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I. INTRODUCTION TO THE 5-WEEK CANDIDA PROGRAM

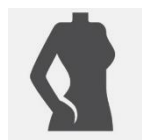
WELCOME TO THE PROGRAM

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

WHAT IS CLUB REDUCE?

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

TREATMENTS



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

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

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

SOLUTIONS4 PRODUCTS



To lose weight and maintain optimal health, supplementation is key. The Solutions4 line provides some of the highest quality nutritional supplements available on the market. Unlike other supplements available in the United States, Solutions4 blends are manufactured without any harmful additives or fillers that reduce the potency of a product.

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

WHY YOU ARE HERE

For one reason or another, you came to our clinic to get help – whether it’s because you want to lose weight or just feel better. You may suffer from diabetes, fibromyalgia, neuropathy, insomnia, low energy, skin problems, hormonal imbalances, or other debilitating conditions. You’ve probably tried a variety of programs or medications, only to wind up frustrated because of little or no improvement. We understand the frustration you’ve been through and want the very best for you as our patient. We hope to educate you so that you can better understand why you’ve become sick and what you can do to restore your health.

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

II. YOUR JOURNEY TO WELLNESS

BACK TO THE BEGINNING

FOODS THAT KILL

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



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



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



Americans do poorly when it comes to animal products, too. Your choice to eat double-bacon cheeseburgers for lunch may eventually prove deadly. Much of the meat you find in the grocery store is laced with antibiotic and hormone residues, preserved with carcinogenic nitrates, and “flavored” with a variety of questionable chemicals. Eating lots of processed meat doesn’t just make you sick – it makes you fat! Skipping your daily hamburger, hotdog, or sausage is a no-brainer way to cut out excess calories. Eating these types of meat – even in moderation – increases your risk of chronic disease and obesity.



But don’t think it’s just the meat! Dairy products can be problematic, too. Because cow’s milk is designed for baby cows, it isn’t an ideal source of food for humans. It may make you feel sluggish, upset your stomach, or cause you to produce excess mucus. You may be in such poor health that you don’t even notice when dairy affects you in this way. Even if you don’t react poorly to dairy, most of the dairy products you find at the store are loaded with fillers, chemicals, and preservatives. These foods aren’t particularly nutritious and often wind up on your body

as fat. The average American eats 31 pounds of cheese each year and has about the same number of pounds to lose. If you want a leaner, slimmer body, most dairy foods are not your friend.



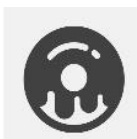
On top of all this, Americans are consuming extremely harmful trans fats, MSG, high-fructose corn syrup, and hundreds of questionable food additives. Trans fats are found in almost all processed foods, baby formulas, non-dairy creamers, and salad dressings. These artificial fats oxidize rapidly in the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

FOODS THAT HEAL

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

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

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



Carbohydrates are a source of energy found in grains, legumes, and other plants. Carbohydrates come in different forms – sugar, starch, and fiber – but are most commonly consumed as sugars or starches in the standard American diet. Sugars and starches are easy to overeat. Most people eat far more sugar and starch than their bodies can handle, causing excesses to be stored as fat. That’s right – your breakfast bagel, donut, or croissant ends up directly on your hips, your stomach, or wherever you store fat the most easily – and you wonder why you can’t lose the weight! Fiber, on the other hand, does not contain many calories and is extraordinarily beneficial to the human body. Many Americans don’t even get half of the fiber they need each day. Instead, they load up on the sugary, starchy refined grains that are stored in your body as fat.



Contrary to popular opinion, eating fat doesn’t make you *fat*. Eating the right amount of healthy fats will actually help you lose weight! Healthy fats are found in unrefined olive and coconut oils, in flaxseed oil, in avocados, and most importantly, in fish. Fish contain the beneficial omega-3 fatty acids that reduce inflammation and promote weight loss. People

who eat fish several times a week live longer, too. Fish and poultry are complete proteins, meaning that they provide all of the amino acids that your body needs to heal and rejuvenate itself. Eating fish as one of your primary sources of protein will accelerate your weight loss and make you feel fantastic.



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

LIFESTYLE HABITS

Emotional Eating

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

Overeating

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

Stress and Negativity

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

Inactivity

Did you know that only 22% of Americans meet the minimum requirements for physical activity each day? Inactivity makes you more likely to become obese, increases your risk of diabetes, and makes you more likely to develop heart disease. If you – or those in your family – suffer from these conditions, it's not too late to prevent these conditions from controlling your life. Regular physical activity will make you leaner, healthier, and happier. When you exercise, your body produces endorphins, giving you a feeling of euphoria. On the program, we recommend that you practice High-Intensity Interval Training

(HIIT) for 20 minutes a day, three times each week (Mon/Wed/Fri). Though this only adds up to one hour each week, the high-intensity sessions will dramatically increase your production of fat-burning hormones and help you lose weight throughout the week!

Sleeplessness

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

TOXICITY



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

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

A HOLISTIC APPROACH

THE CONVENTIONAL APPROACH

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

told you that you need to lose weight, or eat healthier, but they don't tell you *how*. They don't give you the resources you need to succeed.

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

OUR HOLISTIC APPROACH

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

To meet your holistic needs, we offer resources that help you improve your food habits, reduce stress levels, sleep better, and increase your physical activity. Self-Mastery Technology (SMT) sessions help you to make emotional eating a thing of the past! They can also reduce your stress levels and make healthy sleep habits come more naturally to you. Our Whole Body Vibration (WBV) and Exercise with Oxygen Therapy (EWOT) sessions will make exercise something to get excited about!

According to the U.S. Center for Disease Control and Prevention, quality of medical care accounts for only 10% of a person's overall health. Predisposed, hereditary conditions account for another 18%. Everyday lifestyle conditions – the foods you eat, your activity level, and the toxins you are exposed to – account for 72%! *The way that you live and the daily decisions that you make determine your level of health.* Though we will serve as a guide through this process, YOU must do the work – changing food habits, lifestyle, or beliefs – to facilitate your own healing. Healing requires a team approach involving you, the Club Reduce doctor and staff, and every person in your life. As a holistic facility, we want to educate you on the principles of proper nutrition so that your success lasts a lifetime. We want to empower you to obtain optimal health, wellness, and balance in your life – physically, emotionally, and spiritually. The first step in this process is reforming your relationship with food.



