industry, while helping you to get well – to eat healing foods and really change your life – isn't especially lucrative. As a result, patients spend fortunes on health care while receiving very little in return. You stay sick, but you're less uncomfortable. Prescription medications may be necessary for many individuals, but they don't get to the root of the problem. Drugs are never a substitute for a healthier, cleaner lifestyle!

## OUR HOLISTIC APPROACH

Here in our office, we opt for a more holistic approach. A "holistic" approach means treating the whole person, rather than just the physical symptoms of disease. Holistic health is a whole approach to life. As an individual, you are unique. Your food habits, stress levels, and personal problems all contribute to the condition in which you find yourself today. Rather than treating a symptom or a specific illness, holistic therapies focus on and consider the whole person and how every part of their life is affecting the body. Holistic treatments address the causes of illness rather than merely alleviating symptoms in the short-term. At Club Reduce, we believe that when the body is given the resources it needs, it will heal itself naturally. The only way to really get well – and remain well – is to give the body what it needs.

To meet your holistic needs, we offer resources that help you improve your food habits, reduce stress levels, sleep better, and increase your physical activity. For example, Self-Mastery Technology (SMT) sessions will 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. On top of that, our Whole Body Vibration (WBV) and Exercise with Oxygen Therapy (EWOT) sessions will make exercise something to get excited about!

According to the U.S. Center for Disease Control and Prevention, quality of medical care accounts for only 10% of a person's 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%! *The way that you live and the daily decisions that you make determine your level of health.* Though we will serve as a guide through this process, YOU must do the work – changing food habits, lifestyle, and beliefs – to facilitate your own healing. Healing requires a team approach involving you, the Club Reduce doctor and staff, and every person in your life. As a holistic facility, we want to

educate you on the principles of proper nutrition so that your success lasts a lifetime. We want 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.



***Warning:** Don't stop taking prescription medications without your doctor's approval! If you are on medication, ask your prescribing doctor to work with you as your health improves on this program. As your body heals, you may find that you need lower doses of many medications.*

## WHAT YOU CAN EXPECT FROM THIS PROGRAM

On this program, you'll give your body a break from the heavy foods that normally require a lot of energy for your body to digest. Your body will use this energy to heal and repair any areas of your body that need attention – whether you're suffering from chronic health conditions or just want to lose weight. To better understand exactly how this works, you can skip to pg. 15 for more juicy details about how this program is designed to "give your body a break." For a concise overview, check out the chart below!

### **THE 20-DAY REJUVENATION PROGRAM AT-A-GLANCE**

<b>DAYS 1-2: PREP DAYS</b>	<ul style="list-style-type: none"><li>▪ <i>Only eat fruits, veggies and healthy oils.</i></li><li>▪ <i>No nuts or seeds on Day 2.</i></li></ul>
<b>DAYS 3-5: DETOX DAYS</b>	<ul style="list-style-type: none"><li>▪ <i>Lemonade detox, see instructions on pgs. 9-11.</i></li></ul>
<b>DAYS 6-7: TRANSITION DAYS</b>	<ul style="list-style-type: none"><li>▪ <i>Only eat fruits, veggies and healthy oils.</i></li><li>▪ <i>No nuts or seeds on Day 6.</i></li></ul>
<b>DAYS 8-20: CLEAN EATING</b>	<ul style="list-style-type: none"><li>▪ <i>Eat plenty of veggies, fruit, nuts, seeds, healthy oils, and other foods on the "Foods to Enjoy" list (pg. 22-25).</i></li><li>▪ <i>Use the Nutritional Shake to replace 1-2 meals per day.</i></li><li>▪ <i>Avoid all meats, grains, legumes, dairy products, and processed foods. See the "Foods to Avoid" list on pg. 24.</i></li></ul>

### III. THE BENEFITS OF DETOXIFICATION

Your body is designed to heal itself. If you scrape your knee, smash your thumb, or bruise your knuckles, your body will repair the damage. However, if you scrape the same knee every day, you never give your body a chance to heal. This is what it's like when you bombard your body with processed food and toxic chemicals on a daily basis. Your body needs a rest from the constant assault in order to heal. This resting process is called *detoxification*. Detoxification gives your body the chance to heal itself safely, naturally, and effectively.

The program we use in our clinic has been in use since 1979 – long before detoxification became a popular concept. When it was first designed, the program was one of the original detoxification programs on the market. Back in 1979, the program was designed by a team of talented physicians, nutritionists, and herbalists who were passionate about holistic health. Over the years, this detoxification program has helped thousands of people in their quest for health and vitality. Through this program, you can take charge of your health and finally get well!

## DETOXIFICATION 101: HEALING YOUR BODY NATURALLY

Body cleansing for health is a concept that has been in use for thousands of years. Historically, it has been used to treat illness, to decrease body weight, and even to increase spirituality. The detoxification program that you will experience is more than just a fast track to weight loss – it will make you feel cleaner, healthier, and more mentally and emotionally aware. It's a simple process that helps “reboot” the body and kick-start your program.

Your body's natural healing abilities are really quite incredible. When your body accumulates more toxins than it can handle, it tries to force them out so that they can't do further damage. You don't even have to think about it – your body knows how to do this automatically. Toxins are eliminated through body openings – the pores of the skin, eyes, ears, nose, mouth, rectum, and urinary tract – as a part of your body's natural cleansing system. When we consume more toxins than our body is able to eliminate, we gain weight and develop cellulite!

Your body knows how to heal itself on its own, but is prevented from doing so when processed foods and toxins are continually consumed. If your body accumulates more toxins than it can handle, it will try to expel them. This can cause you to produce more mucus or experience other uncomfortable symptoms. If this happens while you are detoxifying, don't worry! This is your body's natural healing process. When you get sick, your body tries to expel viruses and bacteria in the same way. A *detoxification program removes all barriers to your body's natural healing abilities*. On a detoxification program, your gut is given a rest and energy is conserved. Your body uses this energy to rid itself of toxins and accumulated waste.

Think about your kitchen sink. Over time, it can accumulate chunks of solid food, grime, and bad bacteria that clog the disposal and get all over your dishes. Your gut works in the same way! It needs to be cleaned periodically to function optimally. When you clean your gut on a detoxification program, you will typically expel between 2-8 pounds of waste materials, built-up fluids, and other toxins! During this process, the liver, kidneys, colon, and blood are purified and begin to function more effectively. Your

body is restored to optimal health. When your body is allowed to heal naturally, weight loss becomes much easier.

## HOW TO DETOXIFY YOUR BODY



For your detoxification program, you will only use four simple ingredients: lemon juice, pure maple syrup, distilled water, and whole-food herbal supplements. That's right! Just lemonade. And it's delicious! These four ingredients provide a source of easily absorbable energy that won't spike your blood sugar. Though you'll have all of the calories, vitamins, and minerals that your body needs, your digestive system will be given a break. This gives the gut a chance to rest, restore, and *finally* heal. Herbal supplements are used to provide additional nutrients and facilitate this healing process.



**Warning:** Do not confuse pure maple syrup with regular pancake syrup (Aunt Jemima, Mrs. Butter-Worth's, Log Cabin, etc.)! Pancake syrup is made with high fructose corn syrup and is loaded with unhealthy additives.



While you are cleansing, you will only drink lemonade and distilled water. The addition of water is especially important. Staying hydrated is the only way to flush toxins from your body. Drinking water will reduce your cravings, improve your circulation, and help get those toxins out of your body ASAP!

Because your body is busy healing, you may find that you need more sleep than usual. Listen to your body and stay well rested! The most important healing happens at night. You may also want to reduce physical activity and opt for less strenuous forms of exercise. Give your body a rest – it's busy repairing the damage caused by years of abuse, and it needs all of the energy it can get.

## THE EXPERIENCE OF DETOXIFICATION

On a detox program, you may experience both high and low points. Though you'll probably have more energy than you've had in the past, you may also experience a "healing crisis." Both the "highs" and the "lows" are normal parts of the detoxification process.

### INCREASED ENERGY, VITALITY, AND WELL-BEING

When you experience an increase in energy, you may feel like you've had a cup of coffee, but without the jitters. If you're not used to feeling awake, alive, and energetic, this can be incredibly exciting! Mentally, you'll be able to achieve a level of clarity that was previously impossible under a constant bombardment of toxic foods. You'll find that physical dependency on habit-forming substances (such as refined sugar, caffeine, nicotine, alcohol, or drugs) is greatly diminished. Bad eating habits are broken. You'll find that your attachment to certain foods has given way to a newfound excitement about your healthy lifestyle. The stomach is given a chance to return to normal size, making it easier to eat the right amount of food as you come off of the program.

## THE HEALING CRISIS

The consumption of caffeine, refined sugar, alcohol, and unhealthy food additives each contribute to the need to detoxify regularly. In addition to all of the toxins we are exposed to in the environment and in our food, the use of symptom-alleviating drugs causes a build-up of toxins in the body. When we detoxify, our bodies pull these substances out of long-term storage and into circulation to be eliminated. This occasionally causes unpleasant symptoms for a short time, producing an effect known as a “healing crisis.” While unpleasant, a healing crisis is actually a good thing! Your body is finally healing from years of abuse.

If you’re having a healing crisis, congratulations! A healing crisis lets you know that your detoxification is working. Symptoms of a healing crisis may include:

- Headaches
- Skin breakouts
- Bowel sluggishness
- Diarrhea
- Fatigue
- Sweating
- Frequent urination
- Congestion
- Nasal discharge
- Body aches

For some, symptoms are psychological in nature. You may find that your emotions become more intense during this time, and a handful of people may experience anxiety, irritability, or depression. You won’t be able to bury your emotions with food, and this can be challenging. Instead of numbing your feelings with food, listen to those feelings! Process them as they arise. This opportunity to release pent-up feelings can be emotionally healing. Whatever you do, don’t give up! Your body is hard at work repairing from years of continuous damage.

The healing crisis generally lasts from just a few hours to a few days. The length, severity, and duration of a healing crisis depends on a few factors:

- The healthier your body is to begin with, the fewer symptoms there will be. The more your body has to clean up, the harder and longer the cleansing side effects will be.
- Symptoms will also be more pronounced if the change in diet is abrupt, and less pronounced if the change is gradual.

The best way to get through a healing crisis is to let it run its course. When you take symptom-relieving drugs (cough suppressants, pain relievers, decongestants, anti-diarrheal medications, etc.), your body’s natural healing abilities are hindered. These drugs may make you feel better in the short term, but do so by driving toxins back into the tissues. They suppress your body’s natural eliminative processes and prevent your body from cleansing itself in the natural way. When toxins retreat back into your body, they are filed away in storage, where they may remain trapped for many years. Though symptoms may be bothersome, each healing crisis is followed by increased vitality and improved well-being. Hang in there! Healing crises are challenging, but also incredibly rewarding.

## TRANSITIONING BACK TO SOLID FOODS

How you come off a detox is just as important as how you detoxify. Begin by consuming salads and vegetables. Some people choose to juice live foods for a few days before eating solid foods, allowing the body more time and energy to heal and gain strength. As you complete your detox program, many of the negative symptoms that you have been experiencing will have already begun to disappear. The effects of a three-day cleanse are dramatic! Your body is now clean and will no longer tolerate abuse. A couple of beers will make you drunk, you may become ill after eating pizza, and a candy bar may give you a headache. All these foods are very unhealthy, and your new, clean body will be more sensitive to toxins. You'll feel ready to tackle any new challenges that come your way!

## FREQUENTLY ASKED QUESTIONS

**Is detoxification safe?** Absolutely! The program designed by Solutions4 is both safe and effective. Though you will only be cleansing for a number of days (3-5), this type of internal cleanse has been used safely for periods of up to two months. In the long run, it can be used three to four times each year as part of a health maintenance and disease prevention program.

**Why use lemons?** The citric acid in lemon juice aids in the process of digestion and elimination. Though lemons are an acidic fruit, they actually help to neutralize stomach acids and maintain a proper pH balance within the body.

**Why is it important to use distilled water?** Distilled water is free of the chemicals and bacteria that can be found in ordinary tap water. Drinking distilled water on your detox will help the process go as smoothly as possible. Do not drink regular tap water on your detox – it's contaminated with toxins that could interfere with your body's natural cleansing abilities.

**Why is it important to use pure maple syrup?** Pure maple syrup contains many of the vitamins and minerals that your body needs. It is also a balanced, natural sweetener that can be used without causing an insulin response. This means that hypoglycemics can follow this program without fear of raising or lowering blood sugar levels.

**What if I don't feel very energetic?** As toxins are expelled from the system, your energy levels will start to rise. If your body has a lot of work to do, this effect may take a day or two. If you are not as energetic as you feel you should be, add a little more maple syrup to the lemon juice mixture to raise and maintain your blood sugar level. It is also helpful to make the mixture last throughout the day (sipping every 20-30 minutes), rather than drinking it all at once.

**Will I suffer hunger pangs during detoxification?** Yes, you might. If you do, simply drink the lemon juice mixture more often. Because this mixture is food in liquid form, it gets into the bloodstream faster and alleviates hunger more quickly. You might think you are hungry because you aren't chewing food, but with the mixture, you're getting the nutrients you need. The Appetite Appeaser will help to balance your blood sugar and keep you feeling full.



