

# **3-WEEK LIPO LIGHT PROGRAM**

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# THE 3-WEEK LIPO LIGHT PROGRAM

## PROGRAM BREAKDOWN



✓	Products and Services Received	Per Unit	Price
1	3-Week Lipo Light Supplements and Products	\$330.00	\$330.00
9	Lipo Light Spot Reducing Treatments	\$333.00	\$2,997.00
9	Whole Body Vibration Treatments	\$30.00	\$270.00
9	Sauna treatments for detoxification	\$30.00	\$270.00
3	Weekly Evaluations to review progress	\$50.00	\$150.00
3	Self Mastery Technology (SMT)	\$30.00	\$90.00
1	Follow up Evaluation at the completion of this program	\$75.00	\$75.00
	24 Hours a day phone access to the Doctor and Staff		Priceless!
	Total Price for Everything		\$4,178.00
	Your Price		

# **3-Week Lipo Light Program**

**Welcome and Congratulations!**

**This is an important decision towards improving your wellness and overall lifestyle!**

We share the mutual desire of you reaching all of your wellness goals involving the Lipo Light. In order for you to reach these goals, we have provided a few points to educate you on achieving your best results. It is important to manage your expectations according to an appropriate diet, lifestyle and exercise program incorporated in conjunction with your Lipo Light treatment protocol.

## **Ensure Your Best Results**

- Drink plenty of water after every treatment.
- Do not eat 2 hours before or 2 hours after treatment.
- All visits should be 36-72 hours apart. (So please don't miss your appointments!)
- Incorporate Whole Body Vibration (WBV) post treatment for 10 minutes
- Incorporate Infrared Sauna post treatment for 20 minutes.
- Ensure you undertake physical activity following each treatment to maximize your results.
- Manage calorie intake; excess calories will counter act the Light Treatments.
- Alcoholic beverages and high sugar content drinks must be avoided.
- Make sure to take all of your supplements outlined in the Daily Checklists, especially Cellulite Cleanse.

# **Information on the Lipo Light**

## **No Surgery, No Pain, No Downtime**

The Lipo Light enables all the efficacy of liposuction without the surgery, pain and long recovery time. Instead of removing the fat cell, it drains it.

## **How it Works**

- Non-invasive Lipo Light technology works with patented LED pads that are strapped over the skin.
- The heat and light emitted from the pads safely penetrate the patient's skin, stimulating the release of triglycerides from the targeted adipose (fat) cells.
- Triglycerides are compounds of free fatty acids, water, and glycerol. They are released into the bloodstream to circulate throughout the body.
- This process—called lipolysis—is not only natural, it is essential for the human body to function.
- The human body converts its caloric intake into energy stored as triglycerides in adipose (fat) cells. Normally, the adipose cells release stored triglycerides when the body needs energy.
- The problem is sometimes—for a myriad of reasons—the body stores more energy than it needs in its fat cells. The result is excess weight.
- Lipo Light works synergistically with the body's natural weight loss mechanisms, targeting this excess energy storage and further stimulating the body to undergo its natural process of releasing triglycerides from adipose (fat) cells.
- Once released, the free fatty acids (part of triglycerides compound) are used by the body as an energy source.
- The adipose cells “shrink” significantly, resulting in impressive visible slimming and toning for patients – but only in the areas you want.

## **Post Treatment**

- A 10-minute whole body vibration session post Lipo Light will help you continue to burn free fatty acids (part of triglycerides compound) within the body and help stimulate the lymphatic system.
- A 20-minute session in the infrared sauna further stimulates the lymphatic system for ultimate detoxification resulting in permanent inch loss.
- It is also highly recommended that you exercise within 3 hours of receiving treatment to further promote the natural process of releasing triglycerides.

## **What is the protocol?**

The standard treatment protocol is **3 treatments weekly for 3 weeks**. The treatment time can vary from 20-30 minutes per session. However, treatments may continue longer as needed to achieve desired results.

**What is released when adipose cells are permeated with Lipo Light?**

Triglycerides: Water, Glycerol and Free Fatty Acids (FFA).

**What are Free Fatty Acids and Glycerol?**

Free fatty acids are the byproducts of broken down adipose cells. These acids are described as “free” because they can be transported in the bloodstream without the aid of any other carriers. Triglycerides are formed by combining three fatty acid molecules with one glycerol molecule. Each fatty acid molecule is an extended chain of carbon and hydrogen atoms. The process of hydrolysis separates the stored fats into its two separate compounds, fatty acids and glycerol. Glycerol has properties similar to alcohol and sugar; after the release by the adipose cells, the glycerol is passed through the bloodstream and returned to the liver for a conversion into a useful energy source – glucose.

**Anatomically, where is the fat stored under the skin?**

Fat is usually stored in the subcutaneous layer and is located approximately 8mm below the surface of the skin.

**Where do the Free Fatty Acids go?**

Once the free fatty acid leaves the cell, it enters the interstitial space. It is then absorbed by the lymphatic system, bound to the albumin, transported via afferent lymph vessels to the sentinel node, broken down via lipases, and dumped into the circulatory system where the debris can then be processed by the liver (Fatty Acid Oxidation). Some of the free fatty acids are converted to triglycerides in the liver and returned to the plasma. The rate of turnover and metabolic disappearance of fatty acids from the plasma is known to be extremely rapid as their half-life in the plasma is about 1½-2½ minutes. Free fatty acids combine with oxygen to produce energy. The free fatty acids released from adipose tissue can be utilized anywhere there is energy needed within the body. The ultimate destination of the released fatty acid is to the mitochondria of the subject’s cells that require energy. The Mitochondria is the powerhouse of every cell.

**Where does the Glycerol go?**

The liberated glycerol is not utilized again for triglyceride synthesis. It can diffuse rapidly into the blood and once passed into circulation undergoes a dilution process. Glycerol will diffuse widely and rapidly throughout the total body water, disappears from the blood stream and appears in urine. The rate of turnover (and the metabolic disappearance of glycerol from the plasma) is estimated to be about 30 minutes. Glycerol is hence rapidly excreted in the urine. Additionally, after being released from the adipose tissue, glycerol is passed through the bloodstream for return to the liver for conversion into a useful energy source - glucose.

**Is light therapy scientifically documented?**

Light therapy is not new. There are thousands of published studies that describe the positive effects of light therapy. It’s been used for many ailments ranging from chronic pain to wound healing to hair growth. What is new is light being used to target fat cells. Medline is a very good

database search engine that can provide abstracts and can sell literature. There are also many books on the subject.

**Are there any side effects?**

No, it is safe, painless and completely non-invasive. It is an entirely natural process, simply replicating your normal bodily functions but in a targeted area.

**Can everyone receive Lipo Light treatments?**

A physician should be consulted before using the Lipo Light if the client has any of the following: pregnancy, epilepsy, immune-suppressive disorders, thyroid gland dysfunction, uncontrolled hypertension, pacemakers, cancer, heart disease or cardiac arrhythmias, liver or kidney disorders. Lipo Light is not recommended for anyone under the age of 18.

**What results can one expect from the Lipo Light treatment?**

Male and female clients have lost inches in known problem areas, such as love handles, tummy bulges, underarm wings, saddlebags, and post-baby belly, quite significantly within a few treatments. Results differ from person to person, but Lipo Light may deliver effective results in just one treatment! In addition, you can greatly improve and sustain your results and sustain by committing to a healthy diet and exercise regime.

**Who is the ideal candidate for Lipo Light?**

Women or men who want to improve any problem areas such as: the back of the arms, the upper and lower abdomen, chin/neck and jowls, calves, knees, upper and lower back, inner and outer thighs, buttocks, love handles, and the male chest. The most immediately noticeable results are often shown on patients who exercise regularly, are not obese, or just have localized fat deposits that they cannot get rid of with diet or exercise.

**How is Lipo Light different from other inch loss treatments?**

There are other devices on the market that use lasers, electronic pulses, ultrasound or radio frequency. Of course, there are also invasive liposuction surgical treatments. Lipo Light is completely non-invasive. The treatment is quick, comfortable, effective, and extremely relaxing. There is no required down time following treatment. In fact, we encourage activity. Besides assisting the body in flushing fat and waste, Lipo Light is also beneficial for cell regeneration and pain relief.

**Why is receiving multiple treatments recommended?**

Lipo Light results are cumulative; each treatment builds on the success of the previous. The LED paddles work to a certain depth, then they work deeper the next treatment, and so on. The treatments also tighten your skin in the area from which the fat was removed and this too is most effectively accomplished over a course of treatments.

**How long will the results last?**

Results are permanent! As long as your weight, diet and exercise is maintained, follow-up

treatments are not necessarily needed. Although one treatment performed now and again will be good incentive to keep you in control.

### **What happens after each treatment?**

You will spend 10 minutes on a whole body vibration machine to help you continue to burn free fatty acids and stimulate your lymphatic system. Additionally, you'll spend 20 minutes in the infrared sauna to further promote circulation and detoxification. It is also highly recommended that you exercise within 3 hours of receiving treatment to burn off the released energy, further promoting the natural fat-burning process.

### **What does post vibration platform exercise do?**

The underlying mechanism with whole body vibration is elicitation of muscular activity. The effects include increased blood flow, oxygenation and heat with release of hormone responses comparable to that found after resistance type exercise.

Vibration exercise elicits a mild cardiovascular activity, and muscular mechanisms of fatigue, requiring energy. While fat, in the form of Fatty Acids, is a very desirable energy source, it is dependent on the presence of oxygen to be useful.

### **Whole Body Vibration acts in two ways:**

**(a)** Stimulates muscles, which creates the need for energy. Free Fatty Acids are released by the Lipo Light which combine with oxygen and produce the energy needed for these muscles.

**(b)** In circumstances where the energy is required by the body more quickly than oxygen can be delivered to the required location, the body will switch to its less energy efficient anaerobic system. When the body is using one of its anaerobic energy systems, it cannot utilize Free Fatty Acids, but it will simply generate less energy with a resulting greater depletion rate of glucose. This glucose is obtained from the released Glycerol and its conversion in the liver.

A total length of 10 min on the Whole Body Vibration (exercise application) is equivalent to length and intensity of training stimulus that can be reached by performing 150 times leg press or half squat exercises with extra loads of 3 body mass twice a week for 5 weeks.

### **How many calories are burned in a 10 min session on the Whole Body Vibration at levels 1, 2 and 3?**

A 10 minute Whole Body Vibration session could yield significant calorie loss. This could increase with intensifying the activity while on the machine. Note: It has been calculated that 10 minutes on the K1 Whole Body Vibration machine would be similar to approximately a 6-10 km walk (3-6 miles).

### **How does the sauna help in this treatment?**

### **Weight Control**

As our body expends energy to produce sweat (1 gm sweat requires 0.586 kcal) a moderately conditioned person can easily sweat off up to 1000 gms or more in a sauna session - **the equivalent to running 10-15 kms (6-9 miles)**. While this weight loss can be regained by re-hydration with water, the calories consumed will not. This is a valuable system for those who don't exercise and those who cannot exercise yet want **an effective weight control and fitness program**, along with the benefits that regular exercise brings.

### **How Does It Benefit Us?**

Because infrared rays penetrate the body over 1-1/2 inches throughout conversion, there is a deep heating effect in the muscle tissues and internal organs without giving too much burden to our heart.