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

III. THE BENEFITS OF DETOXIFICATION

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

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

DETOXIFICATION 101: HEALING YOUR BODY NATURALLY

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

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

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

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

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

HOW TO DETOXIFY YOUR BODY



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



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



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

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

THE EXPERIENCE OF DETOXIFICATION

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

INCREASED ENERGY, VITALITY, AND WELL-BEING

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

THE HEALING CRISIS

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

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

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

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

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

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

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

TRANSITIONING BACK TO SOLID FOODS

How you come off a detox is just as important as how you detoxify. Begin by consuming fresh fruit (after day 22), salads, and vegetables. Some people choose to juice live foods for a few days before eating solid foods, allowing the body more time and energy to heal and gain strength. As you complete your detox program, many of the negative symptoms that you have been experiencing will have already begun to disappear. The effects of a three-day cleanse are dramatic! Your body is now clean and will no longer tolerate abuse. A couple of beers will make you drunk, you may become ill after eating pizza, and a candy bar may give you a headache. All these foods are very unhealthy, and your new, clean body will be more sensitive to toxins. You'll feel ready to tackle any new challenges that come your way!

FREQUENTLY ASKED QUESTIONS

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

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

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

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

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

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



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

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

IV. CANDIDA, GUT HEALTH, AND DIET

WHAT IS CANDIDA?

Candida is an over-infestation of yeast in your body. You're probably familiar with yeast as an ingredient in bread, beer, and other fermented foods. Yeasts are what make champagne fizzy and bread rise. We're used to using certain yeasts in our food, but many of us don't realize that yeasts are actually everywhere! They're in the air, in the water, and on the surface of just about every living thing. We breathe, eat, and drink them on a daily basis. Because they are part of our daily lives, we all have yeast growing in our skin, in our mouths, on other body surfaces, and in our gut. Though yeasts normally reside in your body in small quantities, they can become dangerous if they become too numerous.

There are over 900 different strains of yeast in the human body, though *Candida albicans* is one of the most common. *Candida albicans* has unique characteristics that make it especially dangerous when too many of them grow in your body. Normally, yeasts are small, round cells that don't cause much damage. Unlike these harmless yeasts, *Candida albicans* can grow long, mold-like tendrils that penetrate tissues in your body, causing inflammation and cell damage. If you've ever had a local yeast infection – in your mouth, on your hands or feet, or in your urogenital tract – you know that this doesn't feel good! When these same yeasts invade the gut, they cause structural damage and widespread inflammation.

Your body's natural defense systems are designed to keep Candida under control. When you are healthy, your body does this on its own, and small Candida colonies in your gut are nothing to worry about. However, yeasts are creatures that thrive on sugary, starchy foods. Your sugary breakfast cereal is exactly what the Candida needs – and exactly what you don't! When there is plenty of food available, yeast cells reproduce and multiply, wreaking havoc as they go. Poor nutrition, stress, antibiotics, alcohol, and caffeine can also play a role in reducing your body's control over Candida. When you eat too many starches and sugars – especially in combination with these other factors – yeast colonies grow rapidly and Candida overgrowth is often the result.

CAUSES OF CANDIDA OVERGROWTH



Eating a diet rich in sugary, starchy foods is one of the primary causes of Candida overgrowth. Over the past 160 years, sugar consumption in the U.S. has skyrocketed! Most of us eat far more sugar than our bodies are equipped to handle. Unfortunately for us, Candida loves sugar. Refined sugars are directly metabolized by Candida organisms, causing them to reproduce rapidly. Complex sugars found in fruit and other natural substances feed Candida also, but do so less efficiently. Because fruits are very nutritious, they play an important role in your diet! You'll only want to cut them out for a short time to eradicate your Candida.

In your body, starches are broken down into simple sugars in the digestive system. In this process, they end up feeding the Candida yeasts, too. Grains, legumes, and certain vegetables (potatoes, corn, etc.) are the primary sources of starch in your diet. The Candida in your gut love when you eat pasta for dinner – the starch provides them with all of the food they need to reproduce and multiply! Many of your favorite foods – your PB&J, macaroni and cheese, potato chips, and popcorn – all contribute to your Candida problem.

Poor nutrition is a double-edged sword – the sugars and starches feed Candida, but they also weaken your immune system, reducing your body’s ability to fight off the yeast. This makes it doubly hard to solve the problem! Sugars suppress the immune system, allowing yeast colonies to multiply rapidly. Starches take a long time to digest and end up feeding harmful bacteria that work with Candida to cause problems. Other lifestyle factors – alcohol, antibiotic use, caffeine, stress, etc. – can destroy the friendly bacteria in your gut that normally help keep Candida in check.

When you take antibiotics, you kill only the weakest bacteria in your gut. Each time, the strongest bacteria survive and multiply. The same is true when you take anti-fungal medications – the remaining yeasts just become stronger. The more of these medications a person uses, the harder it is for the body to naturally eradicate Candida. Antibiotics can also suppress the immune system as a whole, making it doubly difficult for the body to take care of Candida on its own. Steroid drugs (such as cortisone or prednisone) have a similar effect, suppressing the immune system and allowing Candida to run rampant.

HOW CANDIDA WREAKS HAVOC ON YOUR BODY

You probably know what a yeast infection is. Almost everyone has one at some point in their life. They can occur in the mouth (oral thrush), the vagina (vulvovaginitis), the urinary tract (bladder/kidney infection), the prostate gland (prostatitis), the skin (ringworm, athlete’s foot, jock itch, etc.), and the nails (onychomycosis). What you probably don’t realize, though, is that yeast can invade the gut, too.

Candida overgrowth in the gut wreaks widespread havoc on the whole body, causing symptoms that range from anxiety to obesity. When Candida yeasts become overgrown in the gut, they damage your intestinal walls, allowing food particles, bacteria, and other toxins to enter your bloodstream. The foreign particles that escape trigger an immune response that can result in inflammation, obesity, and a host of other issues if left untreated. Other substances in your food – in grains, legumes, and dairy – can exacerbate this damage. As your gut health has deteriorated, you’ve probably discovered just how unpleasant this can be!

Yeasts excrete toxic chemicals called *mycotoxins*. Mycotoxins are hazardous substances that affect your body in a number of different ways. When yeasts become overgrown in your body, they produce more mycotoxins. These mycotoxins end up in your bloodstream and affect your cells in the following ways:

- a. Red blood cells have difficulty passing into small capillaries. This can cause fatigue, dizziness, muscle aches, or headaches.
- b. White blood cells have trouble enveloping bacteria and foreign material, making it difficult for your body to fight infection.
- c. Sugar has difficulty passing through cells. Insulin cannot do its job properly, causing high blood sugar and weight gain.
- d. Thyroid hormones have trouble passing through cells, causing metabolism to slow down, body temperature to drop, and fatigue to set in. This causes weight gain.
- e. Minerals have trouble passing through cell walls, causing fluid retention and electrolyte imbalance.
- f. Cells have difficulty passing messages one to another, causing muscle aches and nerve pain.

g. Enzymes are destroyed. Enzymes are the chemical helpers in your body that help you to build, break down, and produce energy and heat. Yeast toxins can inactivate or destroy some of these enzymes, slowing down all functions of your body.