**Warning:** *Don't take the Appetite Appeaser after 6 pm! It can keep you awake at night if taken too close to bedtime.*

**How does detoxification affect cellulite?** Cellulite forms when waste materials become trapped in connective tissue and fat cells. For this reason, it is very resistant to ordinary dieting and exercise. While detoxification will not remove cellulite, it does cleanse the digestive system, thereby speeding up the elimination of toxins from the body. This, in turn, aids in cellulite removal. For maximum results, treat yourself to a Body Contouring Wrap as well!

## IV. GIVE YOUR BODY A BREAK

### WHO NEEDS A BREAK?

If you're like millions of other Americans who like to indulge in Thanksgiving pie, Christmas cookies, birthday cake, Halloween candy, Valentine's Day chocolate, or any of the other socially-sanctioned excuses to eat something you'll regret – then this program is for you! Your body needs a break from the constant bombardment of unhealthy foods that clog your system and lead to degenerative disease.

There are many reasons why you might find yourself here today. You may have slipped up and fallen off the wagon, or you may be starting to eat a healthy diet for the very first time. Regardless of your starting point, this program can help set you on track for a lifetime of healthy living. You'll have a chance to deep clean your body from the inside out! When you give your body a break from these unhealthy processed foods, your natural healing abilities will do the rest.

### FEAST AND FAMINE

Your body expects to go through cycles of feast and famine (periods of relatively light eating). For almost all of human history, the food supply waxed and waned with changes in season and food availability. Humans are designed to put on fat during times of abundance, and to clear out waste during periods of famine. Recent studies suggest that the overabundance of food – particularly meat protein – has shortened our quality and quantity of life because our bodies are never given a chance to “tidy up” during periods of famine.

In modern first world countries, we rarely have to worry about famine, and we rarely give our digestive systems a rest. During periods of famine (or protein restriction), your body uses its excess energy to heal and rejuvenate areas of the body that need attention. When you never give your digestive system a break, your body never has an opportunity to take advantage of these natural healing abilities. On your 20-Day Program, you'll have a chance to do this type of “spring cleaning” for your cells! The energy that you would otherwise spend digesting heavier foods will be used to heal and rejuvenate your body.

You may not realize it, but your digestive system requires an enormous amount of energy. It can take up to *three days* for food to travel all the way through your digestive system! Fruits and vegetables are relatively easy for your body to digest, requiring much less energy than heavier foods like meat and dairy. For example, fruits and vegetables spend only 20-60 minutes in your stomach, while pork and parmesan can take up to six hours! Though these numbers only give you an idea of what goes on in your stomach, the rest of the digestive process is similar. When you give your body a break from the foods that require the most energy to digest, you give your body a chance to put its natural healing abilities to work.

### THE LIVER'S ROLE IN HEALING

To heal your body, you must start by healing your liver. Your liver plays an important role in healing your body, but can't do its job properly when it's damaged by years of reckless eating. To free up your

liver from its regular chores, you'll need to eat a diet free of grains, legumes, meat protein, dairy, and other digestively difficult substances. During this period of relatively "light" eating, your body will use its energy reserves to heal and repair damaged tissue.

Your liver is responsible for much of the "detoxifying" that goes on in your body on a regular basis. It filters all of the blood coming in through your intestines before passing it on to the rest of your body. If your liver's filter is damaged by a build-up of toxins or fat, your blood won't undergo this necessary cleansing process. Your LDL (bad cholesterol) levels will skyrocket, and you may experience fatigue, weakness, nausea, or other uncomfortable – but not uncommon – symptoms. This is because your body is unable to cleanse itself from routine exposure to toxins. This program's focus on fresh fruits and vegetables is designed to clean up your liver so that it can help your body heal.

### **THE LIVER'S ROLE IN WEIGHT LOSS**

When the liver's filter becomes clogged (by toxins, excess fat, or other waste materials), fat globules begin to build up in the liver's blood vessel walls, creating a condition known as a *fatty liver*. As your liver's filter becomes compromised by this build-up, it loses its ability to process excess fat out of your body. All of this excess fat ends up on your organs, your stomach, your thighs, and even your chin!

Developing a fatty liver is surprisingly common for patients who are overweight. Even though a mild form of this condition is common, many people don't realize that they're a victim. Often, a fatty liver must become very severe before it's even diagnosed! Many people with a fatty liver will struggle for *years* to lose weight and wonder why their attempts are unsuccessful. For these people to lose weight, the liver must be thoroughly cleansed so that it can filter blood more efficiently. This, in turn, makes weight loss *much* easier! This is one reason why our patients find that this program is so dramatically different than anything they've tried before.

---

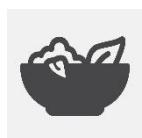
## **FOODS TO ENJOY ON YOUR 20-DAY PROGRAM**

---

*"Let food be thy medicine and medicine be thy food." – Hippocrates*

What Hippocrates said 2,500 years ago is still true today. For better or for worse, your food can make an enormous difference in your level of health. Unfortunately, it's not always enough to just choose "healthier" options – the type and quantity of food you eat matter too. For example, your body requires periods of "light" eating (just fruits and veggies) to maintain a lifetime of good health. On this 20-Day Program, you'll focus on maximizing your intake of dark leafy greens, brightly colored vegetables, antioxidant-rich fruits, nuts, seeds, and healthy fats/oils while cutting out meat, grains, and legumes. Limiting your intake of heavy foods – and replacing them with super-nutritious alternatives – will kick-start your efforts at weight loss, increase your mental well-being and clarity, and leave you feeling better than you've felt in *years*.

### **DINE ON DARK LEAFY GREENS**



The standard American diet is woefully lacking in the delicious, nutritious, dark leafy greens that keep our bodies healthy. Dark leafy greens like spinach, arugula, and kale are low in calories and loaded with a potent blend of antioxidants, vitamins, minerals, and fiber! Spinach, for example, is extraordinarily rich in vitamin C, which helps to boost your

immune system and prevent arthritis. Collards and kale are packed with the calcium your body needs to build strong bones and avoid osteoporosis! Most leafy greens are high in potassium (which can help manage blood pressure) and the B vitamin folate (which can improve your mood and even reduce your risk of cancer)! On top of all of this, many leafy greens are high in the vitamin E your skin needs to stay healthy as you age.

If you're used to eating large salads or green smoothies, you probably understand why leafy greens are so valuable! They keep you full, help control your appetite, and moderate your blood sugar by slowing the absorption of carbs into your bloodstream. The high water content helps keep you hydrated and feeling fresh. All of the fiber helps to move toxins out of your body to be removed as quickly as possible. The more you eat these nutritious veggies, the more your body will begin to crave them. Dark leafy greens will sound better than your old favorite bar of chocolate!

### **EAT A RAINBOW OF BRIGHTLY COLORED VEGETABLES**



Bright colors – red, orange, yellow, green, blue, or purple – indicate the presence of valuable nutrients in fruits and vegetables. Red vegetables like tomatoes and peppers are rich in lycopene, a nutrient that can reduce your risk of cancer and heart disease. Orange vegetables like carrots and sweet potatoes are packed with carotene – a nutrient that keeps your eyes and skin luxuriously healthy! Brightly colored vegetables pack a huge bang for their buck – the nutrients supply you with lots of energy, and they keep you feeling full and satisfied. When you eat lots of brightly colored vegetables, your body stays in “fat burning” mode, keeping you lean and healthy! Like leafy greens, brightly colored vegetables should be eaten in abundance. If you want a super clean body, don't skimp on the veggies.



You can always include fresh vegetable juices in your diet if you're up to the challenge of making it yourself! This can be a fun way to maximize your nutritional intake. When drinking juices, be careful to watch your calories and monitor your sugar intake.

### **SATISFY YOUR SWEET TOOTH WITH ANTIOXIDANT-RICH FRUITS**



Eating a diet rich in whole, healthy fruits will satisfy your sweet tooth and make it easier to keep your weight off. Fruits are naturally low in fat, sodium, and calories. They're full of essential nutrients like potassium, vitamin C, and folic acid! Though fruit is extremely nutritious, it's also high in sugar. In dried fruit and fruit juice, the sugar content is very dense. In fruit smoothies, the sugar content is less dense due to lots of healthy fiber. Feel free to have a fruit smoothie, but don't drink an entire blender full! Try to stick with mostly whole, fresh fruits that haven't been processed. Whole fruits also have a lower glycemic index than processed fruits and other sugary foods. The fiber in the fruit moderates the flow of sugar into the bloodstream and causes a less dramatic spike in blood sugar. This makes whole fruit a much healthier alternative to other sweets!

### **BOOST YOUR ENERGY WITH NUTS AND SEEDS**



Nuts and seeds are rich in protein and other nutrients that make them healthy when eaten in moderation. Though they're healthy, nuts and seeds are very calorie-dense foods. You don't want to overeat them at the expense of dark leafy greens or brightly colored vegetables! To get the maximum amount of nutrients, we recommend that you always choose nuts that are raw instead of roasted and salted. The roasting process destroys valuable nutrients, and the

accompanying seasonings often contain unhealthy artificial additives. You can also soak and/or sprout them to make them easier to digest! For information about soaking and sprouting, see pg. 31.

### **HEALTHY FATS WON'T MAKE YOU FAT**



Eating fat doesn't make you fat, as long as you're eating healthy fats. Healthy fats like olive, coconut, and flaxseed oil can actually help you lose weight! Olive and coconut are the two best, though unrefined flaxseed oil also works great in dressings. These healthy fats can improve your body composition, your mood, and even reduce your risk of heart disease!

The healthiest types of fats are cold-pressed, extra virgin, unrefined oils. These oils contain all of the valuable nutrients, enzymes, and antioxidants contained in the original plant. Unfortunately, these oils have a low smoke point and will burn if you cook them at high temperatures. Burning your food can cause carcinogenic substances to form – and you don't want that! Refined oils have a higher smoke point and won't burn at high heats. For this reason, you might want to have a refined olive or coconut oil on hand for **VERY OCCASIONAL** high heat uses. Try to stick to lower-heat cooking methods and unrefined oils as much as possible.

## **FOODS TO AVOID ON YOUR 20-DAY PROGRAM**

Regardless of whether or not you're on a program, you should always avoid junk food, processed food, candy, and other unhealthy treats. During these 20 days, however, you'll also cut out all meats, dairy products, grains, legumes, refined sugars, and anything processed or refined. This will give your digestive system a break and allow your body to *finally* heal. You'll emerge from this program feeling energized, refreshed, and ready to take on the world!

### **ALL MEAT PRODUCTS: BEEF, PORK, CHICKEN, LAMB, FISH**



Though poultry and fish can normally play a role in a healthy diet, you'll avoid all meat products for the duration of your 20-Day Program. This will speed up your digestion time and free up your body's energy resources for healing and detoxification. When you reintroduce meat after these first 20 days, your digestive system will be able to process it at optimal efficiency. Fish and poultry are excellent options after day 20 (especially omega-3 rich fish like salmon, sardines, and lower-mercury tuna).

### **EGGS: A HEAVY SOURCE OF PROTEIN**



Much like meat, eggs are a heavier food that take up digestive energy. You're probably familiar with the tired, lethargic feeling you get after eating a few too many eggs for breakfast! While eggs are perfectly healthy, they *do* take a large amount of energy for your body to process. During this program, your body needs all of the energy it can get! Once you're finished with this 20-Day Program, we encourage you to go ahead and eat eggs as a part of a healthy diet. If you're struggling to complete a full 20-Day Program, ask your doctor if eggs might be an appropriate food for you to add into your diet.

## DAIRY: FRIEND OR FOE?



You wouldn't ingest steroid hormones or pesticides on purpose – but that's exactly what you do when you eat a slice of cheese! Dairy products are laced with the pesticides that contaminate the cow's feed, the hormones used to make them grow bigger, and the antibiotics used to keep them alive under unsanitary conditions. On top of all of this, many people get sick or gain weight when they eat dairy. This isn't particularly surprising, given that milk is designed for baby cows, not adult humans. Most people don't have the enzymes necessary to digest dairy fully. Though you'll definitely avoid dairy throughout your 20-Day Program, you should consider cutting dairy out of your diet altogether. None of the world's strongest animals consume dairy products, and they do just fine! Leafy greens, nuts, and seeds are actually far superior sources of bioavailable calcium than milk.

On the 20-Day Rejuvenation Program, organic butter may be used in small quantities when better oils are unavailable. Butter is much lower in lactose than other dairy products, and as such, will be better tolerated. We recommend that you don't use regular (non-organic) butter for the reasons mentioned above.