Our body reacts to the increased heating through the **natural cooling process of perspiring**. Through the perspiration process, **acid and waste residue** like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic heavy metals **are removed from the cells** (especially zinc, lead, nickel, cadmium, etc). Also, the pores of our skin open and discharge waste products, the skin sheds any old skin cells, leaving it glowing and immaculately clean, with improved tone, elasticity, texture and color. The deep penetrating heat also stimulates the heart to send more blood to the body cells to increase blood circulation, which improves many symptoms.

### **What Is Infrared?**

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between, through a process called **conversion**.

The infrared is divided into 3 segments by wavelengths, measured in microns; 0.76-1.5 microns-near; 1.5-5.6 microns-middle; 5.6-1000 microns-far infrared. Among these segments, only far infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.

### **How Safe Is It?**

Because infrared is part of the sunlight, it's completely safe to use. Health professionals have used red infrared heat lamps for decades to **treat muscle and joint problems**. In hospital baby care units, incubators are often equipped with infrared heating systems to **keep newborn babies warm**.



# FOOD LIST

The amount of vegetables consumed on the Solutions4 program is unlimited. Use the list below for successful eating.

- Vegetables may be steamed for four minutes or stir fried over low heat; however, for *best results*, *½ of vegetable intake should be raw*.
- Vegetable intake should be twice the amount of fruit intake.
- Use organic whenever possible, frozen is okay, no dried or canned fruits and vegetables.
- Fresh juices made from vegetables and juices are allowed.
- Standard serving size is ½ cup.
- Fresh herbs and spices may be used. Organic dried spices may be used as long as they are not expired or old.

## **Vegetables (Always best eaten raw, but if you must cook, lightly steam them)**

Artichokes	Eggplant	Pimentos
Alfalfa sprouts	Fennel	Radish
Asparagus	Garlic	Rhubarb
Bamboo shoots	Green Beans	Rutabaga
Bean sprouts	Green Onions	Shallots
Beets	Jicama	Snap Beans (Edible Pods)
Bok Choy	Kohlrabi	Snow Peas (Sugar Peas)
Broccoli	Lima Beans	String Beans
Brussels sprouts	Leek	Sprouts
Buckwheat sprouts	Mung Bean Sprouts	Sunflower Sprouts
Cabbage, Chinese	Okra	Tomatillos
Cabbage, Red	Olives	Tomatoes
Carrots	Onion	Turnips
Cauliflower	Parsley	Water Chestnuts
Celery	Parsnips	Wheat Grass
Chard	Peas	Zucchini
Chives	Pepper, Green	
Cucumber	Pepper, Red	

## **Lettuce and Greens**

Arugula	Dandelion Greens	Oakleaf
Beet Greens	Endive	Radicchio
Belgian endive	Endigia (Red Endive)	Red Leaf
Bib lettuce	Escarole	Romaine
Boston lettuce	Green Leaf	Spinach
Butter Lettuce	Iceberg	Swiss chard
Cress	Kale	Watercress
Collard Greens	Mesclun	
Curly Endive	Mustard Greens	

**Fruits**

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

**Approved Oils: (Serving size 1 TBSP. if used for dressing, 1tsp for stir fry) use as needed**

Coconut Oil – (A great substitute for butter!)

Extra-virgin olive oil

Flaxseed Oil – (Great for dressings. Keep refrigerated, do not heat.)

Grape seed oil

\*Use cold-pressed and unprocessed

**Dairy**

Organic Butter – occasionally

**Salt and Spices:**

Salt – Real Salt or Celtic Sea Salt

Fresh herbs and spices may be used. Organic dried spices may be used as long as they are not expired or old.

**Juices:**

Fresh Vegetable Juices

**Water:**

Distilled Water (Use during lemonade detox)

Filtered Water

Purified Water

Spring Water

\*Remember to drink a minimum of half your body weight in ounces

\_\_\_\_\_ (body weight)/2= \_\_\_\_\_ ounces of water intake a day

**AVOID GROUP:**

Alcohol, Caffeine, tobacco or other stimulants

All Coffee and tea (including herbal)

All Dairy – All hard cheese are made from mold (Organic butter is the only exception)

All sugars including: refined sugar, fructose, corn syrup, honey, molasses, date sugar and maple sugar.  
(Maple syrup is allowed on detox days)

Mixed seasonings and spice rubs like Mrs. Dash etc.

All white flour and white flour products.

All pastries, bread, crackers, pastas, etc.

All Grains

All Meat

Processed or Refined Foods

- Yeast or products containing yeast

- Refined White Flour

- Refined White Sugar

MSG or Chemicals

Starchy Vegetables:

- Hominy

- White Rice

- Yams

- Potatoes

- Corn

- Dried Beans

## DETOXIFICATION

We are committed to your health, vitality and appearance. We continue to research and develop products and programs that offer total body wellness.

Because of the need for individuals to regularly rid their bodies of accumulated toxins and waste materials, Beneficial International, the parent company of Solutions4, has spent many years in the development and perfection of the ultimate detoxification and body cleansing program. Designed with the aid and interaction of physicians, nutritionists, and herbalists, the Solutions4 Detoxification Program has helped thousands of people in their quest for health and vitality.

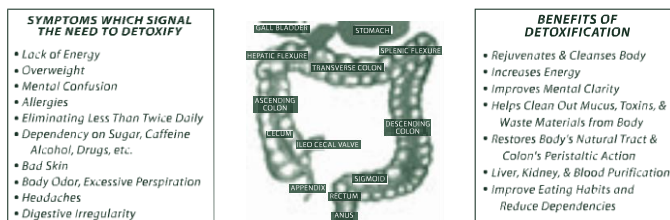
Detoxification is one of the most important factors in the promotion of good health and disease prevention. The Solutions4 Program helps the body to cleanse itself of toxins, mucus and other waste materials in the intestinal tract and major vital organs, improving the way they function. This not only restores new energy to the vital organs, but to the entire body as well.

Solutions4 offers one of the original Detoxification Programs. Our natural formulas have been in use since 1979 – long before detoxification was a popular concept. This history gives you confidence that you are using a program that is safe and effective.

Detoxification can be part of a health maintenance and prevention program when used 3 to 4 times per year. Though it is not a “cure-all”, it is a positive way to start addressing many undesirable body conditions, such as allergies, acne, arthritis, skin problems, cellulite, obesity, etc.

### Benefits of Detoxification:

- An increase in energy is experienced.
- The digestive tract can rid itself of accumulated waste and putrefied bacteria. (Typical loss is between 2-8 lbs. of water and waste during a 3 day cleanse.)
- Liver, kidneys and blood are purified and function more effectively.
- The peristaltic action of the colon is strengthened.
- A mental clarity occurs that is not possible under the constant bombardment of chemicals and food additives.
- Physical dependency on habit-forming substances such as refined sugar, caffeine, nicotine, alcohol and drugs is greatly diminished.
- Bad eating habits are broken. As you come off the program, it is easier to make wiser food choices.
- The stomach has a chance to return to normal size, making it easier to control the quantity of food eaten.



TYPICAL (UNHEALTHY) COLONS

## HEALING CRISIS

The body has natural cleansing abilities that help to expel unnecessary or harmful substances. Four eliminative organs of the body are: the bowels, the skin, the lungs, and the kidneys. These systems are in use all the time, working to keep the body clean and healthy.

When an invader enters the body, the natural process is for the body to remove that invader through eliminative organs. This can happen through diarrhea, vomiting, perspiration (fever), coughing, mucus, or nasal discharge. These natural healing abilities are often under used, as the common response to illness or discomfort is to take chemical medications for symptom relief. We suppress the body's natural eliminative processes through anti-diarrhea drugs, antihistamines, fever reducers, antibiotics and others to keep our bodies from cleansing in the natural way. The "stuffing drugs" that we use drive the virus and bacteria back into the tissues where it can remain until the next immune system crash. Immediate symptoms are managed, but long-term health problems are often the result. For instance, a steroid (cortisone) ointment used for a skin condition may clear up immediate symptoms, but later a more serious problem may occur, such as asthma. In turn, bronchodilators may control the asthma, but may cause depression. In the effort to relieve a patient's symptoms, the real causes of the patient's condition have been overlooked. In addition to environmental toxins and the unhealthy foods that we consume, these types of chemical stuffers contribute to our need to detoxify regularly. A cleansing process such as Detoxification takes these substances out of storage and into circulation to be eliminated. This occasionally causes unpleasant symptoms for a short time. The consumption of caffeine, refined sugar, alcohol and other substances also contributes to the effect that is known as a "healing crisis."

During detoxification and the days following, many people experience some of the signs of a healing crisis, which may include: headaches, skin breakouts, bowel sluggishness, diarrhea, fatigue, sweating, frequent urination, congestion, nasal discharge, or body aches. A few may also briefly experience anxiety, irritability or mental depression.

You must understand that your body is going through cleansing and detoxification. It is throwing out poisons using the energy it has saved from the hard-to-digest meals that have been discontinued. This is your body's natural way of cleansing, and is a positive occurrence.

The best way to encourage your body's natural cleansing methods is to not use over the counter drugs to stop the cleansing process. (Prescription medication should NOT be discontinued without a medical doctor's approval). They may make you feel better in the short term, but do so by driving toxins back into the tissues. Drink plenty of water to facilitate the process and get some rest.

The healing crisis generally lasts from just a few hours to a few days. The healthier one's body is to begin with, the fewer symptoms there will be. The more the 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 the diet is abrupt, and less so if it is gradual. This is why detoxification preparation days are so important. Each healing crisis is followed by increased vitality and improved wellbeing.

Please be aware that it is just as important for your body to come off detoxification correctly as it is to detoxify. Your body is in a cleansing mode and will continue until clogging foods are reintroduced. As you finish Detoxification, continue taking the herbs until they are gone. Many of the ill-feeling symptoms that you may have been experiencing will have already begun to disappear. In fact, the three

day cleanse is pretty dramatic. You will have lost 2-8 pounds, and will have begun eliminating some of the 5-27 pounds of waste that are being stored in the colon. If you are on medication, ask your prescribing doctor to work with you as you go through this program. Start consuming fresh fruit, 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. Slowly work your way back into foods after detoxification. Your body is now clean and will no longer tolerate abuse. A couple of beers will make you drunk, and you may become ill after eating pizza, and a candy bar may give you a headache. All these foods are very unhealthy and your clean body is simply more sensitive to toxins.

Contact your Health Care Practitioner for specific questions on Healing Crisis.

Detoxification is a wonderful way to begin a healthy lifestyle. Done 3-4 times per year, the body is stronger, cleanser, and better able to resist illness.

## FREQUENTLY ASKED QUESTIONS ABOUT DETOXIFICATION

*Will the lemon juice mixture cause too much acid for my sensitive stomach?* Although the lemon is an acidic fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance within the body.

*Is detoxification safe?* Absolutely. Body cleansing for health is a concept that has been in use for thousands of years. This type of internal cleanse has been used safely for periods of up to 2 months over the last 30 years. Solutions4 recommends detoxification for 3-10 days only, 3 to 4 times per year. See your Health Care Practitioner for specific directions.

*Can I detoxify if I have hypoglycemia?* Detoxifying is especially beneficial to those with hypoglycemia. Just be sure to use only pure maple syrup in the lemon juice mixture. Honey or other sweeteners will trigger an unhealthy insulin response. Solutions4 APPETITE APPEASER will also help to regulate blood sugar levels.