SYMPTOMS OF CANDIDA

When Candida's harmful byproducts – mycotoxins – wreak havoc on a cellular level, they cause symptoms that affect your whole body. Combined with the food particles, bacteria, and toxins being leaked into your bloodstream, you're probably not feeling so well! Each person reacts to Candida differently, and as a result, experiences a variety of seemingly unrelated symptoms. These symptoms may include:

- a. Allergic reactions: congested nose, hives, headache, dizziness, diarrhea, weakness, cramps, arthritis, irritability, depression, increased sensitivities to foods or chemicals.
- b. Gastrointestinal problems: gas, bloating, abdominal pain, gastritis, gastric ulcer, heartburn, diarrhea, constipation, spastic colon.
- c. Respiratory problems: frequent sore throat, mouth or canker sores, sinus infection, bronchial infections, chronic cough, asthma.
- d. Cardiovascular problems: palpitations, rapid pulse rate (Candida does not directly affect the heart but rather the hormones regulating the system).
- e. Genitourinary problems: yeast infections, itching or burning in the vagina or prostate, urinary burning, frequent urination, lack of bladder control, bed wetting, menstrual cramping, PMS.
- f. Musculoskeletal problems: muscle weakness, night leg pains, muscle stiffness (especially neck and shoulder), slow reaction time, poor coordination, poor motor skills, falling, tendency to drop things.
- g. Skin infection: usually rash type in nature, typically under the breasts, groin area, diaper rash, hives, etc.
- h. Central nervous system problems: headache, sinus headache, tension headache, migraines, low blood sugar headaches, rapid blood sugar changes.
- i. High levels of stress hormones: anxiety, irritability, moodiness, restlessness, panic attacks, sudden anger, sleep disturbances, poor short term memory, inability to concentrate, fuzzy thinking and confusion.
- j. Fatigue: may be caused by impaired metabolism and impaired enzyme production.
- k. Weight gain: yeast overgrowth causes cravings for sugar, interferes with appetite, raises insulin levels, lowers metabolism, and increases fatigue.

With all of this going on in your body, it's no wonder you've found it hard to lose weight! To get to the root of the problem, we must halt the Candida in its tracks. To do so, you'll limit your intake of sugars and starches until the excess Candida yeast have died off. As the Candida die and your gut heals, you'll

begin to feel better. Each of these symptoms that you've been experiencing will subside, making you feel healthier, happier, and better able to tackle the challenges that come your way. When you're eating the right foods, Candida will resolve itself naturally.

HOW IS IT TREATED?

CONVENTIONAL MEDICAL APPROACH TO CANDIDA

Many conventional doctors use antifungal medications and antibiotics to treat yeast overgrowths. Some doctors lack awareness of Candida overgrowth as a serious medical problem and fail to treat it at all. When drugs are used to specifically address Candida, they end up destroying some of the yeast, but leave the strongest strains behind. When you go off of the medication, the drug-resistant yeasts multiply rapidly! As they multiply, more mycotoxins are produced and more damage is done to your gut. Because antifungals and antibiotics kill your friendly bacteria in the crossfire, you no longer have any defense against these new, stronger yeasts. The next time you are prescribed antifungals or antibiotics, you will require higher doses that wipe out all of your friendly bacteria all over again! Treating Candida with drugs may alleviate your immediate discomfort, but will cause the yeast to come back with greater strength.

THE CLUB REDUCE APPROACH TO TREATING CANDIDA



Because Candida and other yeasts are all around us, we can never totally get rid of them. We can, however, keep them under control *without* the use of prescription drugs. To do so, we must make dietary and lifestyle changes. This means limiting our intake of the sugars and starches that feed Candida. It also means eating a better diet, overall, to get to the root of the problem and ensure that your Candida doesn't reoccur. Herbal supplementation and probiotics accelerate this process. Just as is the case with any lifestyle change, a total cleanse of the system is the first step to improved health. Detoxification helps strengthen the immune system so that your body will be able to control yeast levels on its own. These steps will ensure that your Candida is gone for good!

CANDIDA AND GUT HEALTH

Did you know that your body is composed of at least ten times more bacterial cells than actual human cells? Your body is made up of about ten trillion cells, but is home to a *hundred trillion* bacteria. That's more bacteria than there are stars in the entire Milky Way galaxy! These bacteria are enormously diverse, with over 400 different species being present in humans. Bacteria live in our skin, in our mouths, in women's vaginal tracts, and throughout our digestive systems. Most of these bacteria reside within your gut and play an important role in keeping you healthy. Some bacteria, however, can cause negative symptoms if they are able to overwhelm the friendly bacteria that populate the gut. It's okay to have *some* harmful bacteria, but you don't want too many! When you only have small amounts of harmful bacteria, the friendly bacteria are able to keep them in check. When you have too few friendly bacteria – or too many harmful bacteria – optimal health will be impossible to achieve.

WHAT DO FRIENDLY BACTERIA DO?

When Candida grows out of control, it overwhelms the population of friendly bacteria growing in your gut. This can be dangerous! Friendly bacteria are necessary to:

- Retard yeast growth (especially Candida)
- Reduce harmful bacteria in the body
- Help with digestion of proteins, carbohydrates, and fats
- Produce digestive enzymes
- Eliminate toxic materials in the body
- Reduce blood pressure
- Reduce cholesterol in the blood
- Balance pH levels in the intestines (acid/alkaline balance)
- Protect against colon irritation, constipation, and diarrhea
- Produce natural antibacterial agents
- Increase assimilation of calcium
- Help eliminate bad breath, bloating, and gas
- Manufacture and assimilate B vitamins (niacin, biotin, folic acid, riboflavin, and B-12)

Without enough friendly bacteria, you'll find that weight gain and poor health are your body's default setting. Your friendly bacteria can influence your mood, your mental health, and your overall outlook on life. If they're unhappy, you'll be unhappy. You and your bacteria share a symbiotic relationship – if you want them to help you, you have to help them.

WHAT DESTROYS FRIENDLY BACTERIA IN THE GUT?