## ALL ABOUT GRAINS AND LEGUMES



For decades, grains have made up one of the largest portions of the USDA food pyramid. Government officials and dieticians have touted their health benefits, and most Americans have happily complied with the recommendations – choosing sandwiches over salads, pastas over soups, and rolls over an extra side of veggies. Unfortunately, these recommendations were largely misguided. Researchers are now beginning to discover what was previously overlooked – that grains can cause a number of ill health effects (bloating, inflammation, weight gain, etc.), especially when eaten in excess. The same is true for legumes, and here's why:

Grains and legumes contain substances that resist digestion, irritate the lining of your intestines, and cause microscopic holes to form in your gut. These substances are called lectins. Lectins are a part of the plant's natural defense mechanism – they allow a grain or bean to pass through your gut undigested so that it can exit, and deposit in your body's natural "fertilizer." This ensures its ability to reproduce and grow into a new plant.

Your body will try – unsuccessfully – to absorb the lectins in your large plate of spaghetti. In this process, the lectins end up lodged in the cells that make up the gut lining, creating microscopic holes that allow particles to leak into your bloodstream. Once in the bloodstream, your body recognizes these particles as foreign invaders. When this happens, your immune system mounts an inflammatory response and you get stuck in the crossfire! The lining of the gut becomes inflamed, exacerbating the damage done by lectins. Over time, your body starts to put on weight and develop degenerative diseases.

Gluten is one type of gut-damaging lectin that many people are especially sensitive to. Though only about 1% of the population has been diagnosed with celiac disease, most people with the disease are undiagnosed. Many more individuals have non-celiac sensitivity to gluten. This sensitivity damages the gut and interferes with the absorption of nutrients from food. Other substances in grains – fructans, for example – can be difficult to digest, too. On top of all of this, processed grains can be addictive, are a poor source of nutrients, and make it difficult to maintain a healthy body weight. If you want to lose weight, grains and legumes are not your friend! Once you've lost your weight, you can consider adding some whole grains and legumes into your diet in moderation.

## **SUGAR: TOO MUCH OF A SWEET THING**



You know that sugar makes you fat, but do you realize how much of it you consume? The average American consumes almost half a pound of sugar each day, often without realizing it. That's almost eight times more than health organizations recommend! And these excess calories show – you can see them on your arms, your thighs, your stomach, and maybe even your chin. Though you won't be eating any sugar while you're on your program, you'll be able to eat fruits and use natural sweeteners in moderation.

Avoid artificial sweeteners as well. They can alter your appetite and make you eat even more. Many of these sweeteners break down into deadly acids in your body. For example, when you ingest aspartame, one of the ingredients converts into formaldehyde – a deadly neurotoxin and known carcinogen! Safer, program-friendly sweeteners include the Solutions4 Fiber Sweetener, stevia, raw honey, and pure maple syrup. These safe options have little effect on blood sugar when used sparingly.

## **NOT-SO-NATURAL SEASONINGS**



On the 20-Day Rejuvenation Program, you'll want to avoid regular table salt altogether. Most brands contain nasty fillers and chemical additives, so use sea salt instead. When using herbs in your cooking, freshness is important! Though you should use freshly picked herbs when possible, dried – and preferably organic – herbs may be used as long as they are not old or expired. Watch out for additives in the “mixed seasoning blends” on the market. Most seasoning blends contain anti-caking agents and preservatives.

## **REFINED VEGETABLE OIL AND TRANS FATS**

Did you know that canola oil actually comes from a type of poisonous plant called rapeseed? The oil has to be extensively processed, chemically altered, and refined to make it safe for human consumption! When the process is complete, the oil is stripped of all nutrients. It's also very high in omega-6. Though other types of vegetable oil – soybean, peanut, etc. – don't come from poisonous plants, they are still heavily processed and contain empty calories. For best results, you'll want to avoid them on your 20-Day Program.

Trans fats are so dangerous that the government is actively trying to ban them from food products in the United States. Though you probably know that junk food is full of trans fats, you may not realize that some supposedly “healthy” alternatives – whole wheat crackers, “low-fat” margarine, and vegetable soups – contain trans fats, too. Unlike healthy fats, trans fats will make you fat! The best way to avoid them is to avoid processed food altogether.

## **COFFEE, TEA, SODA, AND ALCOHOL**



Did you know that a full 70% of your body is made up of water? You're more water than any other substance! To lose weight, you'll need to drink plenty of water to restore your body to a healthy balance. Sodas, coffee, and tea contain water, but they also contain caffeine. Caffeine acts as a diuretic, preventing water from reaching necessary locations in your body and depleting valuable minerals. In addition to dehydrating your body, you probably drink less water when you're drinking soda or coffee. That's a double whammy! Caffeine can cause

nervousness, irritability, jitteriness, muscle tension, and trembling. In children, it may damage neural development! Because of the risk of birth defects with high levels of caffeine consumption, pregnant women are advised by the FDA to cut out coffee! Because coffee carries these risks, we think that it should be avoided. Consider replacing morning coffee or tea with the Solutions4 Nutritional Shake.



You won't be drinking dried, prepackaged herbal teas either. These are often contaminated with fungus and do sometimes still contain caffeine. If you want to make tea from fresh herbs, that's great! Just make sure that your herbs are caffeine-free. If you decide to make a fresh herbal tea, let it cool to a moderate temperature before you drink it! Drinking scalding hot beverages can cause esophageal cancer and disrupt digestion.



**Warning:** *Do not consume alcohol while on your 20-Day Rejuvenation Program! Alcohol dehydrates your body, irritates your gut, and contributes to inflammation. Give your body a chance to heal.*

### **MISCELLANEOUS: BROTH, DRESSINGS, AND CONDIMENTS**



Be careful when cooking with store-bought broth! Most store-bought broths contain MSG and other additives. Certain brands like Pacific and Imagine have options that are healthy and safe. For even better results, try making your own broth at home! It's easy to simmer leftover chicken bones with some vegetables and herbs. The results are tastier and usually more nutritious than anything you can find in the store.



Figuring out how to make delicious salad dressings can take a little bit of trial and error. Many dressings can be made with olive oil, fresh (additive-free) lemon juice, and a variety of herbs and seasonings. For an Asian-style dressing, consider adding Nama Shoyu, Coconut Aminos, or Bragg's Liquid Aminos as a soy sauce substitute. Thick, creamy dressings can be made with the help of an avocado! If you need help, we have some stellar recipes available in this manual and on your Club Reduce membership site.



On the 20-Day Rejuvenation Program, you won't be using many pre-prepared, prepackaged products. Ketchup, mustard, mayonnaise, barbecue sauce, and other common condiments all contain sugar and chemical additives. For these reasons, they all make the "Avoid" list as well.

## V. FOOD LIST

# Foods to Enjoy

### VEGETABLES

Alfalfa sprouts	Eggplant	Peppers, red
Artichokes	Fennel	Pimentos
Asparagus	Garlic	Radishes
Bamboo shoots	Green beans	Rhubarb
Bean sprouts	Green onions	Rutabaga
Beets	Jicama	Shallots
Bok choy	Kohlrabi	Snap beans (edible pods)
Broccoli	Lima beans	Snow peas (sugar peas)
Brussels sprouts	Leek	String beans
Buckwheat sprouts	Mung bean sprouts	Sprouts
Cabbage, Chinese	Mushrooms (up to 1 cup per day)	Sunflower sprouts
Cabbage, red	Okra	Squash (sparingly)
Carrots	Olives	Tomatillos
Cauliflower	Onion	Turnips
Celery	Parsley	Water chestnuts
Chard	Parsnips	Wheat grass
Chives	Peas	Zucchini
Cucumber	Peppers, green	

### LETTUCE & GREENS

Arugula	Endive, curly	Oakleaf
Belgian endive	Endive, red	Radicchio
Butter lettuce	Escarole	Red leaf
Cress	Green leaf	Romaine
Collard greens	Iceberg	Spinach
Dandelion greens	Kale	Swiss chard
Endive	Mustard greens	Watercress

### FRUITS

Apples	Grapes	Pears
Apricots	Guava	Persimmon
Avocados	Honeydew	Pineapple
Bananas	Kiwi	Plums
Blackberries	Lemon	Pomegranate
Blueberries	Limes	Raspberries
Boysenberries	Mango	Strawberries
Cantaloupe	Melons	Tangelos
Cherries	Mulberries	Tangerines
Coconut (no sweetened flakes)	Nectarines	Tomatoes
Dates	Oranges	Watermelon
Figs	Papaya	
Grapefruit	Peaches	

#### LIMITED DAIRY

Organic butter (sparingly)

#### DRESSING, BROTH, & CONDIMENTS

Annie's Lemon Chive dressing (does contain vegetable oil, but works in a pinch)  
 Bragg's Liquid Aminos  
 Coconut Aminos  
 Organic vegetable broth (homemade or additive-free)

#### NUTS & SEEDS

Almonds  
 Cashews  
 Pecans  
 Pumpkin seeds  
 Sesame seeds  
 Walnuts  
 (Etc.)

#### HEALTHY OILS

Unrefined coconut oil  
 Unrefined extra virgin olive oil  
 Unrefined flaxseed oil

#### SALT AND SPICES

Fresh herbs and spices  
 "Real Salt"  
 Sea salt

#### SWEETENERS

Pure maple syrup  
 Raw honey  
 Solutions4 Fiber Sweetener  
 Stevia

#### BEVERAGES & NUTRITIONAL SHAKES

Coconut water (raw and additive-free)  
 Fresh vegetable juices  
 Nutritional shakes (up to 3 scoops per day except on detox days)  
 Water (distilled, filtered, pure, or spring)  
 Vinegar (except malt vinegar)

# Foods to Avoid



## **VEGETABLES**

---

Corn and corn products

More than 1 cup of mushrooms per day

## **GRAINS & LEGUMES**

---

All flour-based products

All grains (wheat, oats, barley, rye, sorghum, etc.)

All legumes (black beans, kidney beans, fava beans, etc.)

## **MEATS**

---

Beef

Fish

Lamb

Pork

Poultry

(Etc.)

## **DAIRY**

---

Eggs

Frequent use of organic butter

All other dairy products (milk, cheese, sour cream, ice cream, whipped cream, etc.)

## **SWEETENERS**

---

Corn syrup

Date sugar

Fructose

Molasses

Refined (white) sugar

(Etc.)

## **FATS & OILS**

---

Butter-substitutes (margarine, etc.)

Vegetable oils (canola, sunflower, soy, safflower, peanut, etc.)

## **NUTS & SEEDS**

---

More than  $\frac{1}{2}$  cup of any nut or seed per day  
Peanuts (actually a legume)

## **BEVERAGES**

---

Alcohol  
Artificially sweetened drinks like soda  
Caffeinated drinks (coffee, tea, energy drinks, etc.)  
Dried herbal teas  
Store bought fruit juice

## **PROCESSED FOOD, ADDITIVES, & MISCELLANEOUS**

---

All fast food and junk food (anything prepackaged or processed)  
Mixed seasonings and spice rubs with additives (Mrs. Dash, etc.)  
Old leftovers (if a meal has been in the fridge for more than 3 days, don't eat it)  
Tobacco and other stimulants  
Malt vinegar

## VI. MAXIMIZING YOUR NUTRITIONAL INTAKE

### SUPPLEMENTATION



Contemporary farming methods render our produce less nutritious, depleting our fruits and vegetables of the vitamins and minerals they once had. Large-scale farming methods (monocropping, failing to let fields sit fallow, etc.), genetic engineering (GMOs), and the practice of importing food across long distances are all contributing factors. Food processing (cooking, reheating, etc.) even further depletes your food's vitamin and mineral content! By the time you eat a piece of broccoli, it has lost nutrients from the way it was farmed, from its time in shipment, and from the way you cooked it for dinner. All of this makes nutritional supplementation essential if you want to lose weight and get healthy!

Unfortunately, quality control of supplements is dismal in the United States. The FDA allows supplement manufacturers to water down their products with up to 50% fillers. This makes many of the pills you find at the store practically useless. Standards are so low that the FDA allows products to pass quality control with up to two rat hairs in each batch! Because manufacturing standards are so low in the United States, Solutions4 manufactures to Japanese standards. All products are produced using zero fillers, zero additives, and the highest quality ingredients possible. To keep all nutrients intact, Solutions4 does not heat-dry or chemically-dry any of its ingredients. Everything is fully active and nutritionally available! We use Solutions4 with all of our programs because we want the very best for you and your body.



#### THE FOLLOWING SUPPLEMENTS ARE INCLUDED AS A PART OF YOUR PROGRAM:

##### **Appetite Appeaser** — *Keeps you feeling full even while dieting!*

Satiates the appetite naturally to promote a healthy weight. This product keeps you feeling full and reduces nervous tension! It helps balance blood sugar levels and assists in breaking down and dissipating excess fat from around the heart and other vital organs. It produces the “fat burning” hormones, increasing energy levels naturally.

##### **Body Purifier** — *Cleanses your body from the inside out!*

Restore your body to youthful vitality, energy, and purity! This potent blend helps to cleanse your body of exposure to environmental chemicals and food additives. It helps purify the blood stream, cleanse the lymphatic system, and relieve congestion and mucus. The Body Purifier may also be used to strengthen the immune system when it becomes compromised. This product comes as part of your detoxification kit!