*How does detoxification affect cellulite?* Cellulite is waste materials trapped in connective tissue and fat cells, and it is very resistant to ordinary dieting and exercise. While Detoxification will not remove cellulite, it does cleanse the intestinal tract and the body's liquid waste system, thereby speeding up the elimination of toxins from the body, which aids in cellulite removal. Improved results can be achieved when done in conjunction with Solutions4 Body Contouring Wraps.

*Will I have energy during the cleanse?* As toxins are expelled from the system, the energy levels rise. It may take a day or two for this effect to occur. 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 rather than drinking it all at once. Solutions4 recommends reducing physical activity on detoxification days.

*Why is it important to use distilled water?* Distilled water is pure, which means it has no chemicals or bacteria to interfere with the cleansing process. We recommend continuing to use distilled and /or pure spring water after your cleansing program. Do not use bottled mineral water since it may contain concentrations of heavy metals. Soft water is also a poor choice because of its high sodium content.

*Will I suffer hunger pains during detoxification?* Yes, you might and if you do, simply drink the lemon juice mixture more often. Since this mixture is food already in liquid form, it gets into the bloodstream faster and allays hunger. You might think you are hungry because you aren't chewing food, but with the mixture you are getting the nutrients you need.

*Why is it important to use pure maple syrup?* First, pure maple syrup contains many minerals and vitamins. For this reason, it will provide the body with energy. Second, pure maple syrup is a balanced, natural sweetener and can be used without causing an insulin response. Because of this, hypoglycemics can use the program without fear of lowering or raising blood sugar levels.

*Won't the lemon juice mixture cause too much acid for my sensitive stomach?* No. Even though lemon is an acid fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance.

## **SUPPLEMENTS INCLUDED IN THE**

### **3-WEEK LIPO LIGHT PROGRAM**

#### **ANTI CELLULITE LOTION**

MAINTAIN anti-cellulite lotion should be applied immediately after showering or bathing, on all days in between body wraps. May also be used as an everyday circulation lotion as well. Apply to dry skin in a circular motion, treating the problem areas of the hips, buttocks, thighs, upper arms, etc.

#### **APPETITE APPEASER**

Helps to appease the appetite naturally and lessen nervous tension while dieting. This blend of 11 natural herbs also works together to assist the body in breaking down and dissipating excess fat from around the heart and other vital organs. It also produces the “fat burning” enzymes, and increases energy levels naturally.

#### **BODY PURIFIER**

A combination of 11 herbs that work together to help rid the liver, kidneys, and bowels of accumulated toxins and other waste materials. Helps to purify the blood stream and cleanse the lymphatic system.

#### **CELLULITE CLEANSE**

Stimulates the circulatory system and the lymphatic system to pick up all stored water retention, toxins and waste materials (main contributors to cellulite) harboring in the connective tissues. It then promotes the elimination function for these unwanted substances.

#### **EXERCISE GEL**

Get the most out of your workout with Exercise Gel. When applied before exercising, this innovative gel warms muscles and increases circulation. Typically, fatty tissues have less circulation, making these areas more difficult to target. HEAT draws blood to those areas, helping you get maximum results from every workout.

#### **FIBER BLEND**

This excellent source of fiber is essential in the fight against obesity. By speeding up the body's food processing time, the important vitamins, minerals, and other nutrients are absorbed from the food. This helps to maximize the body's efficiency without calories. This formula also helps lower cholesterol levels in the blood, cleanses the intestinal tract, and combats constipation.

#### **NUTRITIONAL SHAKE**

An all-natural, 180-calorie, sugar free balanced meal, for healthy weight loss and blood sugar management. This shake easily mixes with water and is available in chocolate, vanilla, strawberry, and orange cream.



### **INTESTINAL CLEANSER**

This formula is a superb combination of 9 herbs that have an extremely beneficial effect on the entire intestinal tract. It is also a bowel tonic and rebuilding formula. It helps improve intestinal absorption of vital nutrients while decreasing the absorption of toxins.

### **MULTIVITAMIN/MINERAL**

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 diet. Multivitamin/mineral is a great way to get them all into your diet.

### **VITAMIN D**

This easily absorbed liquid gel form of Vitamin D boosts the immune system and helps the body absorb more nutrients. When the body absorbs the proper amount of Vitamin D and the immune system is working smoothly, the risks of disease and infection are significantly lowered. This vitamin also helps with high blood pressure, heart disease, and with depression, which leads to overeating.

## **How to Take Your Supplements during Your 3-Week Lipo Light Program**

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 a myriad of supplement companies that can allow for a large percentage of fillers in each bottle.

Due to the purity of the product you are receiving, it is essential you follow proper instruction on how to take your daily supplements.

Here are our recommendations:

- Place all your supplements in bags according to the time of day you will be taking them.
  - AM bag
  - PM Bag
- Always take your supplements with food in your stomach.
  - During Lemonade detox days, take with mixture in your stomach.
- Only take 3-4 supplements at a time and wait 30 minutes before taking more.
- Continue this process until all supplements are gone.
- Finish taking all supplements before 6:00pm.



# Day 1

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

Only consume approved fruits and vegetables.

**AM SUPPLEMENTS:**☐ Appetite Appeaser: 2    ☐ Cellulite Cleanse: 2    ☐ Multivitamin/Multimineral: 2    ☐ Vitamin D: 2

BREAKFAST:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
MIDMORNING SNACK:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
LUNCH:	CALORIES	CIRCLE ONE
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
MID-AFTERNOON:		
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo

**PM SUPPLEMENTS:**☐ Appetite Appeaser: 2    ☐ Cellulite Cleanse: 2    ☐ Multivitamin/Multimineral: 2    ☐ Vitamin D: 1

DINNER:	CALORIES	CIRCLE ONE
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo

**CALORIES YOU ARE ALLOTTED FOR THE DAY:****TOTAL CALORIES YOU ATE:**

V = YES x = NO (Check Daily)

- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Did you track your calories?
- ☐ Did you stay within your Calorie Budget?
- ☐ Drink ½ your body weight in ounces? \_\_oz.
- ☐ Did you exercise? \_\_\_\_\_ Min
- ☐ Did you apply Exercise Gel to problem areas before exercising?
- ☐ Did you apply Anti-Cellulite Cream after showering?

- ☐ Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: \_\_\_\_\_
- ☐ Hours of Sleep received last night \_\_\_\_\_ hrs

## Day 2

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

Prep day. Only consume approved fruits and vegetables.

**AM SUPPLEMENTS:**☐ Appetite Appeaser: 2    ☐ Cellulite Cleanse: 2    ☐ Multivitamin/Multimineral: 2    ☐ Vitamin D: 2

BREAKFAST	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
MIDMORNING SNACK:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
LUNCH:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
MID-AFTERNOON:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
PM SUPPLEMENTS:		
<input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Cellulite Cleanse: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Vitamin D: 1		
DINNER:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
CALORIES YOU ARE ALLOTTED FOR THE DAY:		
TOTAL CALORIES YOU ATE:		
✓ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? ___oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

## Day 3 - Detox (Day 1)

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

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 2      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

9:00 a.m. – 2:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

Use Exercise Gel on problem areas BEFORE exercising

Use Anti-Cellulite Lotion AFTER showering

2:00 p.m.-7:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

### PM SUPPLEMENTS:

☐ Body Purifier: 2      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

✓ = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## Day 4 - Detox (Day 2)

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

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

**AM SUPPLEMENTS:** Take up to 3 Appetite Appeasers

☐ Body Purifier: 3      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

9:00 a.m. – 2:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

Use Exercise Gel on problem areas BEFORE exercising

Use Anti-Cellulite Lotion AFTER showering

2:00 p.m. – 7:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

**PM SUPPLEMENTS:**

☐ Body Purifier: 3      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

✓ = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## Day 5 - Detox (Day 3)

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

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

**AM SUPPLEMENTS:** Take up to 3 Appetite Appeasers

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

9:00 a.m. – 2:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

Use Exercise Gel on problem areas BEFORE exercising

Use Anti-Cellulite Lotion AFTER showering

2:00 p.m.-7:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

**PM SUPPLEMENTS:**

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

✓ = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

<b>Day 6</b> Choose foods from approved food list.		<b>Date:</b> __/__/__
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	



<b>Day 7</b>	Choose foods from the approved food list.	<b>Date:</b> __/__/__
<b>AM SUPPLEMENTS:</b>		
<input type="checkbox"/> Appetite Appeaser: 2	<input type="checkbox"/> Fiber Blend: 5	<input type="checkbox"/> Vitamin D: 2
<input type="checkbox"/> Body Purifier: 2	<input type="checkbox"/> Intestinal Cleanser: 2	<input type="checkbox"/> Multivitamin/Multimineral: 2
<input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>PM SUPPLEMENTS:</b>		
<input type="checkbox"/> Appetite Appeaser: 2	<input type="checkbox"/> Fiber Blend: 5	<input type="checkbox"/> Vitamin D: 2
<input type="checkbox"/> Body Purifier: 2	<input type="checkbox"/> Intestinal Cleanser: 2	<input type="checkbox"/> Multivitamin/Multimineral: 2
<input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
V = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

**Day 8** Choose foods from the approved food list.

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

**AM SUPPLEMENTS:**

- ☐ Appetite Appeaser: 2      ☐ Fiber Blend: 5      ☐ Vitamin D: 2      ☐ Multivitamin/Multimineral: 2  
☐ Body Purifier: 2      ☐ Intestinal Cleanser: 2      ☐ Cellulite Cleanse :2

BREAKFAST	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
MIDMORNING SNACK:	CALORIES	CIRCLE ONE
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
LUNCH:	CALORIES	CIRCLE ONE
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
MID-AFTERNOON:	CALORIES	CIRCLE ONE
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
PM SUPPLEMENTS:		
<input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
DINNER:	CALORIES	CIRCLE ONE
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
CALORIES YOU ARE ALLOTTED FOR THE DAY:		
TOTAL CALORIES YOU ATE:		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	

<b>Day 9</b> Choose foods from approved food list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	

<b>Day 10</b> Choose foods from approved food list.		<b>Date:</b> ____ / ____ / ____
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

<b>Day 11</b> Choose foods from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

<b>Day 12</b> Choose foods from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	

<b>Day 13</b> Choose food from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	

<b>Day 14</b> Choose food from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	



<b>Day 15</b> Choose foods from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __ oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

<b>Day 16</b> Choose foods from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/ Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	

<b>Day 17</b> Choose foods from the approved list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/ Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz. <input type="checkbox"/> Did you exercise? ____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night ____ hrs	

<b>Day 18</b> Choose foods from the approved list.		<b>Date:</b> __/__/__
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/ Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

<b>Day 19</b> Choose foods from the approved food list.		<b>Date:</b> __ / __ / __
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/ Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