Many lifestyle factors can alter the balance of good and bad bacteria in the gut. Some of the worst offenders include:

- Diets high in refined carbohydrates, sugar, and processed foods
- Diets low in valuable fiber
- Chronic stress
- Antibiotics and steroid drugs
- Alcohol
- Caffeine
- Scalding hot beverages

What you eat is the single most important factor in maintaining friendly gut bacteria. Friendly bacteria thrive when you feed yourself rich, nutritious, plant-based foods. They're also found in fermented, probiotic foods like sauerkraut and kimchi. These friendly bacteria are absolutely essential for vibrant health and weight loss. Other substances and lifestyle factors that weaken the immune system – antibiotics, stress, steroid drugs, alcohol, caffeine, and hot beverages – will also reduce your population of friendly bacteria. This leaves the doors wide open to Candida.

WHAT ENCOURAGES THE GROWTH OF HARMFUL BACTERIA IN THE GUT?



When you don't have enough friendly bacteria, or when you eat certain foods, harmful bacteria begin to colonize your gut. Bad bacteria thrive on the standard American diet. They love the unhealthy foods that you crave – hamburgers, sodas, pasta, ice cream, and donuts!

When you eat these foods, you open the door to both Candida and to harmful types of bacteria. These bad bacteria exacerbate Candida symptoms and can cause serious side effects all on their own! The favorite foods of harmful bacteria are:

- Sugar – any foods containing refined sugar or artificial sweeteners
- Grains – any foods that contain refined grains (breads, pastas, pastries, etc.)
- Red meat – any foods containing red meat feed *bacillus coli*, a harmful bacteria that lives in the gut

When you eat these foods, you feed your bad bacteria and cause them to multiply. When this happens, you may experience diarrhea, digestive problems, lactose intolerance, hypertension, cancer, vaginitis, small intestinal bacterial overgrowth (SIBO), kidney stones, elevated blood cholesterol, or allergies. Combined with your Candida overgrowth, these symptoms may be debilitating.

APPROACHING CANDIDA THROUGH DIET

Candida lives on what you eat and makes your body crave what the Candida needs to survive. For this reason, Candida is difficult to get rid of, but can be eradicated if proper steps are taken. To do so, you'll need to cut back on the foods that feed Candida and exacerbate your symptoms. Start by making each of your meals from fresh, whole food ingredients. Though this may seem challenging, you'll be surprised at how much fun it can be! Cooking with vibrant, colorful fruits and vegetables brings your kitchen to life.

CUT OUT STARCHY VEGETABLES



On the 5-Week Candida Program, we restrict vegetables that are high in starch. When you eat starchy vegetables, the starch breaks down into simple sugars in your body. This feeds Candida and contributes to your continuing symptoms. With this going on, you'll find that weight loss is very difficult! Though some starchy vegetables contain valuable nutrients, cutting them out for a short time will relieve your symptoms and get you feeling better. Choose from the non-starchy vegetables listed on pg. 21. If you have questions about vegetables you don't see on the list, feel free to ask us if they're okay!

CUT DOWN ON FRUITS AND SUGARS



Fruits contain sugar that feeds Candida in your body. Though they contain a lot of valuable nutrients, they also contain enough sugar to exacerbate your Candida condition. To deprive Candida of the sugar it needs to survive, you'll cut out fruit for the first 22 days of the program. Cutting out fruits for a few weeks can be difficult, but the results will be worth it! After 22 days, your Candida levels will be reduced enough to add certain fruits back in moderation. We've prepared a list of fruits you can try on pg. 22. While this list is not all-inclusive, it should give you an excellent idea of what types of fruits you can try after the first 22 days. One type of fruit – plantains – are high in starch and should be avoided as well.

For the first 22 days of this program, you'll also avoid all sources of sugar (refined white sugar, brown sugar, molasses, honey, etc.). The only two sweeteners that should be used during this time are stevia and the Solutions4 Fiber Sweetener. These two products are naturally sweet sugar alternatives that aren't artificial. Other types of sugars – even the natural ones – are capable of feeding Candida in your body and contributing to your condition. Once the first 22 days are up, you can add natural, unrefined sweeteners like pure maple syrup and raw honey back into your diet.



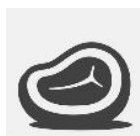
Sugars are found in your soda, in condiments (ketchup, mustard, BBQ sauce, etc.), in your breakfast cereal, and in most snack foods. Sugar is everywhere in the modern diet! To clear up your Candida, stay clear of these foods. Don't worry about feeling deprived – you'll be eating plenty of great-tasting foods on your program! Taking the Appetite Appeaser can help to balance blood sugar levels and make it easier to avoid sugary foods.

AVOID MOST GRAINS AND LEGUMES



Grains and legumes contain starches that feed Candida in your body. It's important to rid the diet of grains and legumes – to the greatest extent possible – until your Candida symptoms are relieved. Later on, when the Candida has been taken care of, grains can be reintroduced into the diet on a limited basis. You might find that you don't tolerate grains or legumes at all and choose to cut them out altogether. Many people feel so great on the program that they don't want to go back!

TAKE IT EASY ON THE MEAT



Limit your consumption of meat – and eliminate red meat – while on the program. Meat takes longer to digest than plant-based foods and can end up feeding harmful bacteria in the gut. Compared to chicken and fish, *red meat takes the longest*. To speed up your digestive process and avoid feeding these harmful bacteria, you'll want to limit chicken and fish, but *cut out red meat altogether*. When harmful bacteria grow, they overrun the friendly bacteria that would normally keep Candida in check. Even after you've cut out red meat, don't overdo it on poultry or fish! Even these foods will feed your bad bacteria if you eat too much.

TAKE THE SOLUTIONS4 PROBIOTIC SUPPLEMENT



Probiotics are your gut's new best friend! Taking the supplemental probiotics as prescribed is a great way to encourage billions of friendly bacteria to take up residence in your gut. Establishing enough friendly bacteria will help you keep Candida under control for good. We provide you with Solutions4's excellent Probiotic Blend as a part of your program. This supplement gives you a high dose of live, active, friendly bacteria to help restore your body to a healthy balance!

V. FOOD LIST

Foods to Enjoy

VEGETABLES

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

LETTUCE & GREENS

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

FRUITS (AFTER DAY 22)

Apples
Apricots
Avocados*
Bananas
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Coconut (no sweetened flakes)
Dates
Figs
Grapefruit
Grapes

Guava
Honeydew
Kiwi
Lemon*
Limes*
Mango
Melons
Mulberries
Nectarines
Oranges
Papaya
Peaches
Pears
Persimmon

Pineapple
Plums
Pomegranate
Raspberries
Strawberries
Tangelos
Tangerines
Tomatoes*
Watermelon

*These fruits are permissible
from day 1.