##### **Cellulite Cleanse** — *Stimulates the removal of cellulite from the body!*

The Cellulite Cleanse is packed with a combination of pure, natural herbs that work together to soften and break down cellulite. These powerful herbs include juniper berries, buchu leaves, corn silk, hydrangea root, uva ursi, and apple cider vinegar. These herbs work as a mild diuretic to help stimulate and strengthen your body's natural waste elimination system.

**Fiber Blend** — *Improves your digestive function!*

The Fiber Blend helps you maximize nutrient absorption without adding extra calories! This superior source of fiber is essential in the fight against obesity. It speeds up your body's food processing time and ensures that important vitamins, minerals, and other nutrients are absorbed from your food. This formula also helps lower cholesterol levels in the blood, cleanses the intestinal tract, and combats constipation. This product comes as part of your detoxification kit!

**Intestinal Cleanser** — *Breaks down waste build-up in the colon!*

This product helps to break down waste build-up in the colon and ensure that it is successfully eliminated. This maximizes and preserves the benefits of detoxification! It provides a mild laxative effect, improves the function of the stomach and liver, increases the absorption of vital nutrients, and decreases the absorption of toxins. In doing so, it naturally relieves gas. This product comes as part of your detoxification kit!

**Multivitamin/Mineral** — *Increases energy and provides 100% nutrition!*

Provides a perfect combination of nutrients to help return you to your ideal body weight. Two capsules per day provide 100% RDA of all essential vitamins and minerals. The only way to lose weight permanently and maintain a well-functioning body is to get 100% nutrition in your daily diet.

**Nutritional Shake** — *Great for a healthy meal on-the-go!*

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 dairy-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! Take your pick of chocolate, vanilla, strawberry, or orange cream.

**Vitamin B12** — *Raises energy levels naturally!*

Your body needs vitamin B12 to make new cells and to turn food into energy. Despite its importance, recent studies suggest that up to 40% of Americans don't consume enough B12 for optimal health! B12 deficiencies can lead to fatigue, brain-fog, depression, and other life-draining conditions. In the long run, a vitamin B12 deficiency can lead to permanent (and often painful) nerve damage! Take vitamin B12 as needed to raise your energy levels and fight fatigue the natural way.

## **Vitamin D — Naturally improves mood and prevents depression!**

Get the benefits of a day in the sun with one simple supplement! Improves mood, increases energy, and improves full body health. Vitamin D offers many health benefits, including bone strengthening, lower risk of disease and infection, and immune boosting. It comes in an easily absorbable liquid gel-cap form.

### **HOW TO TAKE YOUR SUPPLEMENTS**

Your Solutions4 supplements are radically different than any other supplements you have taken before! Solutions4 strives to keep their products as pure as possible, unlike the myriad of supplement companies that allow their products to be stuffed with fillers. Due to the purity of the product you are receiving, it is essential that you follow proper instruction on how to take your daily supplements. We recommend that you place all of your supplements in bags according to the time of day you will be taking them (AM bag/noon bag/PM bag).

#### **Remember these two rules:**

1. Always take your supplements with food in your stomach (or lemonade on detox days).
2. Finish taking all supplements before 6:00 pm.

Depending on your body's health and level of toxicity, you may experience a little nausea as you introduce healthy nutrients into your body for the first time. If this happens, try taking three Digestive Enzymes with your daily supplements to alleviate the nausea. Another option is to take a few supplements at a time over the course of several minutes. It can sometimes be easier to take your supplements with the Nutritional Shake. You can even blend your supplements with the shake if you have a difficult time swallowing pills! You don't want to miss out on the incredible benefits that these supplements offer. When they're gone, ask us about which supplements will help you maintain your new, healthy body!

## EATING ORGANIC PRODUCE

More than 500 different chemicals are routinely used on conventional produce. A single grape is covered in 15 different types of synthetic pesticides! The use of pesticides is widespread, but hasn't been going on for very long – before WWII, everything was organic. Learning to eat the “old fashioned” way can benefit you in a number of different ways. Organic produce is, for one thing, significantly lower in pesticide residues. The pesticides on conventional produce are 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.

Regardless of whether or not you can afford organic, don't be discouraged! Eating fresh fruits and vegetables will make you feel so much better than you felt on your old diet. The benefits of eating fresh produce far outweigh the consequences of consuming pesticides. Just remember to wash non-organic produce very thoroughly before eating. Some fruits and vegetables are contaminated with more pesticides than others. The most pesticide-contaminated fruits and vegetables – the “dirty dozen” – include apples, strawberries, and grapes at the top of the list. Conventional avocados, on the other hand, are relatively safe. When choosing between organic and conventional options, make sure to get organic versions of the dirty dozen!

At the grocery store, you have choices to make – do you buy the more expensive organic options or opt for the cheaper, more readily available conventional produce? Try to think about what is good, better, or best for your body. Eating lots of fresh produce will be better already, but choosing organic is always best. Knowing which fruits and vegetables are “safe” and which need to be organic will help you to make better choices. We don't require that you buy organic versions of the “dirty dozen,” but we strongly recommend it.

### WHICH FRUITS AND VEGETABLES NEED TO BE ORGANIC?

#### **THE DIRTY DOZEN** *(Should be organic)*

- |                 |                       |
|-----------------|-----------------------|
| 1. Apples       | 7. Sweet bell peppers |
| 2. Strawberries | 8. Nectarines         |
| 3. Grapes       | 9. Cucumbers          |
| 4. Celery       | 10. Cherry tomatoes   |
| 5. Peaches      | 11. Snap peas         |
| 6. Spinach      | 12. Potatoes          |

## THE CLEAN FIFTEEN (Don't always need to be organic)

---

- |               |                    |
|---------------|--------------------|
| 1. Avocados   | 9. Papayas         |
| 2. Sweet corn | 10. Kiwis          |
| 3. Pineapples | 11. Eggplant       |
| 4. Cabbage    | 12. Grapefruit     |
| 5. Sweet peas | 13. Cantaloupe     |
| 6. Onions     | 14. Cauliflower    |
| 7. Asparagus  | 15. Sweet potatoes |
| 8. Mangoes    |                    |

Organic produce is more nutritious, 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. This means that individuals who consume five servings of organic vegetables will meet their RDA (recommended daily intake) of vitamins and minerals, while those eating the same amount of conventional produce will not! That's a big difference.

Organic farming methods are also better for the environment. Over the course of human history, almost all farming has been organic. It's only in the last 70 years or so that we've begun to use synthetic pesticides on our food. Organic farming methods don't release toxins into the environment.

Conventional methods, on the other hand, release pesticides into the ground, the air, and even our water supplies. These pesticides harm bee populations, other wildlife, and most significantly – humans.

Transitioning away from the use and consumption of synthetic pesticides benefits everyone in the long run.

---

## EATING RAW, FRESH PRODUCE

### COOKING KILLS NUTRIENTS



Did you know that cooking your vegetables reduces 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! Different types of cooking methods cause different nutrient losses. In general, boiling depletes far more nutrients than 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. Reheating leftovers can cause further nutrient losses of 10% to 45%! The lesson here is that food is always best when it's fresh.

## **RAW FOODS CONTAIN ENZYMES**



Raw foods aren't just more nutritious – they contain enzymes that are essential in the digestive process. These essential enzymes are killed at temperatures above 108-118 degrees. When the food's own enzymes have been destroyed, your body has to produce additional enzymes to digest food. This requires energy that would be better spent elsewhere (repairing damage, building healthy tissue, absorbing nutrients, etc.).

## **HIGH-HEAT COOKING CREATES CARCINOGENS**



Next time you eat out, you might want to forgo the blackened salmon salad. Cooking at high heat creates chemical changes in food, commonly producing dangerous compounds and carcinogens. Charred meat is especially toxic. The black, crispy surface of a grilled piece of meat contains two deadly compounds (HCA and PAH) that cause changes in your DNA and increase your risk of cancer! These are the same chemicals found in cigarette smoke and car exhaust fumes. To prevent these chemicals from forming, cook your food at a lower heat and don't let it burn.

## **CANNED FRUITS AND VEGGIES CAN BE TOXIC**



Canned fruits and vegetables aren't excellent choices either. The notorious, hormone-mimicking chemical BPA is used in the lining of most canned produce. The aluminum in the can itself can leak into the food, accumulate in your body, and eventually wind up causing memory problems like Alzheimer's! Foods that sit on the shelf for extended periods of time also have lower levels of water-soluble vitamins like B and C. Plus, canned foods usually need to be reheated, causing even further nutrient loss! For these reasons, you should avoid them on your program.

## **TWO OPTIONS: FREEZING AND DEHYDRATING**



When planning your meals on the 20-Day Rejuvenation Program, remember that fresh ingredients are essential. You can freeze your fruits and vegetables, just don't overcook them! If you want to include some dried vegetables – kale chips, for example – on your program, go ahead! Just don't let dried vegetables crowd out fresh ingredients in your diet. Go ahead and eat occasional freeze-dried fruits on your program. Freeze-dried fruits retain more nutrients than regular dried fruits and don't require preservatives. They're also less likely to contain sweeteners or other additives. Avoid regular dried fruit on this program.

## **JUICING, SOAKING, AND SPROUTING**

Mix up your diet and add some fresh vegetable juice or homemade sprouts! Homemade juice and sprouts can be valuable sources of nutrients on your program. The nutrients in vegetable juice are easy to absorb and make it easy to consume an optimal amount of veggies in a meal. Just don't drink too much! Some vegetables (carrots, for example) can be quite high in sugar. When you drink too much juice, you also don't get the valuable fiber contained in whole vegetables. For these reasons, vegetable juice should not replace complete and balanced meals. If incorporated correctly, however, fresh vegetable juice may be a valuable addition to your diet!

## FRESH VEGETABLE JUICE



If you choose to include fresh vegetable juice on the program, you will need to make it yourself. The vegetable juices that you find in the store (V8, for example) are usually made from concentrate and can contain unhealthy artificial additives. Store-bought juice is pasteurized at a high heat, killing all of the beneficial enzymes and reducing nutrient content. It also might contain fruits or vegetables that aren't allowed on the program. Homemade juice is guaranteed to be free of the additives you don't want and full of the nutrients that you do!

If you want to make vegetable juice yourself, you'll need a juicer. There are two types of juicers that you can buy – masticating or centrifugal. Centrifugal juicers use a fast spinning blade to separate juice from pulp, often heating the juice to high temperatures through friction. This destroys some enzymes and renders the juice less nutritious! The process also rapidly exposes the juice to air, oxidizing the vegetable particles and causing the juice to stay fresh for only a short period of time.

Masticating juicers (often called “slow” or “squeeze” juicers) are much gentler on your vegetables – they crush and press them against a mesh filter, cold-pressing a highly-nutritious, enzyme-rich juice. They are also able to remove far more juice from your produce, leaving you with up to 30% more juice to consume! This juice will stay fresh for much longer. Although it's okay to use a centrifugal juicer (a Jack LaLanne, for example), you should avoid store-bought juice. If you don't have a juicer, another great option is to blend vegetables (like tomatoes, cucumbers, and spinach) with water in a high speed blender. One advantage of this method is that the juice is complete with all of its original fiber!



**Warning:** *Drink vegetable juice, not fruit juice. It's okay to add a little bit of fruit to your juice (no more than 10-20% of the final juice), but don't overdo it.*

## SOAKED AND SPROUTED NUTS, SEEDS, AND LEGUMES



Sprouting nuts, seeds, and legumes is an excellent way to add nutrients to your diet! The sprouting process makes them more digestible and removes bitter flavors without requiring roasting. Nuts, seeds, and legumes produce enzyme-inhibitors that allow them to pass through your gut undigested. These enzyme-inhibitors keep your digestive enzymes from breaking down nuts and seeds and prevent you from getting all of their nutrients. This may cause you to experience digestive distress (bloating, constipation, diarrhea, etc.). When you make sprouts, you remove these substances. They are highly nutritious, easy to digest, and delicious in salads and wraps!

If using nuts and seeds, you may decide to merely let them soak in water overnight. They won't sprout overnight, but the soaking process will remove enzyme-inhibitors. To render them deliciously crunchy, consider dehydrating your soaked nuts and seeds! Soaked and dehydrated nuts are excellent as a salad topping. For extra flavor, coat your soaked nuts in olive oil, lemon juice, and fresh herbs before dehydrating. If you are interested in going further and growing full-length sprouts from seeds or legumes, you can easily find directions online or in your local health food store.