<b>Day 20</b> Choose foods from the approved list.		<b>Date:</b> __/__/__
<b>AM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse :2		
<b>BREAKFAST</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo.
		Hungry / Emo.
		Hungry / Emo.
<b>MIDMORNING SNACK:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo.
		Hungry / Emo
		Hungry / Emo
<b>LUNCH:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>MID-AFTERNOON:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>PM SUPPLEMENTS:</b> <input type="checkbox"/> Appetite Appeaser: 2 <input type="checkbox"/> Fiber Blend: 5 <input type="checkbox"/> Vitamin D: 2 <input type="checkbox"/> Multivitamin/Multimineral: 2 <input type="checkbox"/> Body Purifier: 2 <input type="checkbox"/> Intestinal Cleanser: 2 <input type="checkbox"/> Cellulite Cleanse: 2		
<b>DINNER:</b>	<b>CALORIES</b>	<b>CIRCLE ONE</b>
		Hungry / Emo
		Hungry / Emo
		Hungry / Emo
<b>CALORIES YOU ARE ALLOTTED FOR THE DAY:</b>		
<b>TOTAL CALORIES YOU ATE:</b>		
√ = YES x = NO (Check Daily)		
<input type="checkbox"/> Follow nutrition guidelines for the day? <input type="checkbox"/> Did you take all of your supplements today? <input type="checkbox"/> Did you track your calories? <input type="checkbox"/> Did you stay within your Calorie Budget? <input type="checkbox"/> Drink ½ your body weight in ounces? __oz. <input type="checkbox"/> Did you exercise? _____ Min <input type="checkbox"/> Did you apply Exercise Gel to problem areas before exercising? <input type="checkbox"/> Did you apply Anti-Cellulite Cream after showering?	<input type="checkbox"/> Overall, were you hungry when you ate, or did you eat for emotional reasons? (Circle) HUNGRY OR EMOTIONAL <input type="checkbox"/> If stressed, did you use any relaxation techniques? <input type="checkbox"/> Write down any questions you have for your next appointment: _____ <input type="checkbox"/> Hours of Sleep received last night _____ hrs	

## **DAY 21 and Beyond**

Once you have gone through a 3-Week Lipo Light Program, you should be feeling like a completely new person. A new level of vitality and health will have been reached. Now you must decide how you will live to maintain this level of wellness, and even improve upon it. Use the following list to ensure lasting health:

- Body cleansing and detoxification — everyone should detoxify at least four times per year. We still live in a toxic society, and this becomes a cleansing lifestyle.
- Proper food choices — consist of foods that heal the body, rather than foods that destroy health.
- Exercise — at least 40 minutes per day. Alternate weight-bearing and cardiovascular.
- Learn to deal positively with stress.
- Listen to the body. The body will tell you what it needs and what it doesn't need.
- Become educated on how the body works.
- Live a positive, happy, healthy life.
- 100% nutrition — there will always be a need to supplement nutrients, as it is impossible to get complete nutrition by eating food sources as they are in today's world.
- Solutions4 recommends these supplements each day for a healthy body
  - Multivitamin / Multimineral
  - Antioxidant
  - Flax Seed Oil
  - Evening Primrose Oil
  - Vitamin D
  - Liquid Calcium
  - Digestive Enzyme
  - Solutions4 Nutritional Shake
- Eat twice as many veggies as fruits
- Eat a variety of foods and a rainbow of colors
- Fresh and organic produce is always best
- Have one Solutions4 Nutritional shake daily to replace a meal
- Take all recommended supplements – ask about specific supplementation for your particular needs
- If using salt, use Real Salt or Sea Salt
- DRINK WATER: You should be drinking half your weight in ounces – not tap water!
- Get to bed early and get 8 hours of sleep if possible
- No processed foods!
- No MSG and NO CHEMICALS
- 5-7 small meals throughout the day will keep your metabolism going
- Last meal of the day should be eaten before 6 pm
- Track calories, Women: 1000-1100 calories per day, Men: 1200-1300 calories per day

# RECIPES

## Shakes

<b>Chocolate Dream</b>	5 mins	Serves 1
<ul style="list-style-type: none"><li>▪ 2 scoops Solutions4 Chocolate</li><li>▪ 1 cup ice cubes</li><li>▪ 1 cup water</li></ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

<b>Fruit Smoothie</b>	5 mins	Serves 1
<ul style="list-style-type: none"><li>▪ 2 oranges</li><li>▪ 1 banana</li><li>▪ ½ cup berries</li><li>▪ 2 scoops Solutions4 Vanilla</li></ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

<b>Pina Colada</b>	5 mins	Serves 1
<ul style="list-style-type: none"><li>▪ 6 ounces orange juice</li><li>▪ 1 cup pineapple</li><li>▪ ½ cup fresh coconut milk</li><li>▪ 2 scoops Solutions4 Orange</li></ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

<b>Citrus Berry Splash</b>	5 mins	Serves 1
<ul style="list-style-type: none"><li>▪ 2 scoops Solutions4 Orange</li><li>▪ ½ cup blackberries</li><li>▪ ¼ cup blueberries</li><li>▪ ½ cup strawberries</li><li>▪ ½ banana (optional)</li><li>▪ The juice from 2 freshly squeezed oranges</li><li>▪ 1-2 cups ice cubes</li></ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	



<b>Coconut chocolate Delight</b>	5 mins	Serves 1
<ul style="list-style-type: none"> <li>▪ 1 banana</li> <li>▪ Milk from a Baby Thai coconut</li> <li>▪ Meat from a Baby Thai coconut</li> <li>▪ 2 scoops Solutions4 Chocolate</li> </ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

<b>Snack Shake</b>	5 mins	Serves 1
<ul style="list-style-type: none"> <li>▪ 1 scoop of Chocolate, Vanilla, Strawberry, or Orange Cream Solutions4 Nutritional Shake</li> <li>▪ Ice and water to equal 8 oz.</li> </ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

<b>Meal Shake</b>	5 mins	Serves 1
<ul style="list-style-type: none"> <li>▪ 2 scoops of Chocolate, Vanilla , Strawberry or Orange Cream Solutions4 Nutritional Shake</li> <li>▪ Ice and water to equal 10 oz.</li> </ul>		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

## Salads

<b>Confetti Salad</b>	15 mins	Serves 2
<ul style="list-style-type: none"> <li>▪ 1 cup Red Cabbage</li> <li>▪ 2 cups Chopped Romaine Lettuce</li> <li>▪ ½ cup tomato, diced</li> <li>▪ ¼ of an avocado, diced</li> <li>▪ 2 tbsp Annie's Lemon and Chive Dressing</li> </ul>		
Mix all ingredients and Savor! Mmmm. Tip – This salad is filling! Use it as a Main meal.		
✓ LOVED IT!	✓ Didn't like it	

<b>Fennel and Orange Salad</b>	15 mins	Serves 2
<ul style="list-style-type: none"> <li>▪ 2 cups raw spinach</li> <li>▪ 1 small fennel bulb, thinly sliced</li> <li>▪ 1 orange, peeled and sectioned</li> <li>▪ lemon vinaigrette</li> </ul>		
Combine all ingredients with desired amount of dressing.		
✓ LOVED IT!	✓ Didn't like it	

<b>Green Salad</b>	10 mins	Serves 1
<ul style="list-style-type: none"> <li>2 cups mixed lettuce</li> <li>4 thin slices of Roma tomato, cucumber or carrot</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp Choice of Dressing</li> </ul>	
Place lettuce and dressing in a bowl and toss. Transfer to plate. Garnish with tomato, cucumber, or carrot.		
✓ LOVED IT!	✓ Didn't like it	

<b>Greek Salad</b>	15 mins	Serves 1
<ul style="list-style-type: none"> <li>2 cups chopped romaine lettuce</li> <li>1 Roma tomato, seeded and cut into chunks</li> <li>¼ cucumber, seeded and cubed</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup thinly sliced red onion</li> <li>¼ red bell pepper, cut into chunks</li> </ul>	
Combine all ingredients with desired amount of dressing.		
✓ LOVED IT!	✓ Didn't like it	

<b>Lemon Herb Dressing</b>	15 mins	Serves 1
<ul style="list-style-type: none"> <li>½ cup extra-virgin olive oil</li> <li>¼ cup fresh lemon juice</li> <li>1 tsp. dill</li> <li>1 tsp. oregano</li> </ul>	<ul style="list-style-type: none"> <li>1 tsp. tarragon</li> <li>1 clove garlic crushed</li> <li>Dash of salt</li> <li>Dash of pepper</li> </ul>	
Place all ingredients in a bowl and toss.		
✓ LOVED IT!	✓ Didn't like it	

<b>Harvest Salad</b>	15 mins	Serves 1
<ul style="list-style-type: none"> <li>2 cups of torn red leaf lettuce</li> <li>¼ apple, sliced</li> <li>2 tbsp Vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp fresh raspberries</li> </ul>	
1. Place lettuce, apples and vinaigrette into a bowl and toss. 2. Transfer to a plate and sprinkle with raspberries		
✓ LOVED IT!	✓ Didn't like it	

<b>Mediterranean Salad</b>	15 mins	Serves 2
<ul style="list-style-type: none"> <li>4 Medium tomatoes</li> <li>2 cucumbers</li> <li>1 cup chopped fresh parsley</li> </ul>	<ul style="list-style-type: none"> <li>½ tbsp chopped basil</li> <li>¼ cup extra-virgin olive oil</li> <li>½ tsp Celtic salt</li> <li>Juice of 2 lemons</li> </ul>	
Combine all ingredients in bowl and toss well.		
✓ LOVED IT!	✓ Didn't like it	

Nori and Avocado Salad		20 mins	Serves 2
<ul style="list-style-type: none"><li>▪ 1 cup Romaine lettuce, chopped</li><li>▪ 1 cup Spinach, chopped</li><li>▪ ½ cup alfalfa sprouts</li></ul>		<ul style="list-style-type: none"><li>▪ 4 Sheets of Nori</li><li>▪ ½ Avocado, diced</li></ul>	
<ol style="list-style-type: none"><li>1. Mix ingredients in a medium salad bowl. Set aside.</li><li>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.</li><li>3. Cut nori into bite size pieces and add to salad. Toss well and add avocado. Drizzle “Energy Dressing” over the top. Enjoy!</li></ol> <p>*Substitute ½ cup sliced cucumber for the avocados for a lighter, equally delicious salad!</p>			
✓	LOVED IT!	✓	Didn't like it

Spring Garden Salad		30 mins	Serves 4
<u>Salad</u> <ul style="list-style-type: none"><li>▪ 4 cups chopped Iceberg or Salad Bowl lettuce</li><li>▪ 4 cups chopped Butter lettuce</li><li>▪ ½ cup chopped tomato</li><li>▪ ½ cup black olive</li><li>▪ ½ alfalfa sprouts</li><li>▪ ½ sunflower sprouts</li><li>▪ 1 cup thin broccoli florets, steamed</li><li>▪ 1 cup small cauliflower florets, steamed</li><li>▪ 1 cup cubed zucchini, sautéed</li><li>▪ 1 cup snow peas, blanched and halved</li><li>▪ 1 cup petit peas, steamed</li></ul>	<u>Dressing</u> <ul style="list-style-type: none"><li>▪ 5 tbsps extra-virgin olive oil</li><li>▪ 2 ½ tbsps lemon juice</li><li>▪ 2 tbsps dairy-free mayonnaise or Almonnaise</li><li>▪ ½ tsp Dijon-style mustard</li><li>▪ Dash of Worcestershire sauce</li><li>▪ 2 tbsps water</li><li>▪ 1 tsp minced onion</li></ul>		
1. Place lettuce in large bowl			
2. Measure dressing ingredients into hand blender container and blend until creamy			
3. Add tomato, olives, and sprouts to lettuce. Toss in cooked vegetables. Add dressing and toss well.			
✓ LOVED IT!		✓ Didn't like it	

# Dressings

<b>Energy Dressing</b>	5 mins	Serves 2
<ul style="list-style-type: none"> <li>1 clove garlic, minced</li> <li>3 tbsps Olive Oil</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp lemon juice</li> <li>¼ tsp sea salt</li> </ul>	
Place all ingredients in bowl and let marinate for 10-15 minutes.		
✓ LOVED IT!	✓ Didn't like it	