LEAN MEAT

Chicken
Cod
Duck
Halibut
Mahi mahi

Pheasant
Salmon
Sea bass
Shellfish
Sole

Tilapia
Trout
Tuna
Turkey
Quail

LIMITED GRAINS & LEGUMES

Lentils (green, brown, or red, up to 1 cup – cooked – per day)*
Rice (brown, basmati, or wild, up to 1 cup – cooked – per day)*
Quinoa (black, red, or white, up to 1 cup – cooked – per day)*

*Up to one 1 cup of either lentils, rice, or quinoa per day – not one of each.

LIMITED DAIRY

Organic butter (sparingly)
Organic eggs (up to 2 per day)

DRESSING, BROTH, & CONDIMENTS

Annie's Lemon Chive dressing (does contain vegetable oil, but works in a pinch)
Bragg's Liquid Aminos
Coconut Aminos
Organic chicken or vegetable broth (homemade or additive-free)
Vinegar (except balsamic vinegar and malt vinegar – balsamic can be included after day 22)

HEALTHY OILS

Unrefined coconut oil
Unrefined extra virgin olive oil

Unrefined flaxseed oil

SALT AND SPICES

Fresh herbs and spices

“Real Salt”

Sea salt

SWEETENERS

Pure Maple Syrup*

Raw Honey*

Solutions4 Fiber Sweetener

Stevia

*After Day 22

BEVERAGES & NUTRITIONAL SHAKES

Coconut water (raw and additive-free)*

Fresh vegetable juices

Nutritional shakes (up to 3 scoops per day except on detox days)

Water (distilled, filtered, pure, or spring)

*After Day 22

Foods to Avoid



VEGETABLES

Starchy vegetables (yams, potatoes, large amounts of squash, and others not on the approved list)
Corn and corn products
More than 1 cup of mushrooms per day

FRUITS

All fruits for the first 22 days (except lemons, limes, tomatoes, and avocados)
Starchy fruits (plantains)

GRAINS & LEGUMES

All flour-based products
All other grains not on the approved list (wheat, oats, barley, rye, sorghum, etc.)
All other legumes not on the approved list (black beans, kidney beans, fava beans, etc.)
More than 1 cup of rice, quinoa, or lentils per day

MEATS

All processed meats (bacon, sausage, ham, hot dogs, luncheon meats, corned beef, pastrami, etc.)
Beef
Lamb
Pork

DAIRY

Frequent use of organic butter
More than 2 eggs per day
All other dairy products (milk, cheese, sour cream, ice cream, whipped cream, etc.)

SWEETENERS

Corn syrup
Date sugar
Fructose
Molasses
Refined (white) sugar

FATS & OILS

Butter-substitutes (margarine, etc.)
Vegetable oils (canola, sunflower, soy, safflower, peanut, etc.)

NUTS & SEEDS

More than ½ cup of any nut or seed per day
Peanuts (actually a legume)

BEVERAGES

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

PROCESSED FOOD, ADDITIVES, & MISCELLANEOUS

All fast food and junk food (anything prepackaged or processed)
Mixed seasonings and spice rubs with additives (Mrs. Dash, etc.)
Old leftovers (if a meal has been in the fridge for more than 3 days, don't eat it)
Tobacco and other stimulants
Malt vinegar and balsamic vinegar (balsamic can be included after day 22)

VI. MAXIMIZING YOUR NUTRITIONAL INTAKE

HEALTHY EATING 101

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

THE LOWDOWN ON LEAN MEATS: POULTRY AND FISH



Fish like salmon, tuna, herring, mackerel, and sardines are rich in omega-3 fatty acids. You've probably been told that you need to eat enough omega-3, but you probably don't realize how important it is. Omega-3 reduces inflammation, reduces your risk of heart disease, and can even improve your mental health! Eating fish several times a week reduces your risk of developing dementia or Alzheimer's in old age. This is huge! Most Americans eat far too little omega-3 and instead eat foods rich in inflammatory omega-6. Though you do want to include some sources of omega-6 in your diet – nuts and seeds, for example – you don't want to overdo it! Fish is the best source of omega-3 and should be your main source of meat protein.



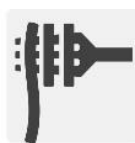
Poultry products – chicken, turkey, etc. – are a source of complete protein that can help satiate your appetite and make it easier to lose weight. Just don't overdo it! Even lean meats like chicken and turkey can feed the bad bacteria in your gut if you eat too much. However, unlike red meat, poultry products don't increase your risk of cardiovascular disease. They're also lower in inflammatory omega-6 and are free of the steroid hormones found in red meat. These substances can interfere with healthy weight loss. More information can be found on pg. 37, where we discuss high quality animal products.

EATING EGGS



Organic eggs are a nutritious (and delicious!) source of protein. Eating just one egg will provide you with 23% of your daily recommended intake of selenium! Organic eggs also contain plenty of the B vitamins that provide you with energy. Eat up to two each day, except on detox days.

ALL ABOUT GRAINS AND LEGUMES



As humans, we have only been eating grains and legumes (beans) for the past 10,000 years. That's not so long ago! Our bodies aren't fully equipped to handle them like fruits and vegetables. Grains and legumes are great for feeding large numbers of people, but they aren't great for optimal health. Do you get gas when you eat beans? That's your body telling you that it can't properly digest them. Do you feel ill eating grain-based products every day? That's your body telling you to stop!

Though grains and legumes are a very grey area, this program allows small servings of rice, quinoa, and lentils under some circumstances. For maximum benefits, you may want to eliminate them altogether. Talk to us to determine what's best for you.

Grains and legumes contain substances that resist digestion, irritate the lining of your intestines, and cause microscopic holes to form in your gut. These substances are called lectins. Lectins are a part of the plant's natural defense mechanism – they allow a grain or bean to pass through your gut undigested so that it can exit, and deposit in your body's natural “fertilizer.” This ensures its ability to reproduce and grow into a new plant. Because grains and legumes are so new in human history, many people haven't developed the enzymes necessary to digest them.

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

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

A GREY AREA: NUTS AND SEEDS



Did you know that cashews come from the same family as poison ivy? It's true! Though cashews themselves are safe, they – and other nuts – contain enzyme-inhibitors and other substances that can make them difficult to digest. If your body isn't able to fully digest nuts and seeds, they may end up feeding bad bacteria in your gut. For this reason, nuts and seeds are another grey area on the 5-Week Candida Program. They're also very high in calories! Eating too many nuts or seeds can make it difficult to lose weight. We allow up to ½ cup of nuts or seeds per day, but recommend that you work with us to determine what's best for you.