**Warning:** *Though sprouts may be eaten in abundance, the actual nut, seed, or legume (still attached to the sprout) must be eaten sparingly. The same goes for soaked nuts and seeds. Don't forget that very few nuts, seeds, and legumes are allowed on your program!*

## VII. STRUCTURING YOUR PROGRAM

### DIET COMPOSITION AND PORTION SIZING

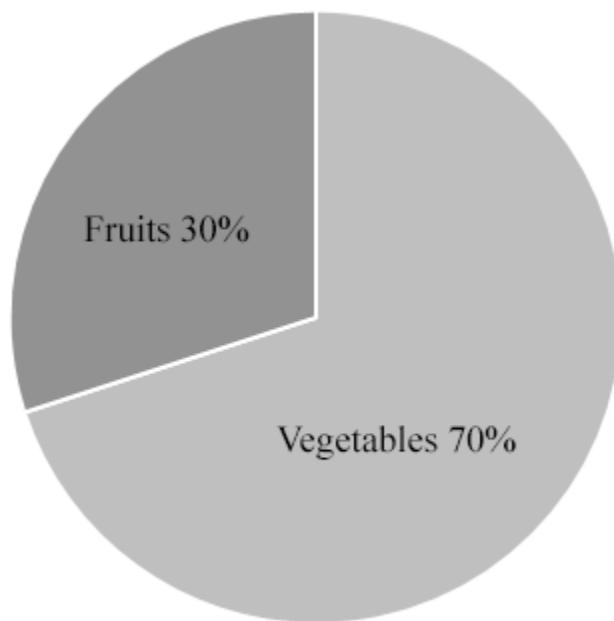
Your 20-Day Rejuvenation Program is designed to help you heal your body through detoxification and nutrient-dense eating. Because you'll be eating fruits and vegetables that are dense in nutrients – but not calories – you'll find that you naturally eat far fewer calories than you were eating before. On this program, women should aim to eat 1000 to 1100 calories per day. Men should eat 1200 to 1300 per day. When you exercise, you should add the number of calories you burned to your calorie allowance each day. For example, if you burn 250 calories in a workout, you'll want to eat an additional 250 calories that day to meet your calorie needs.



***Warning: When you're eating fresh fruits and vegetables, you may find that you actually tend to fall short of these limits. Don't let that happen! If you don't eat enough food, your body will go into "starvation mode" and will stop burning fat. Stay within the calorie limit, but focus more on eating the right foods than on tracking every single calorie.***

Because you'll be eating so much low-calorie fresh produce, you may find it necessary to eat every few hours to manage your blood sugar levels. It's okay to snack throughout the day! It's also okay to space out several (5-6) small meals to keep your metabolism going. As long as you eat your last meal of the day before 6 pm, you can choose to divide up your meals however you wish. If you find yourself struggling to eat enough calories each day, try eating more calorie-dense foods like Nutritional Shakes, bananas, avocados, nuts, seeds, or really big salads (with plenty of vegetable toppings).

Use the graph below to guide your choices when planning meals.



**VEGETABLES (70%)**



Try to eat at least half of these vegetables raw or lightly cooked. The best way to do this is to use salads to structure your meals. Use these tips to get the maximum amount of leafy greens in your diet:

- Incorporate lots of leafy greens by planning your meals around large, delicious salads topped with vibrant veggies.
- Try to include a wide variety of different types of greens in your diet. Be adventurous! Try salads made with bok choy, chard, arugula, collard greens, mustard greens, kale, or spinach.
- If you don't like the taste of some greens, try blending them with fruit in a smoothie.
- Leafy greens may be added to soups or juiced with other vegetables.

Within the calorie limit, also eat as many brightly colored vegetables as possible. Bright colors – red, orange, yellow, green, or purple – indicate the presence of valuable nutrients. Try to include a wide variety of colored vegetables in your diet each day. Again, be adventurous! Experiment with new vegetables that you haven't tried before. On the program, vegetables may be steamed for four minutes or stir fried over low heat.

## **FRUITS (30%)**



Go ahead and eat moderate amounts of fruit. This adds up to about one or two servings each day. A serving of fruit is equal to about a single piece of medium-sized fruit (an apple, banana, orange, etc.). An easy way to incorporate fruit is to have it for breakfast or to blend it with your Nutritional Shake. For something extra creamy, try blending the chocolate shake with a frozen banana!

## **WATER**



Hydration is essential for optimal health and weight loss. Without proper water intake, waste products build up in your body and impede the flow of nutrients to cells and organs in your body. By the time you feel thirsty, you're already dehydrated! Every organ of your body requires water. The heart, lungs, skin and circulatory system all depend on water. To calculate your individual need, divide your weight in half. This is the number of ounces of water you should drink each day. For example, if you weigh 150 pounds, you must be drinking 75 ounces of water each day. Nothing substitutes for water. If you drink enough water each day, you will absolutely feel better. This is not to say that you cannot drink other liquids, but drinking enough water is essential.

# QUICK TIPS FOR PLANNING YOUR MEALS

## ***MEAL PLANNING: BREAKFAST, LUNCH, SNACKS, AND DINNER***



If a plant-based diet is completely new to you, you're probably wondering what in the world you're going to eat. Fortunately, we've put together some of our best recipes to help get you started. It's important to plan your meals in advance so that you don't find yourself in a situation without healthy options! Use the weekly planning sheets included in the folder at the back of your program to plan out your meals and shop for groceries. Below, you can see which of our recipes would work well for breakfast, lunch, a snack, or dinner. This list is not all-inclusive, but it should give you a pretty good idea of where to start. Refer to our other recipes on pg. 59 for more healthy options! When in doubt, a veggie-loaded salad is almost always one of the healthiest (and tastiest) meals you can eat. Don't forget that you can always replace a meal with a Solutions4 Nutritional Shake! You can also use this shake as a delicious snack anytime during the day.

### **Breakfast Ideas**

For breakfast, you should get the nutrients your body needs to start your day right! For something quick and easy on-the-go, try blending a Solutions4 Nutritional Shake with ice and/or greens. If you want to take a little more time, try making a fruit and vegetable smoothie or one of our sautéed vegetable dishes. Vegetables should find their way into almost all of your meals, and breakfast is no exception. When you make a fruit smoothie, throw in a handful of dark leafy greens. Green smoothies give you a healthy morning energy rush without a midafternoon crash!

### **Lunch Ideas**

For lunch, a salad is almost always your best bet. In the middle of the day, you'll want to pack in fresh ingredients like dark leafy greens and raw veggies. For a more filling salad, sprinkle on some nuts and seeds. If you're in the mood for something sweet, top your salad with antioxidant-rich berries. Salads don't have to be boring! You can play with almost any flavor combination you like. For a dressing, you can try something as simple as olive oil and lemon juice, or you can mix up something with a little more flavor. When choosing toppings, don't skimp on the veggies! You can top your salads with diced (or shredded) carrots, radishes, cucumbers, zucchini, or any number of other ingredients.

### **Snack Ideas**

The Solutions4 Nutritional Shake makes an excellent snack on-the-go! You can also snack on fresh fruit, sliced raw veggies, or a handful of nuts and seeds. For a super-charged energy boost, try dipping your sliced veggies in almond butter or tahini.

### **Dinner Ideas**

For dinner, you might opt for something a bit heavier like a large plate of lightly cooked vegetables. You can steam Brussels sprouts, asparagus, artichokes, carrots, or any other vegetable and top them with olive oil or fresh organic butter. You can roast your vegetables in the oven, stir-fry them in a skillet, combine them in a soup, or toss them over a salad. The options are endless. There's nothing better than a plate of fresh veggies at the end of a long day. You can even end your evening with a serving of fruit for dessert!



**Warning:** Don't eat late at night. Your digestive system needs this time to power down, rest, and prepare for a new day. When you put new food in your stomach too late at night, it will stay undigested and cause restless sleep.

## ***GROCERY SHOPPING STRATEGIES***

- Remember that everything you need to live can be found in the produce section.
- While shopping, ask yourself, "How will this go with a salad?" Try to consider everything as something that will go into a salad or alongside it.
- Buy your produce first. It is the most important food. If you are on a budget, shopping for produce (instead of junk food) will maximize your dollar.
- Try shopping two times a week in order to get fresh produce. Most leafy greens have a refrigerator shelf life of 4-5 days.
- Wash leafy greens by separating the leaves. Rinse well in order to remove pesticides.
- Keep your refrigerator well stocked with fresh vegetables. That way, you will always have what you need for a delicious salad.
- Many grocery stores have salad bars that serve healthy options in a pinch. For an emergency salad on-the-go, you can always buy some lettuce, veggies, olive oil, and a lemon!

## ***VACATIONS AND SPECIAL OCCASIONS***

- If you plan a trip while on the program, plan your meals carefully in advance.
- Work with us to plan meals to last you throughout your trip.
- Consider bringing a cooler stocked with healthy, program-friendly meal options.
- Don't forget your Solutions4 Nutritional Shake!

## VIII. YOUR PROGRAM MANUAL RESOURCES

### **DAILY CHECKLISTS**

In the daily checklists, you'll have the opportunity to write down everything you eat for breakfast, lunch, snacks, and dinner. When you come in for your weekly one-on-one evaluation, we'll review your meal choices to make sure that you're on the right track! 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.). There is also a space where we want you to jot down your thoughts and feelings about how the day went. This will help make you more aware of how your emotions affect your eating patterns. Studies show that keeping a food journal will make you twice as successful at losing weight! That's a big benefit from such a simple task.

### **RECIPES**

All of our recipes are 100% program approved. You can eat anything you find in our recipe section! Of course, you'll still want to stay within your calorie limit and other nutritional guidelines. We've put together some of our best recipes to help you rejuvenate your body and feel great! With food this good, you won't feel like you're missing out on anything. You can also access all of these recipes online through your Club Reduce membership site.

### **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 your entire program. 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 every single food on the "Foods to Enjoy" list. 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!

### **WEEKLY PLANNING SHEETS**

Your weekly planning sheets are included in the folder in the back of your manual. On the front side, you'll have space to plan your meals for the week. On the back side, you'll be able to write down what ingredients you need. It also has a condensed version of the food list for you to reference when you're at the store. When you take your weekly planning sheet with you to the grocery store, you'll have a list of all your meals, all the ingredients you need, and a reminder of everything you can eat!

# DAILY CHECKLISTS



## DAY 1 – Prep Day 1

Date: \_\_\_ / \_\_\_ / \_\_\_

Before detox: Only choose foods from the food list (pg. 22-25). Nuts and seeds are okay.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	



**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

*\*You may take Vitamin B12 as needed (up to 3 a day).*

### Lifestyle Guidelines: (✓ = Yes X = No)

- |  |  |
|--|--|
| <input type="checkbox"/> Did you follow nutritional guidelines?<br><input type="checkbox"/> Did you take all of your supplements?<br><input type="checkbox"/> Did you track your calories?<br><input type="checkbox"/> Did you stay within your calorie budget?<br><input type="checkbox"/> Did you drink ½ your weight in oz. of water?<br><input type="checkbox"/> Did you exercise? ___ min.<br><input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs. | <input type="checkbox"/> Write down questions for next appointment:<br><hr/> <hr/> <hr/> <hr/> |
|--|--|



## DAY 2 – Prep Day 2

Date: \_\_\_ / \_\_\_ / \_\_\_

Before detox: Only eat fruits, vegetables, and healthy oils. No nuts or seeds today.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

Did you sleep at least 8 hours? \_\_\_ hrs.

Write down questions for next appointment:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## DAY 3 – Detox Day 1

**Date:** \_\_\_ / \_\_\_ / \_\_\_

Notice a change in supplementation and diet today.  
Today is about cleansing the body!

**9:00 AM to 2:00 PM**

- ## □ Lemon Mixture #1

**2:00 PM to 7:00 PM**

- ## □ Lemon Mixture #2



**AM:** Body Purifier (2), Fiber Blend (8), Intestinal Cleanser (2)

## NOON: None

**PM:** Body Purifier (2), Fiber Blend (8), Intestinal Cleanser (2)

## Lifestyle Guidelines: (✓ = Yes   X = No)

- Did you follow detox guidelines?
  - Did you take all of your supplements?
  - Did you drink  $\frac{1}{2}$  your weight in oz. of water?
  - Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - Write down questions for next appointment:

## **Log Any Emotions or Situations that Affected Your Eating Today:**

## **Log Any Healing Crisis Symptoms You Experienced Today:**



## DAY 4 – Detox Day 2

**Date:** \_\_\_ / \_\_\_ / \_\_\_

Notice a change in supplementation and diet today.  
Today is about cleansing the body!

**9:00 AM to 2:00 PM**

- ## □ Lemon Mixture #1

**2:00 PM to 7:00 PM**

- ## □ Lemon Mixture #2



**AM:** Body Purifier (3), Fiber Blend (8), Intestinal Cleanser (2)

**NOON:** None

**PM:** Body Purifier (3), Fiber Blend (8), Intestinal Cleanser (2)

## **Lifestyle Guidelines: (✓ = Yes   X = No)**

- Did you follow detox guidelines?
  - Did you take all of your supplements?
  - Did you drink  $\frac{1}{2}$  your weight in oz. of water?
  - Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - Write down questions for next appointment:

## **Log Any Emotions or Situations that Affected Your Eating Today:**

## **Log Any Healing Crisis Symptoms You Experienced Today:**



## DAY 5 – Detox Day 3

**Date:** \_\_\_ / \_\_\_ / \_\_\_

Notice a change in supplementation and diet today.  
Today is about cleansing the body!