<b>Italian Marinade or Dressing</b>	15 mins	Serves 4-6
<ul style="list-style-type: none"> <li>½ cups fresh lemon juice</li> <li>¼ cups water</li> <li>1/3 cups olive oil</li> </ul>	<ul style="list-style-type: none"> <li>1-2 cloves garlic, peeled and minced</li> <li>¼ tsp sea salt, optional</li> <li>1 tbsp each coarsely chopped oregano and basil</li> </ul>	
Refrigerate in jar 2-4 hours before using. Shake well before using.		
✓ LOVED IT!	✓ Didn't like it	

<b>Garlic Olive Oil Dressing</b>	15 mins	Serves 2
<ul style="list-style-type: none"> <li>2 cloves of garlic</li> <li>1/8 tsp sea salt</li> </ul>	<ul style="list-style-type: none"> <li>Juice from half of a freshly squeezed lemon</li> <li>1/3 cup flax oil</li> </ul>	
Mash garlic cloves with Salt. Squeeze lemon juice into the mixture. Taste...if needed; add more salt, garlic, or juice. Add flax oil. Mix all ingredients together and pour over salad.		
✓ LOVED IT!	✓ Didn't like it	

<b>Dr. Julie-Ann Holland's Candida Friendly Dressing</b>	15 mins	Serves 6-8
<ul style="list-style-type: none"> <li>½ cup Lemon Juice</li> <li>1 ½ cups Olive Oil</li> </ul>	<ul style="list-style-type: none"> <li>2 tbsp Minced Ginger</li> <li>1/3 cup Minced Garlic</li> </ul>	
Blend all ingredients until creamy. Keeps for up to five days in refrigerator.		
✓ LOVED IT!	✓ Didn't like it	

# CONDIMENTS/DIPS/SPREADS/MARINADES

## APPETIZERS

<b>Chunky Guacamole</b>	10 mins	Serves 4-6
<ul style="list-style-type: none"> <li>▪ 1 medium avocado, peeled, pitted, and grated</li> <li>▪ 2 tbsp fresh squeezed lemon juice</li> <li>▪ 1 large tomato, chopped</li> <li>▪ 2-4 green onions, chopped</li> <li>▪ ½ tsp garlic</li> <li>▪ Fresh pepper and sea salt to taste</li> </ul>		
Mash avocado with a fork. Chop the tomato. Add all ingredients and mix well.		
✓ LOVED IT!	✓ Didn't like it	

<b>Classic Guacamole</b>	10 mins	Serves 8-10
<ul style="list-style-type: none"> <li>▪ 2 ripe avocados</li> <li>▪ ¼ tsp garlic powder</li> <li>▪ 1 tbsp fresh lemon juice</li> <li>▪ ½ tsp fresh oregano</li> <li>▪ ¼ tsp ground cumin</li> <li>▪ Fresh pepper and sea salt to taste</li> </ul>		
Throw ingredients in a food processor. Chill, if desired, before serving.		
✓ LOVED IT!	✓ Didn't like it	

<b>Fresh Tomato Salsa</b>	15 mins	Serves 2-3
<ul style="list-style-type: none"> <li>▪ 3 large Roma tomatoes, peeled</li> <li>▪ 1 tbsp crushed jalapeno peppers</li> <li>▪ 4 green onions, chopped</li> <li>▪ 2 tbsps fresh lime juice</li> <li>▪ Pinch of finely chopped red chili peppers</li> </ul>		
<ol style="list-style-type: none"> <li>1. Chop the tomatoes into small pieces.</li> <li>2. Combine tomatoes with remaining ingredients in a medium sized bowl and stir.</li> <li>3. Wrap tightly and refrigerate for one day before serving or leave covered at room temperature to allow flavors to blend. May be stored in fridge for up to 2 days.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

# CONDIMENTS

Homemade Tomato Sauce	25 mins	Serves 2-3
<ul style="list-style-type: none"> <li>2 leaves fresh basil</li> <li>Small handful loosely packed parsley leaves (about 1 oz)</li> <li>1 small onion (about 2 ounces) – peeled and cut into 8 pieces</li> <li>1 tbsp olive oil</li> <li>3 medium ripe tomatoes (about 18 ounces total) cored and quartered</li> <li>dash of salt</li> <li>dash freshly ground black pepper</li> </ul>		
<ol style="list-style-type: none"> <li>Process the fresh basil and parsley until finely chopped.</li> <li>Add the onion and chop.</li> <li>Transfer into saucepan with the oil and cook, stirring, for 2 minutes.</li> <li>Process the tomatoes until coarsely chopped and add to saucepan.</li> <li>Bring to a boil; reduce heat and cook, partially covered, for 20 minutes, stirring occasionally.</li> <li>Process the mixture all together.</li> <li>Strain the sauce. Add salt, pepper and cook uncovered for 10 minutes more or until thick.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

Salsa	10 mins	Serves 2
<ul style="list-style-type: none"> <li>2 tomato, chopped</li> <li>½ red onion, chopped</li> <li>1 jalapeno pepper, seeds removed &amp; chopped</li> <li>cilantro, chopped</li> <li>parsley, chopped</li> <li>juice of ½ a lime</li> <li>sea salt &amp; pepper</li> </ul>		
Combine all ingredients and mix together. For best results let refrigerate for 1 hour before Serving.		
✓ LOVED IT!	✓ Didn't like it	

# SOUPS

American Vegetable Soup	1 hr 10mins	Serves 6
<ul style="list-style-type: none"> <li>1 tbsp extra virgin olive oil</li> <li>2 cups sliced leeks</li> <li>1 sliced medium red onion</li> <li>2 carrots, halved and cut 1/8 in rounds</li> <li>1 medium green cabbage, chopped (8 cups)</li> <li>1 tsp fresh thyme</li> <li>7 cups boiling water</li> <li>1 tbsp low sodium organic chicken broth</li> <li>3 tbsp lemon juice</li> <li>2 peeled and chopped medium tomatoes</li> <li>Freshly ground pepper</li> <li>½ cup celery</li> <li>½ cup green beans</li> <li>½ cup peas</li> </ul>		
<ol style="list-style-type: none"> <li>Heat oil, garlic, onion, and thyme and sauté until onion begins to soften (about 2 minutes)</li> <li>Add carrots, celery, green beans, peas, and cabbage. Sauté and stir for 2 minutes.</li> <li>Add water and bring to a boil. Stir in broth and tomato paste. Cover and bring to boil. Simmer for 35 to 40 minutes.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Creamy Celery Soup</b>	30 min	Serves 4-5
<ul style="list-style-type: none"> <li>1 medium onion</li> <li>1 medium celery stalk</li> <li>1 medium garlic clove</li> <li>1 tbsp olive oil</li> <li>4 cups chopped vegetables, in ½ to 1 inch pieces</li> <li>5 cups low-sodium, organic vegetable broth</li> <li>Freshly ground pepper</li> </ul>		
<ol style="list-style-type: none"> <li>1. Boil water</li> <li>2. Chop onion and celery. Slice garlic into thin strips.</li> <li>3. Heat oil, onion, garlic, and celery in a separate pot. Cook and stir for 1 minute on medium heat. Add vegetables and continue to cook for 1 minute.</li> <li>4. Add boiling broth and bring back to a boil. Stir and reduce heat to medium. Cover and cook for 8-10 minutes. Simmer until vegetables are tender.</li> <li>5. Pour soup into a bowl to cool.</li> <li>6. Place ¾ of soup in blender and liquefy to a cream. Pour into original soup pot. Place remaining one-quarter of unblended soup in blender. Pulse-blend for 2 to 3 seconds, allowing mixture to remain lumpy and textured. Pour it into creamed portion in the original soup pot.</li> <li>7. Place soup over medium heat. Gently reheat soup, taking care not to let it boil and stirring frequently. Add pepper to taste.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Happy Vegetable Soup</b>	15 min	Serves 3-4
<ul style="list-style-type: none"> <li>1 small onion</li> <li>2 green onions</li> <li>2 celery stalks</li> <li>2 carrots</li> <li>1 zucchini</li> <li>1 pressed garlic clove</li> <li>2 green chard leaves</li> <li>2 cups broccoli</li> <li>1 tbsp extra virgin olive oil</li> <li>6 cups low-sodium, organic vegetable broth</li> <li>½ cup minced fresh parsley</li> </ul>		
<ol style="list-style-type: none"> <li>1. Cut vegetables (except chard and broccoli) into ½ inch pieces.</li> <li>2. Coarsely chop chard and cut broccoli into thin florets.</li> <li>3. Sauté onion, green onion, celery, carrots, zucchini, and garlic in oil. Add hot broth then boil. Simmer for 5 minutes (covered)</li> <li>4. Stir in parsley. Remove pot from heat and cover for two minutes</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Vegetable Garden Soup</b>	20 min	Serves 8
<ul style="list-style-type: none"> <li>6 cups low-sodium, organic vegetable broth</li> <li>½ tsp extra virgin olive oil</li> <li>2 carrots, peeled and diced</li> <li>1 large onion, diced</li> <li>1 cup of chopped broccoli</li> <li>4 Cloves of garlic, minced</li> <li>1/2 cabbage, chopped</li> <li>1/2 pound frozen green beans</li> <li>2 tbsp tomato paste</li> <li>1 tsp fresh basil</li> <li>1 tsp fresh oregano</li> <li>1 tsp sea salt</li> <li>1 large zucchini, diced</li> </ul>		
<ol style="list-style-type: none"> <li>1. Bring the broth to a boil</li> <li>2. Put Extra-Virgin Olive Oil in Dutch oven and heat on MEDIUM HIGH.</li> <li>3. Add the carrots, onion and garlic and cook for about 5 minutes.</li> <li>4. Add all the remaining ingredients EXCEPT the zucchini and bring to a boil.</li> <li>5. Cover, reduce the heat to MEDIUM and simmer for about 15 minutes or until the beans are tender.</li> <li>6. Add the zucchini and cook until the zucchini is tender.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Veggie Chowder</b>	20 mins	Serves 4
<ul style="list-style-type: none"> <li>2 large tomatoes, peeled, cored and pureed</li> <li>1 cup water</li> <li>1 medium red bell pepper, diced</li> <li>1 medium yellow onion, finely chopped</li> <li>1 garlic clove, minced</li> <li>1 tbsp fresh parsley, chopped</li> <li>1 tbsp fresh sage, chopped</li> <li>1 tbsp fresh thyme, chopped</li> </ul>		
Combine all ingredients in large pan; mix and bring to a boil. Reduce heat and simmer 10-15 minutes or until vegetables are tender.		
✓ LOVED IT!	✓ Didn't like it	

<b>Warm Vegetable Soup</b>	15 min	Serves 3-4
<ul style="list-style-type: none"> <li>1 small onion</li> <li>2 green onions</li> <li>2 celery stalks</li> <li>2 carrots</li> <li>1 zucchini</li> <li>1 garlic clove, pressed</li> <li>2 green chard leaves or kale</li> <li>2 cups broccoli florets</li> <li>1 tbsp extra virgin olive oil</li> <li>6 cups low-sodium, organic vegetable broth</li> <li>½ cup minced fresh parsley</li> </ul>		
<ol style="list-style-type: none"> <li>Cut vegetables into ½ inch pieces except for chard and broccoli. Chop chard and broccoli into thin pieces.</li> <li>Sauté onion, green onions, celery, carrots, zucchini, and garlic in oil in a large pot. Add water and bouillon cubes and bring to a boil. Simmer and cover for 5 minutes.</li> <li>Add chard and broccoli to pot. Return to a boil and simmer for 5 minutes.</li> <li>Stir in parsley. Cover and remove pot from heat and let stand for 2 minutes</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