If you're going to eat nuts or seeds, avoid the common roasted and pre-seasoned mixes available at most grocery stores. The roasting process destroys valuable nutrients, and the seasonings often contain unhealthy artificial additives. If you find that you are sensitive to nuts or seeds, cut them out! You may find that you tolerate them better after your gut has had a chance to heal on the program.

HEALTHY FATS WON'T MAKE YOU FAT



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

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

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

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

DAIRY: FRIEND OR FOE?



You wouldn't ingest steroid hormones or pesticides on purpose – but that's exactly what you do when you eat a slice of cheese! Dairy products are laced with the pesticides that contaminate the cows' feed, the hormones used to make them grow bigger, and the antibiotics used to keep them alive under unsanitary conditions. On top of all of this, many people get sick or gain weight when they eat dairy. This isn't particularly surprising, given that milk is designed for baby cows, not adult humans. Most people don't have the enzymes necessary to digest dairy fully.

On the 5-Week Candida Program, organic butter may be used in small quantities when better oils are unavailable. Butter is much lower in lactose than other dairy products, and as such, will be better tolerated. We recommend that you don't use regular butter for the reasons mentioned above.

DELICIOUS DRINKS, JUICES, AND BEVERAGES



Did you know that a full 70% of your body is made up of water? You're more water than any other substance! To lose weight, you'll need to drink plenty of water to restore your body to a healthy balance. Sodas, coffee, and tea contain water, but they also contain caffeine. Caffeine acts as a diuretic, preventing water from reaching necessary locations in your body and depleting valuable minerals. In addition to dehydrating your body, you probably drink less water when you're drinking soda or coffee. That's a double whammy! Caffeine can cause nervousness, irritability, jitteriness, muscle tension, and trembling. In children, it may damage neural development! Because of the risk of birth defects with high levels of caffeine consumption, pregnant women are advised by the FDA to cut out coffee. Consider replacing morning coffee or tea with the Solutions4 Nutritional Shake.



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



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



Warning: *Do not consume alcohol while on your 5-Week Candida Program! Alcohol dehydrates your body, irritates your gut, and contributes to inflammation. Give your body a chance to heal.*

SPICING IT UP WITH SALT AND SEASONINGS



Unlike regular table salt, sea salt isn't refined or chemically processed. It's the real thing! On the 5-Week Candida Program, you'll want to avoid table salt altogether. Most brands contain nasty fillers and chemical additives. When using herbs in your cooking, freshness is important! Though you should use freshly picked herbs when possible, dried – and preferably organic – herbs may be used as long as they are not old or expired. Watch out for additives in the "mixed seasoning blends" on the market. Most seasoning blends contain anti-caking agents and preservatives.

SUGAR: TOO MUCH OF A SWEET THING



You know that sugar makes you fat, but do you realize how much of it you consume? The average American consumes almost half a pound of sugar each day. That's almost eight times more than health organizations recommend! And these excess calories show – you can see them on your arms, your thighs, your stomach, and maybe even your chin. Though you won't be eating any sugar for the first 22 days of your program, you'll eventually add fruit – a source of natural sugar – back into your diet.

Artificial sweeteners can alter your appetite and make you eat even more. Many of these sweeteners break down into deadly acids in your body. For example, when you ingest aspartame, one of the ingredients converts into formaldehyde – a deadly neurotoxin and known carcinogen! Safer, program-friendly sweeteners include stevia and the Solutions4 Fiber Sweetener. After day 22, you can also have raw honey and pure maple syrup. These safe options have little effect on blood sugar when used sparingly.

MISCELLANEOUS: BROTH, DRESSINGS, AND CONDIMENTS



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



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



On the 5-Week Candida Program, you won't be using many pre-prepared, prepackaged products. Ketchup, mustard, mayonnaise, barbeque sauce, and other common condiments all contain sugar and chemical additives.

SUPPLEMENTATION



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

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

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

Anti-Cellulite Lotion — *Tones and tightens the skin!*

You can maximize the contouring, tightening, and inch-loss effects achieved at Club Reduce with Anti-Cellulite lotion! This lotion assists in the cellulite removal process, toning and tightening the skin. When you use it between treatments, it accelerates your inch-loss! It should be applied to problem areas – the hips, buttocks, thighs, upper arms, etc. – immediately after bathing or showering. It leaves the skin with a delicate cinnamon scent!

Antioxidant — *Reverses free radical damage!*

This product contains some of the most powerful antioxidants found in nature! Includes astaxanthin, mozuku, ginkgo biloba, bilberry fruit, and milk thistle. These antioxidants enhance the immune system and reverse the damage caused by free radicals. To successfully lose weight, and keep it off permanently, a strong immune system is essential.

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

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

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

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

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

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

Digestive Enzyme Blend — *Helps you absorb ALL nutrients from food!*

This blend helps your body to digest and assimilate all nutrients necessary for proper, healthy, and permanent weight loss. It alleviates digestive discomfort and restores energy to your body. Digestive enzymes promote weight loss by heightening absorption of vitamins, minerals and other nutrients from food.

Evening Primrose Oil — *Increases your metabolism!*

Increasing your metabolism helps you to lose weight without dieting! By increasing your metabolism, it provides your body with a number of incredible benefits. It lowers blood cholesterol, alleviates serious skin conditions, lessens arthritic symptoms, and relieves PMS. During the weight loss process, evening primrose oil has been known to be helpful in overcoming plateaus.

Exercise Gel — *Improves circulation and maximizes inch loss!*

Exercise Gel helps you get the most out of your workout! When applied to problem areas before exercising, this innovative gel warms muscles and increases circulation. Typically, fatty tissues have less circulation, making these areas more difficult to target. Solutions4's Exercise Gel draws blood to those areas, helping you get maximum results from every workout. Using the gel will also help to sculpt and tone areas of cellulite and help your body expel toxic waste.

Fiber Blend — *Improves your digestive function!*

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

Flaxseed Oil — *A powerful anti-inflammatory!*

Flaxseed oil is an organic source of omega-3 and other essential fatty acids, which play a vital role in healthy cell renewal. It also regulates cholesterol levels and reduces risk of strokes, cancer, and diabetes.