**9:00 AM to 2:00 PM**

- ## Lemon Mixture #1

- Water Bottle #1**

**2:00 PM to 7:00 PM**

- ## Lemon Mixture #2

- Water Bottle #2**



**AM:** Body Purifier (4), Fiber Blend (8), Intestinal Cleanser (2)

**NOON:** None

**PM:** Body Purifier (4), Fiber Blend (8), Intestinal Cleanser (2)

## Lifestyle Guidelines: (✓ = Yes   X = No)

- Did you follow detox guidelines?
  - Did you take all of your supplements?
  - Did you drink  $\frac{1}{2}$  your weight in oz. of water?
  - Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - Write down questions for next appointment:

## **Log Any Emotions or Situations that Affected Your Eating Today:**

## **Log Any Healing Crisis Symptoms You Experienced Today:**



## DAY 6 – Transition Day 1

**Date:** \_\_\_ / \_\_\_ / \_\_\_

After detox: Only eat fruits, vegetables, and healthy oils. No nuts or seeds today. Add Nutritional Shake if desired.

<b>Breakfast</b>	<b>Calories</b>

Mid-Morning Snack	Calories

<b>Lunch</b>	<b>Calories</b>

Mid-Afternoon Snack	Calories

<b>Dinner</b>	<b>Calories</b>

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

## **Log Any Emotions or Situations that Affected Your Eating Today:**



**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

*\*You may take Vitamin B12 as needed (up to 3 a day).*

11. *What is the primary purpose of the U.S. Constitution?*

## Lifestyle Guidelines: (v)

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

- Did you sleep at least 8 hours? \_\_\_\_ hrs.
- Write down questions for next appointment:

- Write down questions for next appointment.

---

Digitized by srujanika@gmail.com

---

---

Digitized by srujanika@gmail.com



## DAY 7 – Transition Day 2

**Date:** \_\_\_ / \_\_\_ / \_\_\_

After detox: Only choose foods from the food list. Nuts and seeds are okay. Add Nutritional Shake if desired.

Breakfast	Calories

Mid-Morning Snack	Calories

<b>Lunch</b>	<b>Calories</b>

Mid-Afternoon Snack	Calories

<b>Dinner</b>	<b>Calories</b>

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

## **Log Any Emotions or Situations that Affected Your Eating Today:**



**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

*\*You may take Vitamin B12 as needed (up to 3 a day).*

## Lifestyle Guidelines: (✓ = Yes   X = No)

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

- Did you sleep at least 8 hours? \_\_\_ hrs.  
 Write down questions for next appointment:

# DAY 8

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

#### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

# DAY 9

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

#### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

Did you sleep at least 8 hours? \_\_\_ hrs.

Write down questions for next appointment:

---

---

---

---

# DAY 10

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

# DAY 11

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

## DAY 12

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

<b>Lunch</b>	<b>Calories</b>

Mid-Afternoon Snack	Calories

<b>Dinner</b>	<b>Calories</b>

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

## **Log Any Emotions or Situations that Affected Your Eating Today:**



**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

*\*You may take Vitamin B12 as needed (up to 3 a day).*

## **Lifestyle Guidelines:** (✓ = Yes   X = No)

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

- Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - Write down questions for next appointment:

# DAY 13

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	



**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

#### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

Did you sleep at least 8 hours? \_\_\_ hrs.

Write down questions for next appointment:

---

---

---

---

# DAY 14

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

## Log Any Emotions or Situations that Affected Your Eating Today:

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

## Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

# DAY 15

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

#### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

# DAY 16

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

## Log Any Emotions or Situations that Affected Your Eating Today:

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

## Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

Did you sleep at least 8 hours? \_\_\_ hrs.

Write down questions for next appointment:

---

---

---

---

# DAY 17

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

#### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

## DAY 18

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)



**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_ hrs.
- Write down questions for next appointment:

---

---

---

---

## DAY 19

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

<b>Lunch</b>	<b>Calories</b>

Mid-Afternoon Snack	Calories

<b>Dinner</b>	<b>Calories</b>

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

## **Log Any Emotions or Situations that Affected Your Eating Today:**



**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

*\*You may take Vitamin B12 as needed (up to 3 a day).*

## **Lifestyle Guidelines:** (✓ = Yes   X = No)

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

- Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - Write down questions for next appointment:

## DAY 20

Date: \_\_\_ / \_\_\_ / \_\_\_

Only choose food from the food list (pg. 22-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

**AM:** Appetite Appeaser (2), Body Purifier (2), Cellulite Cleanse (2), Fiber Blend (5), Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

**NOON:** Appetite Appeaser (2), Cellulite Cleanse (2)

**PM:** Body Purifier (2), Fiber Blend (5) Intestinal Cleanser (2), Multivitamin/Mineral (2), Vitamin D (4)

\*You may take Vitamin B12 as needed (up to 3 a day).

### Lifestyle Guidelines: (✓ = Yes X = No)

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you track your calories?
- Did you stay within your calorie budget?
- Did you drink ½ your weight in oz. of water?
- Did you exercise? \_\_\_ min.

Did you sleep at least 8 hours? \_\_\_ hrs.

Write down questions for next appointment:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## DAY 21 AND BEYOND

You've completed your program – congratulations! You've lost weight and you're feeling great, but now what? At this point, you'll need to make some decisions about your long-term weight maintenance. Here at Club Reduce, we offer Maintenance Programs 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. For day 21 and beyond – for the rest of your life – we recommend that certain foods should be eaten *never, sparingly, moderately, or often*.

### **NEVER: FOODS TO ALWAYS AVOID**

Regardless of who you are or how great your metabolism is, you should always avoid fast food and junk food. You should always avoid anything that is heavily processed or refined. No one can be really healthy while eating white bread, pastries, cookies, crackers, or other “empty calories” from grains. Likewise, no one can be healthy while eating refined sugars like candy, ice cream, or soda. For all of these foods, there are healthier alternatives. Naturally sweetened coconut milk ice cream, for example, is an excellent alternative to regular dairy ice cream, and it tastes just as good!

### **SPARINGLY: THE “GREY AREA” FOODS**

“Grey area” foods include whole grains and legumes, natural sweeteners, refined oils, organic dairy, and small servings of red meat. Some people will find that they tolerate “grey area” foods when eaten sparingly. Others will find that they must avoid certain foods in this category altogether. On a Maintenance Program, you'll work with us to determine how these foods should play a role in your long-term healthy diet. Because everyone is a little different, a customized Maintenance Program is essential. We want your weight loss and vibrant health to last for life!

### **MODERATELY: NOT TOO MUCH**

After your program is over, you'll be able to introduce moderate amounts of lean meats (fish and poultry) and eggs. You'll also be able to continue eating unrefined and cold-pressed oils, fruits, nutritious starchy fruits and vegetables (yams, squash, plantains, etc.), nuts, and seeds. This part of your diet shouldn't change too much in the long run.

### **OFTEN: THE BEST FOODS FOR MAINTENANCE**

On a Maintenance Program, you'll continue eating lots of dark leafy greens and brightly colored vegetables. These are foundational for any healthy diet, regardless of your age or weight! Though you'll be able to add more variety into your diet, you'll still be eating lots of big, delicious salads and lightly cooked vegetables.

# RECIPES

## SHAKES AND SMOOTHIES

### Fruit Smoothie

2 oranges  
1 banana  
 $\frac{1}{2}$  cup berries  
2 scoops Solutions4 Vanilla Nutritional Shake

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Pina Colada

6 oz. orange juice  
1 cup pineapple  
 $\frac{1}{2}$  cup fresh baby Thai coconut milk  
2 scoops Solutions4 Orange Nutritional Shake

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Citrus Berry Splash

$\frac{1}{2}$  cup blackberries  
 $\frac{1}{2}$  cup strawberries  
 $\frac{1}{4}$  cup blueberries  
 $\frac{1}{2}$  banana (optional)  
Juice from 2 freshly squeezed oranges  
2 scoops Solutions 4 Orange Nutritional Shake  
1-2 cups ice cubes

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Meal Shake

### Coconut Chocolate Delight

1 frozen banana  
1 baby Thai coconut (meat and milk)  
2 scoops Solutions4 Chocolate Nutritional Shake

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Chocolate Dream

2 scoops Solutions4 Chocolate Nutritional Shake  
1 cup water  
1 cup ice cubes

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Snack Shake

1 scoop of Solutions4 Chocolate, Vanilla, Strawberry, or Orange Cream Nutritional Shake  
Ice and water to equal 8 oz.

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

2 scoops of Solutions4 Chocolate, Vanilla, Strawberry, or Orange Cream Nutritional Shake  
Ice and water to equal 10 oz.

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

## SALADS AND WRAPS

### Fennel and Orange Salad

2 cups raw spinach  
1 small fennel bulb, thinly sliced  
1 orange, peeled and sectioned  
Lemon Herb Dressing (pg. 70)

1. Combine all ingredients with desired amount of dressing.

*Prep time: 15 minutes*

*Serves 2*

### Confetti Salad

1 cup red cabbage  
2 cups chopped romaine lettuce  
½ cup tomato, diced  
¼ an avocado, diced  
2 tbsp. Annie's Lemon & Chive Dressing

Mix all ingredients and savor! Tip: this salad is filling – use it as a main meal.

*Prep time: 15 minutes*

*Serves 2*

2 cups mixed lettuce  
4 thin slices of roma tomato, cucumber, or carrot  
1 tbsp. dressing (your choice)

1. Place lettuce and dressing in a bowl and toss. Transfer to plate.
2. Garnish with tomato, cucumber, or carrot.

*Prep time: 10 minutes*

*Serves 1*

### Greek Salad

2 cups chopped romaine lettuce  
1 Roma tomato, seeded and cut into chunks  
¼ cucumber, seeded and cubed  
¼ cup thinly sliced red onion  
¼ cup red bell pepper, cut into chunks

Combine all ingredients with a desired amount of dressing.

*Prep time: 15 minutes*

*Serves 1*

### Classic Green Salad

### Mediterranean Salad

4 diced tomatoes

2 diced cucumbers  
1 cup chopped fresh parsley  
 $\frac{1}{2}$  cup chopped basil  
 $\frac{1}{4}$  cup extra virgin olive oil  
 $\frac{1}{2}$  tsp sea salt  
Juice of 2 lemons

Combine all ingredients in a bowl and toss well.

*Prep time: 15 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 “Energy 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*

### **Mexican Salad**

1 cup peeled, grated jicama  
1 chopped red pepper  
 $\frac{1}{2}$  cup chopped fresh cilantro  
1 avocado, diced  
1 head of lettuce, cut into thin shreds

Combine all ingredients in a bowl and mix well.

*Prep time: 20 minutes*

*Serves 2-4*

### **Harvest Salad**

2 cups of torn red leaf lettuce

$\frac{1}{4}$  apple, sliced  
2 tbsp. Lemon Herb Dressing (pg. 70)  
1 tbsp. fresh raspberries

Combine all ingredients in a bowl and toss well.

*Prep time: 15 minutes*

*Serves 1*

### **Guacamole & Tomato Lettuce Wraps**

2 very ripe avocados  
3 tomatoes, diced  
 $\frac{1}{2}$  jalapeno pepper, diced  
3 cloves fresh garlic, minced  
2 tsp. lime juice  
6-8 large romaine lettuce leaves

1. Mash avocado.
2. Add remaining ingredients and stir until well mixed.
3. Spread 2-3 tbsp. onto lettuce leaves and enjoy!

*Prep time: 10 minutes*

*Serves 6-8*

### **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*

### **Berry Salad**

1 cup sliced strawberries

2 peeled and sliced bananas

1 cup blueberries

Combine all ingredients in a bowl and serve.

*Prep time: 5-10 minutes*      *Serves 1*

### **Melted Tomato & Zucchini Wraps**

1 tsp. extra virgin olive oil

½ cup thinly sliced zucchini rounds

½ large tomato, chopped

½ 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*

### **Spicy Taco Crunch Wraps**

1 ripe avocado, diced

½ large onion, diced

¼ cup fresh lime juice

⅛ cup fresh parsley, chopped

½ jalapeno pepper, diced

1 ½ 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*

# SOUPS

## 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*

## Savory Vegetable Soup with Zucchini

1 small onion, chopped  
2 green onions, chopped  
2 celery stalks, chopped  
2 carrots, chopped  
1 zucchini, chopped  
1 pressed garlic clove  
2 green chard leaves, chopped  
2 cups broccoli, chopped into thin florets  
1 tbsp. extra virgin olive oil  
6 cups organic vegetable broth  
½ cup minced parsley

1. Sauté onions and garlic in oil.
2. Add vegetables and hot broth and bring to a boil. Simmer for 5 minutes or until vegetables are tender (covered).
4. Stir in parsley and remove pot from heat.

*Prep time: 30 minutes*

*Serves 3-4*

## 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*

## American Vegetable Soup

1 tbsp. extra virgin olive oil  
2 cups sliced leeks  
1 sliced medium red onion  
2 carrots, chopped  
1 medium green cabbage, chopped (about 8 cups)  
1 tsp. fresh thyme  
7 cups boiling water  
1 tbsp. organic vegetable broth  
3 tbsp. lemon juice  
½ cup celery  
½ cup green beans  
½ cup peas  
½ cup tomato paste  
Salt and pepper to taste.