## VEGETABLE DISHES

<b>Beet Greens and Chard</b>	12 mins	Serves 2-4
<ul style="list-style-type: none"> <li>1 bunch red chard</li> <li>1 bunch beet greens</li> <li>1 tbsp lemon juice</li> </ul>		
<ol style="list-style-type: none"> <li>Wash and coarsely chop greens.</li> <li>Place in a covered pan over low heat and cook for 10 minutes. Occasionally stirring.</li> <li>Sprinkle lemon juice and toss</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Belgian Endive Delight</b>	25 mins	Serves 6
<ul style="list-style-type: none"> <li>2-3 tbsp extra virgin olive oil</li> <li>6 Belgian endive, cut in half lengthwise</li> <li>2 to 3 cups water</li> <li>3 tbsp lemon juice</li> </ul>		
<ol style="list-style-type: none"> <li>Preheat oven to 375F. Heat oil in a large skillet.</li> <li>Add endive and brown on both sides.</li> <li>Add water to come halfway up endive.</li> <li>Add lemon juice, cover, and place in oven for 20 minutes (or until liquid is absorbed).</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	



<b>Bunches of Broccoli</b>	15 mins	Serves 1
<ul style="list-style-type: none"> <li>1 bunch of broccoli</li> <li>2 tbsp organic butter</li> </ul>	<ul style="list-style-type: none"> <li>Sea salt &amp; cayenne pepper, to taste</li> <li>1 tsp fresh lemon juice</li> </ul>	
Steam broccoli tops until tender crisp. Drain. Melt butter in skillet over low heat. When butter begins to brown, add lemon juice, salt and pepper. Pour over hot broccoli. 3-4 servings		
✓ LOVED IT!	✓ Didn't like it	

<b>Carrot "Stuffing"</b>	20 mins	Serves 2-4
<ul style="list-style-type: none"> <li>3-5 lbs. Carrots, juiced, save the pulp.</li> <li>3 large ripe avocados</li> <li>1 medium head celery</li> </ul>	<ul style="list-style-type: none"> <li>1 red onion</li> <li>2 tomatoes</li> </ul>	
<ol style="list-style-type: none"> <li>Mix the celery and onions in a food processor, or with the champion juicer with the blank in.</li> <li>Add this to the carrot pulp.</li> <li>Add diced tomatoes to the mixture.</li> <li>Mush up 3 large ripe avocados.</li> <li>Add and mix thoroughly.</li> <li>Mix up and eat! (You may want to add a little bit of the carrot juice back to the mix for extra moistness and sweetness)</li> </ol>		
This can be eaten alone, added to a salad, placed on lettuce leaves, stuffed in a pepper, etc.		
✓ LOVED IT!	✓ Didn't like it	

<b>Filled Eggplant</b>	30 mins	Serves 4-6
<ul style="list-style-type: none"> <li>1 medium eggplant, peeled and cubed</li> <li>1 tsp sea salt</li> <li>8 tsp coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>1 medium green pepper, cored, seeded and chopped</li> <li>2 cloves garlic, chopped</li> </ul>	
Cover eggplant in water, add the sea salt and soak for 20 minutes. Drain. Coat heated skillet in oil. Add eggplant, pepper and garlic. Cover and reduce heat to low. Cook until tender, 6-7 minutes.		
✓ LOVED IT!	✓ Didn't like it	

<b>French Garlic String Beans</b>	35 min	Serves 4-6
<ul style="list-style-type: none"> <li>2 tbsp extra virgin olive oil</li> <li>1 tsp garlic, minced</li> <li>4 cups fresh string beans, julienned</li> <li>½ tsp dried thyme</li> </ul>	<ul style="list-style-type: none"> <li>½ tsp sea salt</li> <li>2 cups water</li> <li>3 tbsp low-sodium organic chicken broth</li> <li>Squeeze of fresh lemon juice</li> </ul>	
<ol style="list-style-type: none"> <li>Heat oil in a large saucepan.</li> <li>Add garlic and beans and sauté on high to sear beans, stirring frequently so they don't burn.</li> <li>Add thyme, salt and pepper to taste.</li> <li>Add water and chicken broth.</li> <li>Bring to a boil, cover tightly, reduce heat to medium-low, and simmer for 20-30 minutes.</li> <li>Squeeze lemon juice on top and toss well.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Garlic Green Beans</b>	15 mins	Serves 2-3
<ul style="list-style-type: none"> <li>2 cups fresh green beans</li> <li>1 clove Garlic</li> <li>¼ cup minced onion</li> <li>1 tsp extra virgin olive oil</li> </ul>		
1. Combine olive oil and garlic in saucepan over medium heat		
2. Combine all ingredients in saucepan sauté over med heat until green beans are tender.		
✓ LOVED IT!	✓ Didn't like it	
<b>Grilled Asparagus</b>	7-10 mins	Serves 3-4
<ul style="list-style-type: none"> <li>2 tbsp extra virgin olive oil</li> <li>1 pound thin asparagus, trimmed</li> <li>½ tsp pressed garlic</li> </ul>		
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 to 5 minutes. Brush and turn occasionally.		
4. Asparagus is ready and outer layer is crisp		
✓ LOVED IT!	✓ Didn't like it	
<b>Heavenly Marinated Vegetable</b>	25 mins	Serves 4-6
<ul style="list-style-type: none"> <li>¼ cup olive oil</li> <li>Any color bell pepper, cored, seeded, and cut into strips</li> <li>2 cups of any combination of:</li> <li>Broccoli florets</li> <li>Tomato wedges</li> <li>Green or red cabbage, shredded</li> <li>3 cloves garlic, chopped</li> <li>Cauliflower florets</li> <li>Sea salt to taste</li> <li>Onion, sliced</li> <li>2 tbsps chopped fresh parley</li> <li>¼ cup freshly squeezed lemon juice</li> </ul>		
1. Heat the oil in a large skillet over low heat.		
2. Add the vegetables and garlic and sea salt.		
3. Stirring often until vegetables are tender-crisp.		
4. Stir in parsley. Cook 1-2 minutes more.		
5. Squeeze lemon juice over vegetables before serving		
✓ LOVED IT!	✓ Didn't like it	
<b>Italian Green Beans</b>	10 mins	Serves 4-6
<ul style="list-style-type: none"> <li>Sea Salt</li> <li>2 tpsps lemon juice</li> <li>1 pound tender young green beans</li> <li>2 tbsp extra virgin olive oil</li> </ul>		
1. Boil water in a large pot. Trim ends off beans and cut them in half.		
2. Add pinch of ground rock salt to water. Add beans. Boil for 3 minutes until bright green and tender. Drain and place in ice water. Drain and pat dry.		
3. Place green beans in a bowl. Sprinkle lemon juice and toss. Add olive oil and toss again. Serve chilled or at room temperate		
✓ LOVED IT!	✓ Didn't like it	

<b>Italian Zucchini</b>	25 mins	Serves 4
<ul style="list-style-type: none"> <li>2 large zucchini</li> <li>1 tsp minced garlic</li> <li>2 tbsp fresh basil</li> <li>2 tsp fresh oregano</li> <li>1 tsp paprika</li> <li>Freshly ground pepper</li> </ul>		
<ol style="list-style-type: none"> <li>Cut zucchini into thin 1/8 inch strips lengthwise.</li> <li>Combine garlic with olive oil in small bowl and add half of mixture to a large skillet with half the zucchini.</li> <li>Season with herbs and paprika and sauté over medium heat.</li> <li>Rotate with tongs until zucchini is bright green. Remove from skillet.</li> <li>Repeat process with remaining ingredients. Transfer zucchini to dish and season with pepper</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Layered Zucchini</b>	15 mins	Serves 4
<ul style="list-style-type: none"> <li>1 lb. zucchini, cut into ½" slices</li> <li>1 lb. tomatoes, peeled and diced</li> <li>1 tsp oregano</li> <li>1 tsp minced onion</li> <li>½ tsp sea salt</li> <li>½ tsp garlic powder</li> <li>¼ tsp cayenne pepper</li> </ul>		
Combine all in saucepan. Simmer until zucchini is tender		
✓ LOVED IT!	✓ Didn't like it	
<b>Lettuce Wraps</b>	20 mins	Serves 6-8
<ul style="list-style-type: none"> <li>2 very ripe avocados</li> <li>3 tomatoes, diced</li> <li>½ jalapeno pepper, diced</li> <li>3 cloves fresh garlic, minced</li> <li>2 tsp lime juice</li> <li>6-8 large romaine lettuce leaves</li> </ul>		
<ol style="list-style-type: none"> <li>In a medium bowl mash the avocado.</li> <li>Add remaining ingredients and stir until well mixed.</li> <li>Spread 2-3 tbsps onto lettuce leaves and wrap</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Lemon Broccoli</b>	10 mins	Serves 2
<ul style="list-style-type: none"> <li>1 head of broccoli</li> <li>1 tbsp lemon juice, fresh squeezed</li> <li>¼ tsp lemon zest</li> <li>Salt &amp; pepper</li> </ul>		
<ol style="list-style-type: none"> <li>Cook broccoli in microwave according to package instructions.</li> <li>Combine lemon juice and zest.</li> <li>Pour over heated broccoli.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Marinated Tomatoes</b>	20 mins	Serves 2
<ul style="list-style-type: none"> <li>1 tomato, thinly sliced</li> <li>3-4 red onion slices</li> <li>½ tsp fresh basil</li> <li>¼ tsp fresh tarragon</li> <li>¼ tsp fresh oregano</li> <li>2 tbsps red wine vinegar</li> <li>salt &amp; pepper</li> </ul>		
<ol style="list-style-type: none"> <li>Place tomato and onion slices in a shallow dish, slightly overlapping each other.</li> <li>Combine remaining ingredients in a separate bowl and pour over vegetables.</li> <li>For best flavor results refrigerate for several hours</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Melted Tomato &amp; Zucchini Wraps</b>	20 mins	Serves 2
<ul style="list-style-type: none"> <li>1 tbsp extra virgin olive oil</li> <li>½ cup thinly sliced zucchini rounds</li> <li>½ large tomato, chopped</li> </ul>	<ul style="list-style-type: none"> <li>½ medium yellow onion, finely chopped</li> <li>Garlic powder, to taste</li> <li>Fresh Basil, to taste</li> <li>2 Iceberg Lettuce Leafs</li> </ul>	
<ol style="list-style-type: none"> <li>Preheat oven to 350 degrees F.</li> <li>Heat oil in skillet.</li> <li>Add vegetables and seasonings; sauté until tender.</li> <li>Spoon vegetables on cakes; cover dish with foil. Bake 10 minutes. Let cool and place in lettuce leaf</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Mock "Mashed Potatoes"</b>	10 mins	Serves 2-3
<ul style="list-style-type: none"> <li>1 Head of Fresh Cauliflower</li> <li>1 tbsp minced dried onion</li> </ul>	<ul style="list-style-type: none"> <li>1/8 tsp black pepper</li> <li>1 tbsp low-sodium organic chicken broth</li> </ul>	
<ol style="list-style-type: none"> <li>Steam Cauliflower until tender.</li> <li>Combine all ingredients in saucepan and cook on medium heat for 5-7 minutes, stirring frequently.</li> <li>Remove from heat and mash with potato masher for chunkier texture or puree in a food processor for smoother texture</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Parsley and Parsnips</b>	18 mins	Serves 4-6
<ul style="list-style-type: none"> <li>8 medium parsnips, peeled, trimmed and quartered lengthwise</li> <li>2 tbsp extra virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup minced fresh parsley</li> </ul>	
<ol style="list-style-type: none"> <li>Place parsnips in a skillet with water (enough to cover). Boil then simmer covered for 5 minutes or until tender. Drain.</li> <li>Add olive oil, parsley, and parsnips. Heat and toss</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Sautéed Brussels</b>	20 mins	Serves 2
<ul style="list-style-type: none"> <li>5-6 Brussels sprouts</li> <li>1 cucumber</li> </ul>	<ul style="list-style-type: none"> <li>1 orange pepper</li> <li>1/8 cup extra virgin olive oil</li> </ul>	
Lightly steam Brussels sprouts. Slice cucumber and pepper. Combine sprouts, spinach, pepper and oil. Toss. Add salt/spices to taste.		
✓ LOVED IT!	✓ Didn't like it	