Intestinal Cleanser — *Breaks down waste buildup in the colon!*

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

Liquid Calcium — *Builds strong bones to support weight loss goals!*

Three capsules per day provide 100% of the US recommended daily allowance (RDA) of calcium, offering the balance that your body needs to lose weight safely and permanently, while maintaining healthy body function and strong bone structure. Liquid Calcium also relieves nervousness and insomnia and strengthens the immune system! Solutions4 uses a liquid gel capsule to ensure absorption.

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

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

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

This quick and easy meal replacement shake is great for losing weight and maintaining your blood sugar. Each time you drink a shake, you get a healthy dose of vitamins, protein, probiotics, omega-3, and digestive enzymes! The all-natural, lactose and dairy-free protein comes from grass-fed, free-range cows in New Zealand. You'll want to incorporate this product into your life even after you finish your program. Used as a meal replacement, this shake will help you get all of the daily nutrients you need while helping you maintain a healthy weight for life! Take your pick of chocolate, vanilla, strawberry, or orange cream.

Probiotic Blend — *A potent dose of 10 billion friendly bacteria!*

Gut health is essential to weight loss! Taking a high-quality probiotic can reduce anxiety, improve mood, control acne, improve immune function, and encourage healthy cell renewal. It is also extremely effective against Candida.

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

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

HOW TO TAKE YOUR SUPPLEMENTS

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

Remember these two rules:

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

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

EATING ORGANIC PRODUCE

More than 500 different chemicals are routinely used on conventional produce. A single grape is covered in 15 different types of synthetic pesticides! The use of pesticides is widespread, but hasn't been going on for very long – before WWII, everything was organic. Learning to eat the “old fashioned” way can benefit you in a number of different ways. Organic produce is, for one thing, significantly lower in pesticide residues. The pesticides on conventional produce are very difficult to wash off, and some are absorbed into the plants themselves. Pesticides can wreak havoc on your body – some affect your nervous system, others disrupt your hormones, and many cause birth defects in later generations.

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

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

WHICH FRUITS AND VEGETABLES NEED TO BE ORGANIC?

THE DIRTY DOZEN *(Should be organic)*

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

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

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

Organic produce is more nutritious, too! On average, organic fruits and veggies have 29% more magnesium, 27% more vitamin C, 21% more iron, and 14% more phosphorous than their conventional counterparts. This means that individuals who consume five servings of organic vegetables will meet their RDA (recommended daily intake) of vitamins and minerals, while those eating the same amount of conventional produce will not! That's a big difference.

Organic farming methods are also better for the environment. Over the course of human history, almost all farming has been organic. It's only in the last 70 years or so that we've begun to use synthetic pesticides on our food. Organic farming methods don't release toxins into the environment. Conventional methods, on the other hand, release pesticides into the ground, the air, and even our water supplies. These pesticides harm bee populations, other wildlife, and most significantly – humans. Transitioning away from the use and consumption of synthetic pesticides benefits everyone in the long run.

EATING RAW, FRESH PRODUCE

COOKING KILLS NUTRIENTS



Did you know that cooking your vegetables reduces nutrient content by 25% to 75%? Your serving of vitamin-rich broccoli loses half of its nutritional value when you boil it on the stove! Different types of cooking methods cause different nutrient losses. In general, boiling depletes far more nutrients than steaming or lightly sautéing. When you boil vegetables, many of the nutrients leach out into the water and aren't consumed. Unless you want to drink the boiled vegetable water, you should opt for a lighter cooking method. Reheating leftovers can cause further nutrient losses of 10% to 45%! Food is always best when it's fresh.

RAW FOODS CONTAIN ENZYMES



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

HIGH-HEAT COOKING CREATES CARCINOGENS



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

CANNED FRUITS AND VEGGIES CAN BE TOXIC



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

TWO OPTIONS: FREEZING AND DEHYDRATING



When planning your meals on the 5-Week Candida Program, remember that fresh ingredients are essential. You can freeze your fruits and vegetables, just don't overcook them! If you want to include some dried vegetables – kale chips, for example – on your program, go ahead! Just don't let dried vegetables crowd out fresh ingredients in your diet. Go ahead and eat occasional freeze-dried fruits after the first 22 days of your program. Freeze-dried fruits retain more nutrients than regular dried fruits and don't require preservatives. They're also less likely to contain sweeteners or other additives. Avoid regular dried fruit on the program.

HIGH QUALITY ANIMAL PRODUCTS

Did you know that many chickens are raised in a space so small that they can't even spread their wings? Most factory farmed animals are fed an unnatural diet of processed grains and are kept alive in unsanitary conditions using antibiotics. The chicken on the grocery store shelf contains about twice the fat and about a third of the protein of chickens raised 40 years ago. Choosing higher quality animal products will help you to improve your overall health and maximize your weight loss in the long run! It's also far more humane to the animals involved.

ORGANIC POULTRY



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

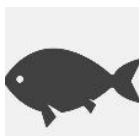
EGGS: ORGANIC, FREE-RANGE, OR OMEGA-3



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

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

WILD-CAUGHT VS. FARM-RAISED FISH



When you see “farm-raised” on a label, you might think that's a good thing – it isn't. Wild-caught fish are higher in healthy omega-3 than farm-raised fish. And they contain the most beneficial type of omega-3, too! Wild-caught fish are significantly higher in DHA and EPA – the two best types of omega-3 – compared to farm-raised varieties. DHA and EPA are excellent “brain foods” that boost your mental health and reduce your risk of developing diseases like Alzheimer's. They also help prevent heart disease! Some varieties of wild-caught salmon, albacore tuna, and mackerel are among the best sources of these nutrients. Farm-raised fish, on the other hand, are high in inflammatory omega-6. They're also raised using antibiotics, are fed pesticide-laced food, and can develop high levels of toxic substances (like PCBs). Many of these fish must be artificially dyed to conceal their unhealthy appearance.

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

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

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

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

JUICING, SOAKING, AND SPROUTING

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

FRESH VEGETABLE JUICE



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

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

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



Warning: *Fruits are not allowed for the first 22 days of your program. Don't add them to your juice! After the first 22 days, it's okay to add a little bit of fruit to your juice (no more than 10-20% of the final juice).*

SOAKED AND SPROUTED NUTS, SEEDS, AND LEGUMES



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

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



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

VII. STRUCTURING YOUR PROGRAM

DIET COMPOSITION AND PORTION SIZING

Your 5-Week Candida Program is designed to help you lose weight and keep it off for life. Because you'll be eating fruits and vegetables that are dense in nutrients – but not calories – you'll find that you naturally eat far fewer calories than you were eating before. On this program, women should aim to eat 1000 to 1100 calories per day. Men should eat 1200 to 1300 per day. When you exercise, you should add the number of calories you burned to your calorie allowance each day. For example, if you burn 250 calories in a workout, you'll want to eat an additional 250 calories that day to meet your calorie needs.