1. Add oil, garlic, onion, and thyme to a pot. Sauté until onions begin to soften.
2. Add carrots, celery, green beans, peas, and cabbage. Sauté and stir for 2 minutes.
3. Add water, broth, and tomato paste. Cover and bring to a boil.
4. Allow to simmer for 35 to 40 minutes.

*Prep time: 1 hour*

*Serves 6*

## Vegetable Garden Soup

6 cups organic vegetable broth  
½ tsp. extra virgin olive oil  
2 carrots, peeled and diced  
1 large onion, diced  
1 cup of broccoli, chopped  
4 cloves of garlic, minced  
½ cabbage, chopped  
½ lb. frozen green beans  
2 tbsp. tomato paste  
1 tsp. fresh basil  
1 tsp. fresh oregano  
1 tsp. sea salt  
1 large zucchini, diced

1. Add oil, carrots, onion, and garlic to a pot and sauté for about five minutes.
2. Add broth and bring to a boil.
3. Add all the remaining ingredients EXCEPT zucchini and simmer on medium heat for about 15 minutes.
4. Add zucchini and continue to simmer until tender.

*Prep time: 45 minutes*

*Serves 8*

## Savory Vegetable Soup

1 small onion, chopped  
2 green onions, chopped  
2 celery stalks, chopped  
2 carrots, chopped  
2 green chard leaves or kale, chopped  
2 cups broccoli florets, chopped into thin florets  
1 tbsp. extra virgin olive oil  
6 cups organic vegetable broth  
1 zucchini  
1 garlic clove, pressed  
½ cup minced parsley

1. Sauté onion, green onions, celery, carrots, zucchini, and garlic in oil in a large pot.
2. Add broth and bring to a boil. Simmer covered for 5 minutes.
3. Add chard and broccoli. Simmer for another 5 minutes.
4. Stir in parsley and remove pot from heat.

*Prep time: 30 minutes*

*Serves 3-4*

## VEGETABLE-ONLY DISHES

### Belgian Endive Delight

2-3 tbsp. extra virgin olive oil  
6 Belgian endives, cut in half lengthwise  
2-3 cups water  
3 tbsp. lemon juice

1. Preheat oven to 375°. Heat oil in a large skillet.
2. Add endive to skillet and brown on both sides.
3. Add water to skillet, coming halfway up the endives.
4. Add lemon juice, cover, and transfer to oven for 20 minutes (or until liquid is absorbed).

*Prep time: 25 minutes*

*Serves 6*

### Carrot “Stuffing”

3-5 lbs. carrot pulp (left over from juicing)  
3 large ripe avocados, mashed  
1 medium head of celery  
1 red onion  
2 tomatoes

1. Mix celery, onions, and carrot pulp in a food processor.
2. Mix in diced tomatoes and avocado mash.
3. Eat “stuffing” alone, with a salad, on lettuce leaves, or stuffed in peppers!

*Prep time: 20 minutes*

*Serves 2-4*

## Beet Greens and Chard

1 bunch red chard, chopped  
1 bunch beet greens, chopped  
1 tbsp. lemon juice

1. Place in a covered pan over low heat and cook for about 10 minutes, stirring occasionally.
2. Toss with lemon juice.

*Prep time: 12 minutes*

*Serves 2-4*

## Eggplant & Pepper Skillet

1 medium eggplant, peeled and cubed  
1 tsp. sea salt  
8 tsp. coconut oil  
1 medium green pepper, chopped  
2 cloves garlic, chopped

1. In a bowl, add eggplant, water, and sea salt. Allow to soak for 20 minutes and then drain.
2. Simmer oil, eggplant, pepper, and garlic in a skillet.
3. Cover and reduce heat to low for 6-7 minutes or until tender.

*Prep time: 30 minutes*

*Serves: 4-6*

## Garlic Green Beans

2 cups fresh green beans  
1/4 cup minced onion  
1 clove garlic  
1 tsp. extra virgin olive oil

1. Sauté garlic and onions in oil over medium heat.
2. Add green beans and sauté until tender.

*Prep time: 15 minutes*

*Serves 2-3*

## French Garlic String Beans

2 tbsp. extra virgin olive oil  
1 tsp. garlic, minced  
4 cups fresh string beans, julienned  
1/2 tsp. dried thyme  
1/2 tsp. sea salt  
2 cups water  
3 tbsp. organic vegetable broth  
Squeeze of fresh lemon juice.

1. Heat oil in a large saucepan.
2. Sauté garlic and beans on high heat, stirring frequently to sear.
3. Add vegetable broth, water, and thyme. Bring to a boil.
4. Reduce heat to medium-low and simmer for 20-30 minutes.
5. Serve with a squeeze of lemon juice.

*Prep time: 35 minutes*

*Serves 4-6*

## Heavenly Marinated Vegetables

1/4 cup extra virgin olive oil  
2 cups of vegetables (broccoli, bell pepper, tomato, cauliflower, or cabbage)  
1 onion, thinly sliced  
3 cloves garlic, chopped  
2 tbsp. chopped fresh parsley  
1/4 cup freshly squeezed lemon juice  
Salt and pepper to taste

1. Heat oil in a skillet.
2. Add vegetables, garlic, onion, salt, and pepper. Stir until vegetables are tender.
3. Stir in parsley. Cook 1-2 minutes more.
4. Add a squeeze of lemon juice.

*Prep time: 25 minutes*

*Serves 4-6*

### Mock “Mashed Potatoes”

1 head of fresh cauliflower florets, chopped  
1 tbsp. organic vegetable broth  
1 tbsp. minced dried onion  
1/8 tsp. black pepper  
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*

### Italian Zucchini

2 large zucchini  
1 tsp. minced garlic  
2 tsp. fresh basil  
2 tsp. fresh oregano  
1 tsp. paprika  
Freshly ground pepper

1. Cut zucchini into thin 1/8 inch strips lengthwise.
2. Sauté garlic and oil in a large skillet.
3. Add zucchini and herbs. Rotate zucchini strips with tongs until zucchini is tender.

*Prep time: 25 minutes*

*Serves 4*

### Stir-Fried Cabbage

1 small head of cabbage, coarsely shredded  
3 tbsp. coconut oil  
Sea salt to taste

1. Heat oil in skillet on low.
2. Add cabbage, sautéing until tender-crisp. Season with salt.

*Prep time: 15 minutes*

*Serves 4*

### Grilled Asparagus

2 tbsp. extra virgin olive oil  
1/2 tsp. pressed garlic  
1 lb. thin asparagus, trimmed

1. Preheat oven to broil or heat grill to medium.
2. Combine oil and garlic in a small bowl.
3. Place asparagus on grill or broiler rack and brush with garlic flavored oil. Grill for 4-5 minutes. Brush and turn occasionally.
4. Asparagus is ready when outer layer is starting to crisp.

*Prep time: 7-10 minutes*

*Serves 3-4*

### Italian Green Beans

1 lb. tender young green beans, ends trimmed  
2 tsp. lemon juice  
2 tbsp. extra virgin olive oil  
Sea salt to taste

1. Boil water in a large pot. Add a pinch of salt.
2. Add green beans and boil for 3 minutes until bright green and tender. Drain and pat dry.
3. In a bowl, combine cooked beans with lemon juice and olive oil. Serve chilled or at room temperature.

*Prep time: 10 minutes*

*Serves 4-6*

### Layered Zucchini

1 lb. zucchini, cut into 1/2 inch slices  
1 lb. tomatoes, peeled and diced  
1 tsp. oregano  
1 tsp. minced onion  
1/2 tsp. sea salt  
1/2 tsp. garlic powder  
1/4 tsp. cayenne pepper

Combine all in a saucepan. Simmer until zucchini is tender.

*Prep time: 15 minutes*

*Serves 4*

## Zesty Lemon Broccoli

1 head of broccoli, chopped into thin florets  
1 tbsp. fresh squeezed lemon juice  
 $\frac{1}{4}$  tsp. lemon zest  
1 tbsp. organic butter (optional)  
Salt and pepper to taste

1. Steam broccoli florets until bright green and tender.
2. Combine with lemon juice, zest, and butter.

*Prep time: 10 minutes*

*Serves 2*

## Bunches of Broccoli

1 bunch of broccoli  
2 tbsp. organic butter  
Sea salt and cayenne pepper, to taste  
1 tbsp. fresh lemon juice

1. Steam broccoli tops until tender.
2. Melt butter in skillet over low heat. When butter begins to brown, add lemon juice, salt, and pepper.
3. Pour over hot broccoli.

*Prep time: 15 minutes*

*Serves 1*

## Sautéed Brussels Sprouts

5-6 Brussels sprouts  
1 cucumber, diced  
1 orange bell pepper, diced  
 $\frac{1}{8}$  cup extra virgin olive oil

1. Lightly steam Brussels sprouts.
2. In a pan, combine Brussels sprouts with cucumber, pepper, and olive oil.
3. Sauté briefly on medium heat until peppers are tender.
4. Add salt or spices to taste.

*Prep time: 20 minutes*

*Serves 2*

## Marinated Tomatoes

1 tomato, thinly sliced  
3-4 red onion slices  
 $\frac{1}{2}$  tsp. fresh basil  
 $\frac{1}{4}$  tsp. fresh tarragon  
 $\frac{1}{4}$  tsp. fresh oregano  
2 tbsp. lemon juice  
Salt and pepper to taste

1. Place tomato and onion slices in a shallow dish, slightly overlapping each other.
2. Combine all remaining ingredients in a separate bowl and pour over veggies.
3. For best flavor, refrigerate for at least an hour.

*Prep time: 20 minutes*

*Serves 2*

## Parsley and Parsnips

8 medium parsnips, peeled and quartered lengthwise.  
2 tbsp. extra virgin olive oil  
 $\frac{1}{4}$  cup fresh minced parsley

1. Steam parsnips over medium heat.
2. Add oil and parsley to parsnips.

*Prep time: 15 minutes*

*Serves 4-6*

## Spicy Steamed Cabbage

$\frac{1}{2}$  head of cabbage, chopped  
Juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{2}$  tsp. dry mustard  
Salt and pepper to taste

1. Steam cabbage for 5-10 minutes until slightly tender.
2. Toss with mustard and lemon juice.

*Prep time: 15 minutes*

*Serves 2*

### Sautéed Asparagus

½ lb. asparagus, cut diagonally  
1 tbsp. coconut oil  
Grated fresh ginger, to taste  
1 clove garlic, minced  
½ tsp. sea salt, optional

1. Steam asparagus until bright green and tender.
2. Heat oil in a large skillet. Add seasonings and asparagus.
3. Sauté for 2-5 minutes on medium heat.

*Prep time: 20 minutes*

*Serves 4*

### Sautéed Spinach

2 tbsp. extra virgin olive oil  
¼ cup sliced onion  
10 oz. package fresh spinach, rinsed and torn  
1 clove garlic, minced  
Salt and pepper to taste

1. Heat garlic and oil at a low heat.
2. Add spinach, stirring constantly until spinach is wilted.
3. Season with salt.

*Prep time: 10 minutes*

*Serves 2*

### Classic Stir-Fry

4 tsp. coconut oil  
1 lb. vegetables (broccoli, cauliflower, onions, green pepper, etc.)  
1 tbsp. minced garlic  
1 tsp. fresh lemon juice

1. Heat oil and garlic in a skillet over low heat.
2. Add vegetables and cook until tender-crisp.
3. Toss with lemon juice.

*Prep time: 20 minutes*

*Serves 2-3*

### Vegetable Delight

1 cup Swiss chard, chopped  
1 cup cauliflower, chopped  
1 cup broccoli, chopped  
1 cup carrots, chopped  
1 cup onions, chopped  
4 tsp. coconut oil

1. Steam chard, cauliflower, broccoli, carrots, and onions until tender-crisp.
2. In a skillet, add oil and steamed vegetables. Sauté for about 3 minutes.

*Prep time: 10 minutes*

*Serves 5*

### Stir-Fried Cucumbers

3 medium cucumbers, peeled and diced  
2 tbsp. coconut oil  
2 cloves garlic, minced

1. Heat garlic and oil in a skillet on low heat.
2. Add cucumbers and sauté for 2-5 minutes.

*Prep time: 15 minutes*

*Serves 2*

### Classic Marinated Vegetables

⅔ cup fresh lemon juice  
2-4 garlic cloves, chopped  
2 tsp. fresh parsley, basil, dill, celery seed, or fennel  
1 cup extra virgin olive oil  
4 pounds of your favorite vegetables  
½ tsp. sea salt

1. Combine lemon juice, garlic, herbs, and oil. Cover and set aside.
2. Steam vegetables until tender.
3. Toss all ingredients together and marinate overnight in refrigerator.

*Prep time: 25 minutes*

*Serves 6*

## **Tomato Cups**

6 medium tomatoes  
½ small cucumber  
2 sticks of celery  
½ cup fresh parsley  
1 tbsp. fresh mint  
1 clove fresh garlic  
2 tsp. kelp  
1 tbsp. lemon juice  
1 tbsp. extra virgin olive oil  
Sea salt to taste

1. Cut tomatoes in half, scooping out the center.
2. Finely chop all other ingredients and mix well.
3. Scoop into tomato halves and serve.