<b>Sautéed Asparagus</b>	20 mins	Serves 4
<ul style="list-style-type: none"> <li>▪ ½ pound asparagus, cut diagonally</li> <li>▪ 4 cups of water</li> <li>▪ 1 tbsp coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>▪ Grated fresh gingerroot, to taste</li> <li>▪ 1 garlic clove, minced</li> <li>▪ ½ tsp sea salt, optional</li> </ul>	
<ol style="list-style-type: none"> <li>1. Cover asparagus with water in pan. Bring to boil, reduce heat and cook 5 minutes. Drain.</li> <li>2. Heat oil in large skillet. Add seasonings and asparagus. Sauté, stirring often, until tender.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Sautéed Spinach</b>	10 mins	Serves 3-4
<ul style="list-style-type: none"> <li>▪ 2 tbsp extra virgin olive oil</li> <li>▪ ¼ cup sliced onion</li> <li>▪ 1 – 10 oz package fresh spinach, rinsed and torn</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 clove garlic, sliced</li> <li>▪ Sea salt, to taste</li> </ul>	
Coat skillet with oil and heat to low heat. Add spinach and garlic, stirring often until spinach is wilted. Season with salt.		
✓ LOVED IT!	✓ Didn't like it	
<b>Spicy Taco Crunch Wraps</b>	10 mins	Serves 2
<ul style="list-style-type: none"> <li>▪ 1 ripe avocados</li> <li>▪ ½ large onion</li> <li>▪ ¼ cup fresh lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1/8 c fresh parsley, chopped</li> <li>▪ 1 ½ tsp sea salt</li> <li>▪ Romaine or leaf lettuce</li> </ul>	
<ol style="list-style-type: none"> <li>1. Cut the avocado into chunks, and pour lemon juice over it.</li> <li>2. Chop onion in a food processor, and then add the rest of the ingredients and process until smooth.</li> <li>3. Spoon into a lettuce leaf and wrap! This tastes like a taco!</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	
<b>Steamed Cabbage</b>	15 mins	Serves 2
<ul style="list-style-type: none"> <li>▪ ½ head of Cabbage, chopped</li> <li>▪ juice of ½ lemon</li> </ul>	<ul style="list-style-type: none"> <li>▪ ½ tsp dry mustard</li> <li>▪ salt &amp; pepper</li> </ul>	
Steam cabbage for 5-10 minutes, until slightly tender. Combine mustard and lemon juice. Pour mixture over warm cabbage and season with salt and pepper		
✓ LOVED IT!	✓ Didn't like it	
<b>Stir Fry</b>	20 mins	Serves 2-3
<ul style="list-style-type: none"> <li>▪ 4 tsp Coconut oil</li> <li>▪ 1 pound vegetables: Broccoli, cauliflower, onions, and green pepper</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 tbsp minced garlic</li> <li>▪ 1 tsp fresh lemon juice</li> </ul>	
<ol style="list-style-type: none"> <li>1. Heat oil in skillet over low heat.</li> <li>2. Add garlic and veggies. Cook until tender-crisp.</li> <li>3. Stir in lemon juice. 4 servings</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Stir Fried Cucumbers</b>	15 mins	Serves 1
<ul style="list-style-type: none"><li>3 medium cucumbers</li><li>2 cloves garlic, slice</li><li>2 tbsp coconut oil</li></ul>		
Peel and halve cucumbers lengthwise; remove seeds. Cut into 1" chunks. In skillet heat oil on low heat. Add cucumbers and garlic		
✓ LOVED IT!	✓ Didn't like it	
<b>Stir Fried Cabbage</b>	15 mins	Serves 4
<ul style="list-style-type: none"><li>1 small head cabbage, coarsely shredded</li><li>3 tbsp coconut oil</li><li>Sea salt to taste</li></ul>		
Heat oil in skillet on low. Add cabbage, stirring until coated. Cook until tender-crisp. Season with salt, if desired		
✓ LOVED IT!	✓ Didn't like it	
<b>Tasty Marinated Vegetables</b>	25 mins	Serves 6
<ul style="list-style-type: none"><li>2/3 cup fresh lemon juice</li><li>1 cup extra virgin olive oil</li><li>2-4 garlic cloves, chopped</li><li>4 pounds vegetables and/or sprouts</li><li>2 tsp total fresh parsley, basil, dill, celery seed or fennel</li><li>½ tsp sea salt, optional</li></ul>		
1. Combine lemon juice, garlic and herbs. Simmer 5 minutes. Cover and set aside.	5. Toss all ingredients together.	
2. Add oil when cooled to lukewarm.	6. Add green onion if desired.	
3. Cut vegetables in 1-2" pieces.	7. Pour marinade over and toss.	
4. Steam vegetables such as cauliflower, broccoli or green beans first.	8. Marinate overnight in refrigerator	
✓ LOVED IT!	✓ Didn't like it	
<b>Tomato Cups</b>	15 mins	Serves 6
<ul style="list-style-type: none"><li>6 medium tomatoes</li><li>1 clove fresh garlic</li><li>½ small cucumber</li><li>2 tsps kelp</li><li>2 sticks of celery</li><li>1 tbsp lemon juice</li><li>½ cup fresh parsley</li><li>1 tbsp extra virgin olive oil</li><li>1 tbsp fresh mint</li><li>Sea salt to taste</li></ul>		
Cut tomatoes in half, scoop out the center and add tomato guts to the other ingredients. Finely chop all the ingredients, mix well and fill tomato halves		
✓ LOVED IT!	✓ Didn't like it	
<b>Vegetable Delight</b>	10 mins	Serves 5
<ul style="list-style-type: none"><li>1 cup Swiss chard</li><li>1 cup carrots</li><li>1 cup cauliflower</li><li>1 cup onions</li><li>1 cup broccoli</li><li>4 tsps coconut oil</li></ul>		
1. Steam Swiss chard, cauliflower, broccoli, carrots, and onions until tender-crisp (about 3 minutes).		
2. Coat skillet with oil and add vegetables. Stir fry about 3 minutes.		
✓ LOVED IT!	✓ Didn't like it	

<b>Vegetable Stuffed Green Peppers</b>	15 mins	Serves 2
<ul style="list-style-type: none"> <li>▪ 1 Green Pepper</li> <li>▪ 1-2 cups of cooked vegetables</li> </ul>		
<ol style="list-style-type: none"> <li>1. Cut peppers in half, remove stem and seeds.</li> <li>2. In saucepan over low heat in 1 inch water cook covered until tender.</li> <li>3. Drain. Fill with drained combination of cooked vegetables of your choice</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

Veggie Kabobs		30 mins	Serves 6
<u>Marinade</u> <ul style="list-style-type: none"><li>▪ 2 tbsps coconut oil</li><li>▪ 3 tbsps chopped fresh rosemary</li><li>▪ 2 garlic cloves, peeled and crushed</li><li>▪ Juice of 2 lemons</li></ul>		<u>Kabob</u> <ul style="list-style-type: none"><li>▪ 1 red bell pepper, seeded and cut into 2" cubes</li><li>▪ 1 yellow pepper, seeded and cut into 2" cubes</li><li>▪ 1 green pepper, seeded and cut into 2" cubes</li><li>▪ 1 onion cut into 2" cubes</li><li>▪ 24 cherry or grape tomatoes</li><li>▪ 12 wooden skewers</li></ul>	
<ol style="list-style-type: none"><li>1. Mix marinade. Add vegetables, turning to coat all sides.</li><li>2. Refrigerate 1 hour.</li><li>3. Divide the vegetables among 12 skewers and grill for 3 – 5 minutes, brushing on extra marinade and turning</li></ol>			
✓ LOVED IT!		✓ Didn't like it	

Wonderful Steamed Artichokes		50 mins	Serves 4
<div><div><ul style="list-style-type: none"><li>▪ 4 artichokes</li><li>▪ 1 bay leaf</li><li>▪ Several slices of lemon</li></ul></div><div><ul style="list-style-type: none"><li>▪ 6 peppercorns</li><li>▪ 1 garlic clove</li></ul></div></div>			
<div><div><div><div>1. Wash artichokes.</div><div>2. Put water in a steaming pot. Add bay leaf, lemon slices, peppercorns, and garlic. Put a steamer tray over the water and bring to a boil.</div><div>3. Place artichokes on a tray with their leaves down and stems up.</div><div>4. Steam for 30 to 45 minutes. When an inner leaf is easily removed you know they are done.</div><div>5. Cut off the stem of the artichoke. Cut in half lengthwise and remove the fuzzy chokes with a spoon.</div><div>6. Rub the cut sides with the lemon wedge.</div><div>7. Place in medium saucepan and add water. Bring to a boil. Cover and reduce the heat to low and cook until tender. (25-30 minutes)</div><div>8. In a small bowl, combine the oil, lemon juice and garlic.</div><div>9. Drain the artichoke and serve with dip on the side</div></div><div><div>✓ LOVED IT!</div><div>✓ Didn't like it</div></div></div></div>			

# DESSERTS

<b>Banana Papaya Pudding</b>	5 mins	Serves 2
<ul style="list-style-type: none"> <li>1 banana</li> <li>1 papaya</li> </ul>		
<ol style="list-style-type: none"> <li>Cut papaya in half and remove seeds.</li> <li>Remove inside meat and place meat with bananas in blender.</li> <li>Blend till smooth</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

<b>Banana Ice Cream</b>	5 mins	Serves 2
<ul style="list-style-type: none"> <li>2-3 Frozen Bananas (freeze without peel)</li> </ul>		
Blend frozen bananas in food processor until very smooth. Bananas may look gritty but keep blending till smooth.		
✓ LOVED IT!	✓ Didn't like it	

<b>Juice Pops</b>	5 mins	Serves 6
<ul style="list-style-type: none"> <li>4 Oranges</li> <li>2 cups Berries</li> </ul>		
<ol style="list-style-type: none"> <li>Blend berries and oranges until smooth.</li> <li>Pour mixture in Popsicle holders or ice cube trays.</li> <li>Insert Popsicle sticks and freeze in freezer.</li> </ol>		
✓ LOVED IT!	✓ Didn't like it	