*Prep time: 15 minutes*

*Serves 6*

## **Spiced & Steamed Artichokes**

4 artichokes  
1 bay leaf  
Several slices of lemon  
6 peppercorns  
1 garlic clove, minced

1. Add peppercorns and bay leafs to a pot of water.
2. Steam artichoke above herb-infused water for 30 to 45 minutes or until tender.
3. In a small bowl, combine lemon juice, garlic, and oil.
4. Serve the artichoke with your lemon garlic dip on the side.

*Prep time: 50 minutes*

*Serves 4*

## **Vegetable Stuffed Green Peppers**

1 green pepper  
1-2 cups diced vegetables of your choice

1. Cut peppers in half, removing stem and seeds.
2. Steam pepper halves with other vegetables of your choice.
3. Fill pepper halves with diced veggies.

*Prep time: 15 minutes*

*Serves 2*

## **Veggie Kabobs**

### Marinade

2 tbsp. coconut oil  
3 tbsp chopped fresh rosemary  
2 garlic cloves, peeled and crushed  
Juice of 2 lemons

### Kabob

1 red bell pepper, cut into 2" cubes  
1 yellow pepper, cut into 2" cubes  
1 green pepper, cut into 2" cubes  
1 onion cut into 2" cubes  
24 cherry or grape tomatoes  
12 wooden skewers

1. In a bowl, mix together all ingredients for marinade.
2. Add vegetables to marinade, turning to coat all sides.
3. Refrigerate for 1 hour.
4. Skewer vegetables and grill for 3-5 minutes, brushing on additional marinade and flipping halfway through.

*Prep time: 30 minutes*

*Serves 6*

## DESSERTS

### Banana Papaya Pudding

1 banana  
1 medium papaya, seeded and chopped

Blend papaya and banana until smooth. Serve chilled.

*Prep time: 5 minutes*

*Serves 2*

### Juice Pops

4 oranges  
2 cups berries

1. Blend berries and oranges until smooth.
2. Pour mixture into popsicle holders or ice cube trays.
3. Insert popsicle sticks and freeze.

*Prep time: 5 minutes*

*Serves 6*

### Banana Ice Cream

2-3 frozen bananas  
Optional: fresh fruit toppings

1. Blend frozen bananas (in a blender or food processor) until very smooth.
2. Top with fresh fruit. Enjoy!

*Prep time: 5 minutes*

*Serves 2*

## DRESSINGS

### Lemon Herb Dressing

½ cup extra virgin olive oil  
¼ 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*

### Italian Marinade or Dressing

½ cup fresh lemon juice  
¼ cup water  
⅓ cup extra virgin olive oil  
1-2 fresh cloves garlic, peeled and minced  
¼ tsp. sea salt, optional  
1 tbsp. each of fresh, coarsely chopped oregano and basil

Refrigerate in a jar for 2-4 hours before using.  
Shake well.

*Prep time: 5 minutes*

*Serves 4-6*

### **Garlic Olive Oil Dressing**

2 cloves of fresh garlic

$\frac{1}{8}$  tsp. sea salt

Juice from half of a freshly squeezed lemon

$\frac{1}{3}$  cup flax oil

Mash garlic cloves with salt. Squeeze in lemon juice and add flax oil. Mix well.

*Prep time: 5 minutes*

*Serves 2*

### **Energy Dressing**

1 clove of garlic, minced

3 tbsp. olive oil

1 tbsp. lemon juice

$\frac{1}{4}$  tsp. sea salt

Place all ingredients in a bowl let marinate for 10-15 minutes.

*Prep time: 15 minutes*

*Serves 2*

### **Dr. Julie-Ann Holland's Candida-Friendly Dressing**

$\frac{1}{2}$  cup lemon juice

1  $\frac{1}{2}$  cups olive oil

2 tbsp. minced ginger

$\frac{1}{3}$  cup minced garlic

Blend all ingredients until creamy. Keeps for up to five days in refrigerator.

*Prep time: 5 minutes*

*Serves 6-8*

## **CONDIMENTS AND SAUCES**

### **Chunky Guacamole**

1 medium avocado

2 tbsp. fresh squeezed lemon juice

1 large tomato, chopped

2-4 green onions, chopped

$\frac{1}{2}$  tsp. garlic powder

Cayenne powder to taste

Mash the avocado with a fork. Add all ingredients and mix well.

*Prep time: 10 minutes*

*Serves 4-6*

### **Classic Guacamole**

2 ripe avocados

$\frac{1}{4}$  tsp. garlic powder

1 tbsp. fresh lemon juice

$\frac{1}{2}$  tsp. dried oregano

$\frac{1}{4}$  tsp. ground cumin

Salt and pepper to taste

Place ingredients in a food processor and process to your desired smoothness. Chill, if desired, before serving.

*Prep time: 10 minutes*

*Serves 8-10*

### **Classic Salsa**

2 tomatoes, chopped  
½ red onion, chopped  
1 jalapeno pepper, seeds removed and chopped  
Chopped cilantro and parsley, to taste  
Juice of ½ a lime  
Salt and pepper to taste

Combine all ingredients in a bowl and mix well.  
For best flavor, refrigerate for at least an hour before serving.

*Prep time: 10 minutes*

*Serves 2*

### **Fresh Tomato Salsa**

3 large roma tomatoes, peeled and chopped  
1 tbsp. crushed jalapeno peppers  
4 green onions, chopped  
2 tbsp. fresh lime juice  
Pinch of finely chopped red chili peppers

1. Combine all ingredients in a bowl and stir.  
2. Refrigerate for one day before serving to allow flavors to blend (optional).

*Prep time: 15 minutes*

*Serves 2-3*

### **Homemade Tomato Sauce**

2 leaves fresh basil, chopped  
Small handful of loosely packed parsley, chopped  
1 small onion, peeled and chopped  
1 tbsp. extra virgin olive oil  
3 medium ripe tomatoes, cored and diced  
Salt and pepper to taste

1. Sauté onion, basil, and parsley in a saucepan for 2 minutes in extra virgin olive oil.
2. Add tomatoes, salt, and pepper.
3. Bring to a boil. Reduce heat and cook (partially covered) for 20 minutes, stirring occasionally.
4. Pour mixture into blender or food processor and puree until smooth.

*Prep time: 25 minutes*

*Serves 2-3*

## **DETOX DRINK**

### **Detox Lemonade**

1 ½ cups fresh lemon juice  
2 quarts distilled water  
2/3 cup pure maple syrup\*

\*Men may add more (to meet their higher calorie needs) if desired.

Combine all ingredients. Mix well.

*Prep time: 2 minutes*

*Serves 1*

# EXAMPLE MENUS

## DAY 1: Prep Day 1

**Breakfast:** Meal Shake

**Snack:** –

**Lunch:** Harvest Salad

**Snack:** Snack Shake

**Dinner:** Bunches of Broccoli & Italian Zucchini

**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 7: Transition Day 2

**Breakfast:** Chocolate Dream

**Snack:** –

**Lunch:** Classic Green Salad

**Snack:** Snack Shake

**Dinner:** Vegetable Stuffed Green Peppers & Fresh Garden Salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 2: Prep Day 2

**Breakfast:** Chocolate Dream

**Snack:** –

**Lunch:** Nori & Avocado Salad

**Snack:** Snack Shake

**Dinner:** Classic Stir-Fry & side salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 8

**Breakfast:** Berry Salad

**Snack:** Snack Shake

**Lunch:** Guacamole & Salsa Lettuce Wraps

**Snack:** –

**Dinner:** Steamed Artichokes & Mock “Mashed Potatoes”

**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 3-5: Detox Days 1-3

**All Day:** No food today. Detox Lemonade (pg. 72).

## DAY 6: Transition Day 1

**Breakfast:** Fruit Smoothie

**Snack:** Snack Shake

**Lunch:** Layered Zucchini

**Snack:** –

**Dinner:** Spicy Taco Crunch Wraps & Fresh Garden Salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 9

**Breakfast:** Classic Stir-Fry

**Snack:** –

**Lunch:** Nori & Avocado Salad

**Snack:** Snack Shake

**Dinner:** Sautéed Brussels & Marinated Tomatoes

**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 10

**Breakfast:** Citrus Berry Splash  
**Snack:** Snack Shake  
**Lunch:** Mediterranean Salad  
**Snack:** –  
**Dinner:** Veggie Chowder & side salad  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 11

**Breakfast:** Chocolate Dream  
**Snack:** –  
**Lunch:** Nori & Avocado Salad  
**Snack:** Snack Shake  
**Dinner:** Creamy Celery Soup & side salad  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 12

**Breakfast:** Pina Colada  
**Snack:** Snack Shake  
**Lunch:** Belgian Endive Delight & Carrot “Stuffing”  
**Snack:** –  
**Dinner:** Melted Tomato & Zucchini Wraps  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 13

**Breakfast:** Berry Salad  
**Snack:** –  
**Lunch:** Fennel and Orange Salad  
**Snack:** Snack Shake  
**Dinner:** Lemon Broccoli & Marinated Tomatoes  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 14

**Breakfast:** Classic Stir-Fry  
**Snack:** Snack Shake  
**Lunch:** Savory Vegetable Soup  
**Snack:** –  
**Dinner:** Sautéed Asparagus & side salad  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 15

**Breakfast:** Citrus Berry Splash  
**Snack:** –  
**Lunch:** Confetti Salad  
**Snack:** Snack Shake  
**Dinner:** Sautéed Spinach & Lemon Broccoli  
**Other:** Can replace 1-2 meals with a Nutritional Shake

---

## DAY 16

---

**Breakfast:** Chocolate Dream

**Snack:** Snack Shake

**Lunch:** Mediterranean Salad

**Snack:** –

**Dinner:** Veggie Kabobs & side salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

---

## DAY 19

---

**Breakfast:** Pina Colada

**Snack:** Snack Shake

**Lunch:** Sautéed Brussels Sprouts

**Snack:** –

**Dinner:** Vegetable Stuffed Green Peppers & Fresh Garden Salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

---

## DAY 17

---

**Breakfast:** Meal Shake

**Snack:** –

**Lunch:** Nori & Avocado Salad

**Snack:** Snack Shake

**Dinner:** Vegetable Delight & Spring Garden Salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

---

## DAY 20

---

**Breakfast:** Citrus Berry Splash

**Snack:** –

**Lunch:** Spicy Steamed Cabbage

**Snack:** Snack Shake

**Dinner:** Veggie Chowder & side salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

---

## DAY 18

---

**Breakfast:** Berry Salad

**Snack:** Snack Shake

**Lunch:** Parsley and Parsnips

**Snack:** –

**Dinner:** Heavenly Marinated Vegetables & side salad

**Other:** Can replace 1-2 meals with a Nutritional Shake

# CALORIE INDEX

<b>Vegetables</b>	<b>Calories</b>	<b>Serving Size</b>	<b>Measurement Unit</b>
<i>Artichokes</i>	42	1/2	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	1/2	Cup
<i>Dandelion greens</i>	25	1	Cup
<i>Eggplant</i>	20	1	Cup
<i>Endive</i>	4	1/2	Cup
<i>Escarole</i>	4	1/2	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
<i>Onion</i>	46	1	Cup
<i>Parsley</i>	1	1	Tablespoon
<i>Parsnips</i>	100	1	Cup

<b>Vegetables</b>	<b>Calories</b>	<b>Serving Size</b>	<b>Measurement Unit</b>
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

<b>Fruits</b>	<b>Calories</b>	<b>Serving Size</b>	<b>Measurement Unit</b>
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
Honeydew	61	1	Cup
Kiwi	110	1	Cup
Lemon	61	1	Cup

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

<b>Nuts and Seeds</b>	<b>Calories</b>	<b>Serving Size</b>	<b>Measurement Unit</b>
Almonds	265	½	Cup
Cashews	360	½	Cup
Pecans	342	½	Cup
Pumpkin seeds	143	½	Cup
Sesame Seeds	413	½	Cup
Walnuts	327	½	Cup

<b>Miscellaneous</b>	<b>Calories</b>	<b>Serving Size</b>	<b>Measurement Unit</b>
Annie's Lemon Chive Dressing	55	1	Tablespoon
Bragg's Liquid Aminos	0	1	Tablespoon
Butter	102	1	Tablespoon
Coconut Aminos	15	1	Tablespoon
Coconut oil	117	1	Tablespoon
Coconut water	46	1	Cup
Extra virgin olive oil	119	1	Tablespoon
Flaxseed oil	130	1	Tablespoon
Nutritional Shake	90	1	Scoop
Pure maple syrup	52	1	Tablespoon
Raw honey	64	1	Tablespoon
Solutions4 Fiber Sweetener	30	1	Tablespoon
Stevia	0	1	Tablespoon
Vegetable broth (Pacific)	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.

### ***RAW, ORGANIC NUTS***

Most health food stores carry a selection of organic nuts, though raw nuts can be difficult to find. If you have trouble, diamondorganics.com and organicfruitsandnuts.com have a good selection of high quality nuts.

### ***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.