# DETOX MIXTURE

<b>Detox Mixture</b>	5 mins	Serves 1
<ul style="list-style-type: none"> <li>1 ½ cups fresh lemon juice</li> <li>2 quarts Distilled Water</li> <li>1/3 cup pure maple syrup (for women) Or</li> <li>½ cup pure maple syrup (for men)</li> </ul>		
✓ LOVED IT!	✓ Didn't like it	



# CALORIE INDEX

Vegetables	Serving Size	Calories (Raw)
Artichokes	½ Cup	30
Alfalfa sprouts	½ Cup	28
Asparagus	1 Cup	27
Avocados	1	322
Bamboo shoots	1 Cup	41
Bean sprouts	1 Cup	53
Beets	1 Cup	58
Bok choy	½ Head	50
Broccoli	1 Cup	30
Brussels sprouts	1 Cup	38
Buckwheat sprouts	1 Cups	583
Cabbage, Chinese	1 Cup Shredded	9
Cabbage, Red	1 Cup Shredded	28
Carrots	1 Cup Chopped	52
Cauliflower	1 Cup	25
Celery	1 Cup Diced	19
Chard, Swiss	1 Cup	7
Chives	1 Tbsp Chopped	1
Cucumber	1 Cup	16
Eggplant	1 Cup Cubes	20
Edemame	½ Cup	100
Fennel, Bulb	1 Cup	27
Garlic	1 Clove	4
Green Beans	1 Cup	40
Green Onions	1 Cup Chopped	32
Jicama	1 Cup	46
Kohlrabi	1 Cup	36
Lima Beans	1 Cup	176
Leek	1 Cup	54
Mung Bean Sprouts	1 Cup	31
Okra	1 Cup	31
Onion	1 Cup	64
Parsley	1 Cup	22
Parsnips	½ Cup	100
Pepper, Green	1 Cup	30
Pepper, Red	1 Cup	48
Pimentos	2 Tbsp	80

<b>Radish</b>	1 Cup	19
<b>Rhubarb</b>	1 Cup	26
<b>Rutabaga</b>	1 Cup	50
<b>Shallots</b>	½ Cup	60
<b>Snap Beans (Edible Pods)</b>	1 Cup	34
<b>Snow Peas (Sugar Peas)</b>	1 Cup	41
<b>String Beans</b>	½ Cup	30
<b>Sprouts</b>	1 Cup	56
<b>Tomatillo</b>	½ Cup	21
<b>Turnips</b>	1 Cup	36
<b>Water Chestnuts</b>	1 Cup	80
<b>Wheat Grass</b>	100 ml	14
<b>Zucchini</b>	1 Cup	20
<b>Greens</b>	<b>Serving Size</b>	<b>Raw</b>
<b>Arugula</b>	½ Cup	3
<b>Beet Greens</b>	1 Cup	8
<b>Belgian endive</b>	1	15
<b>Bib lettuce</b>	1 Cup	7
<b>Boston lettuce</b>	1 ½ Cup	15
<b>Butter Lettuce</b>	1 Cup	7
<b>Cress</b>	1 Cup	16
<b>Collard Greens</b>	1 Cup	11
<b>Curly Endive</b>	½ Cup	4
<b>Dandelion Greens</b>	1 Cup	25
<b>Endive</b>	½ Cups	4
<b>Endigia (Red Endive)</b>	½ Cup	4
<b>Escarole</b>	1 ½ Cup	15
<b>Green Leaf</b>	1 ½ Cup	15
<b>Iceberg</b>	1 Cup	8
<b>Kale</b>	1 Cup	34
<b>Mesclun</b>	1 Cup	10
<b>Mustard Greens</b>	1 Cup	15
<b>Oakleaf</b>	½ Cup	4
<b>Radicchio</b>	1 Cup	9
<b>Red Leaf</b>	1 ½ Cup	15
<b>Romaine</b>	½ Cup	5
<b>Spinach</b>	1 Cup	7
<b>Swiss chard</b>	1 Cup	7
<b>Watercress</b>	1 Cup	4

<b>Fruit</b>	<b>Serving Size</b>	<b>Raw</b>
Avocados	1	240
Apples	1 Cup	65
Apricots	1 Cup	74
Bananas	1 Cup	200
Blackberries	1 Cup	62
Blueberries	1 Cup	83
Boysenberries	1 Cup	66
Cantaloupe	1 Cup	60
Cherries	1 Cup	90
Coconut Meat	1 Cup	283
Dates	1	35
Figs	1	47
Grapefruit	1 Cup	97
Grapes	1 Cup	62
Guava	1	45
Honeydew	1 Cup	64
Kiwi	1 Cup	108
Lemon	1 Cup	61
Limes	1	20
Mango	1	130
Melons	1	60
Mulberries	1 Cup	80
Nectarines	1	70
Oranges	1 Cup	80
Papaya	½ Cup	70
Peaches	1 Cup	66
Pears	1 Cup	96
Persimmon	1	32
Pineapple	1 Cup	78
Plums	1 Cup	76
Pomegranate	1	105
Raspberries	1 Cup	64
Strawberries	1 Cup	49
Tangelos	1	60
Tangerines	1 Cup	80
Tomatoes	1	15
Watermelon	1	46

<b>Dairy</b>		
<b>Organic butter</b>	1 Tbsp	100
<b>Oils</b>		
<b>Coconut Oil- (A great substitute for butter!)</b>	1 Tbsp	125
<b>Extra-virgin olive oil</b>	1 Tbsp	120
<b>Flaxseed Oil- (Great for dressings. Keep refrigeration, do no heat)</b>	1 Tbsp	130
<b>Grape seed oil</b>	1 Tbsp	120

# **SHOPPING LIST**

## **Vegetables**

*Fresh or frozen only, organic if possible*

Artichokes  
Alfalfa sprouts  
Asparagus  
Avocadoes  
Bean sprouts  
Beets  
Bok Choy  
Broccoli  
Brussels sprouts  
Cabbage, Chinese  
Cabbage, Red  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Garlic  
Green Beans  
Green Onions  
Lima Beans  
Leek  
Onion  
Parsley  
Parsnips  
Pepper, Green  
Pepper, Red  
Snap Beans (Edible Pods)  
Snow Peas (Sugar Peas)  
String Beans  
Sprouts  
Zucchini

## **Greens**

Arugula  
Boston lettuce  
Butter Lettuce  
Collard Greens  
Green Leaf  
Iceberg  
Kale  
Mesclun  
Radicchio  
Red Leaf  
Romaine  
Spinach  
Swiss chard  
Watercress

## **Fruits**

Avocado  
Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
Cherries  
Dates  
Grapefruit  
Grapes  
Honeydew  
Kiwi  
Lemon  
Limes  
Mango  
Melons  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Persimmon  
Pineapple  
Plums  
Raspberries  
Strawberries  
Tangerines  
Tomatoes  
Watermelon

## **Oils**

Coconut Oil  
Flaxseed Oil  
Grape seed oil  
Extra Virgin Olive Oil

## **Dairy:**

Organic Butter

## **Condiments**

Real Sea Salt  
Fresh Spices and Seasonings  
Fresh Basil, Oregano, etc.

## **Beverages**

Distilled water (Use on detox)  
Spring Water  
Purified Water  
Fresh Squeezed Vegetable Juice

## EXAMPLE MENU

Excluding detox days.

### BREAKFAST

Bowl of sliced fruit with squeeze of lemon

Banana

**OR**

Morning Energizer

Sliced Pineapple

### LUNCH

Garden Salad with Garlic Olive Oil Dressing

Sliced Apple

**OR**

Lettuce Wrap with Fresh Mango Salsa

Orange slices

### DINNER

Garden Salad

Sautéed Mushrooms

**OR**

Spicy Taco Crunch

Tomato Cups

# Week One

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	NO FOOD TODAY Make Detox Mixture	NO FOOD TODAY Make Detox Mixture	NO FOOD TODAY Make Detox Mixture	Breakfast: - Vegetable - Fruit	Breakfast: - Meal Shake
Snack: -Snack Shake	Snack: -	Snack: -----	Snack: -----	Snack: -----	Snack: -	Snack: -
Lunch: - Lettuce Wraps	Lunch: - Confetti Salad	Lunch: -----	Lunch: -----	Lunch: -----	Lunch: - Confetti Salad	Lunch: - Melted Tomato & Zucchini Wraps
Snack: -	Snack: - Snack Shake	Snack: -----	Snack: -----	Snack: -----	Snack: - Snack Shake	Snack: - Snack Shake
Dinner: - Steamed Artichokes -Any Salad	Dinner: - Sautéed Brussels -Any Salad	Dinner: -----	Dinner: -----	Dinner: -----	Dinner: -Steamed Artichokes -Any Salad	Dinner: - Bunches of Broccoli -Any Salad
Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: -----	Other: -----	Other: -----	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: -Can replace a meal with the NUTRITIONAL SHAKE

\*Please note that you will still have to add your calories and adjust quantity accordingly.

# Week Two

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Meal Shake	Breakfast: - Fruit - Vegetables	Breakfast: - Meal Shake
Snack: - Fresh Veggies dipped in salsa	Snack: -	Snack: - Snack Shake	Snack: -	Snack: - Snack Shake	Snack: -Snack Shake	Snack: - Snack Shake
Lunch: - Lettuce Wraps with Guacamole	Lunch: - Confetti Salad	Lunch: - Melted Tomato & Zucchini Wraps	Lunch: - Confetti Salad	Lunch: - Picnic Lettuce Wraps	Lunch: - Lettuce Wraps	Lunch: - Lettuce Wraps with variety of fresh veggies
Snack: - Snack Shake	Snack: - Snack Shake	Snack: -	Snack: - Snack Shake	Snack: -	Snack: -	Snack -Fresh Veggies dipped in mashed avocados
Dinner: - Stir Fry -Any Salad	Dinner: - Sautéed Brussels -Any Salad	Dinner: - Veggie Chowder -Any Salad	Dinner: - Lettuce Wraps -Any Salad	Dinner: -Stir Fry -Any Salad	Dinner: - Steamed Artichokes -Any Salad	Dinner: - Spicy Taco Crunch - Lettuce Wraps
Other: -Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: -Can replace a meal with the NUTRITIONAL SHAKE

\*Please note that you will still have to add your calories and adjust quantity accordingly.



<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Meal Shake	Breakfast: - Fruit - Vegetables	Breakfast: -Meal Shake
Snack: - Fresh Veggies dipped in mashed avocados	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in mashed avocados	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa
Lunch: - Lettuce Wraps with variety of fresh veggies Dressing	Lunch: - Any Salad	Lunch: - Any Salad with Fresh Tomato Salsa	Lunch: - Mediterranean Salad	Lunch: - Any Salad with Guacamole	Lunch: - Veggie Kabobs	Lunch: - Lettuce Wraps with Italian Marinade or Dressing
Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in mashed avocados	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa	Snack: - Snack Shake
Dinner: - Vegetable Stuffed Green Peppers -Any Salad Fresh Vegetables	Dinner: - Sautéed Asparagus -Any Salad	Dinner: - Sautéed Spinach -Any Salad	Dinner: - Veggie Kabobs -Any Salad	Dinner: - Vegetable Delight -Any Salad	Dinner: - Marinated Vegetables -Any Salad	Dinner: - Marinated Vegetables -Any Salad
Other: -Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE

\*Please note that you will still have to add your calories and adjust quantity accordingly.