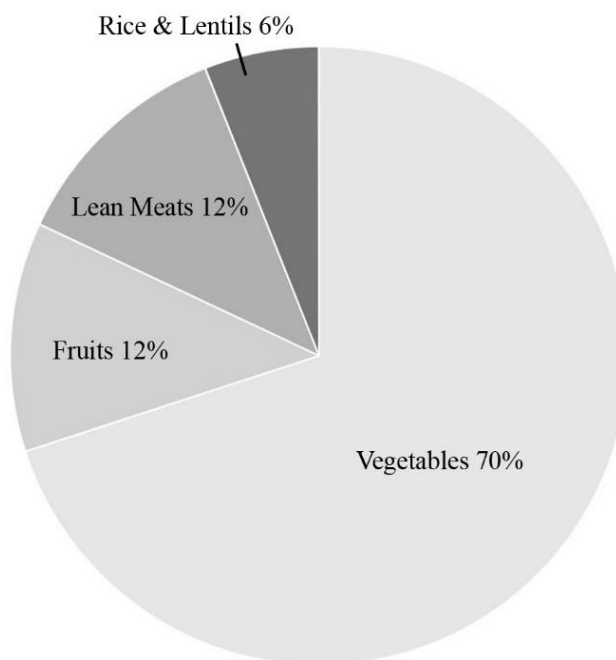


Warning: *When you're eating fresh fruits and vegetables, you may find that you actually tend to fall short of these limits. Don't let that happen! If you don't eat enough food, your body will go into "starvation mode" and will stop burning fat. Stay within the calorie limit, but focus more on eating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

Because you'll be eating so much low-calorie fresh produce, you may find it necessary to eat every few hours to manage your blood sugar levels. It's okay to snack throughout the day! It's also okay to space out several (5-6) small meals to keep your metabolism going. As long as you eat your last meal of the day before 6 pm, you can choose to divide up your meals however you wish. Just don't go to sleep with a stomach full of food!

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

5-Week Candida Program



VEGETABLES (70%)



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

- Incorporate lots of leafy greens by planning your meals around large, delicious salads topped with vibrant veggies.
- Try to include a wide variety of different types of greens in your diet. Be adventurous! Try salads made with bok choy, chard, arugula, collard greens, mustard greens, kale, or spinach.
- If you don't like the taste of some greens, try blending them with fruit in a smoothie (after day 22).
- Leafy greens may be added to soups or juiced with other vegetables.

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

FRUITS (12%)



After day 22, you can reintroduce moderate amounts of fruit. This adds up to about one or two servings each day. A serving of fruit is equal to about a single piece of medium-sized fruit (an apple, banana, orange, etc.). An easy way to incorporate fruit is to have it for breakfast or to blend it with your Nutritional Shake. For something extra creamy, try blending the chocolate shake with a frozen banana!

LEAN MEATS (12%)



Aim to eat two to four small (3 oz.) servings of meat each day. A 3 oz. serving of meat is about the size of your palm or a deck of cards. One or two of these servings should be fish! If possible, eat varieties of fish that are high in omega-3 (salmon, tuna, trout, etc.).

LIMITED GRAINS AND LEGUMES (up to 6%)



Rice, quinoa, and lentils are allowed on the program, if you feel they are absolutely necessary. Even then, they must be eaten very sparingly (less than 6% of your diet). On the program, you have the option to include up to one cup of a single grain or legume (not one of each). Try adding one of these to a green salad to get more greens in the meal!

WATER



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

QUICK TIPS FOR PLANNING YOUR MEALS

MEAL PLANNING: BREAKFAST, LUNCH, SNACKS, AND DINNER



If healthy food is completely new to you, you're probably wondering what in the world you're going to eat. Fortunately, we've put together some of our best recipes to help get you started. It's important to plan your meals in advance so that you don't find yourself in a situation without healthy options! Use the weekly planning sheets included in the folder at the back of your program to plan out your meals and shop for groceries. Below, you can see which of our recipes would work well for breakfast, lunch, a snack, or dinner. This list is not all-inclusive, but it should give you a pretty good idea of where to start. Refer to our other recipes on pg. 81 for more healthy options! When in doubt, a veggie-loaded salad is almost always one of the healthiest (and tastiest) meals you can eat.

Breakfast Ideas

For breakfast, you should get the nutrients your body needs to start your day right! For something quick and easy on-the-go, try blending one of our Nutritional Shakes with ice. If you want to take a little more time, try making a fruit and vegetable smoothie or one of our egg and vegetable dishes. Vegetables should find their way into almost all of your meals, and breakfast is no exception. When you make a fruit smoothie, throw in a handful of dark leafy greens. Green smoothies give you a healthy morning energy rush without a midafternoon crash! If you're not past day 22 of your program (and you're still restricting fruit), try an egg and vegetable dish. You can make a veggie-loaded omelet, a vegetable egg scramble, or a plate of sautéed veggies topped with an egg, sunny-side up. Let your creativity run wild!

Lunch Ideas

For lunch, a salad is almost always your best bet. In the middle of the day, you'll want to pack in fresh ingredients like dark leafy greens and raw veggies. For a more filling salad, you can sprinkle on some rice, quinoa, or lentils. For added crunch, sprinkle on some nuts and seeds. You can always add a serving of lean meat like chicken or fish as well. If you're in the mood for something sweet (after day 22), top your salad with antioxidant-rich berries. Salads don't have to be boring! You can play with almost any flavor combination you like. For a dressing, you can try something as simple as olive oil and lemon juice, or you can mix up something with a little more flavor. When choosing toppings, don't skimp on the veggies! You can top your salads with diced (or shredded) carrots, radishes, cucumbers, zucchini, or any number of other ingredients.

Snack Ideas

The Solutions4 Nutritional Shake makes an excellent snack on-the-go! You can also snack on fresh fruit (after day 22), sliced raw veggies, or a handful of nuts and seeds. For a super-charged energy boost, try dipping your sliced veggies in almond butter or tahini.

Dinner Ideas

For dinner, you might opt for something a bit heavier like a plate of lightly cooked vegetables with a side of lean meat. You can steam Brussels sprouts, asparagus, artichokes, carrots, or any other vegetable and top them with olive oil or fresh organic butter. You can roast your vegetables in the oven, stir-fry them in a skillet, combine them in a soup, or toss them over a salad. The options are endless. Don't forget to add a serving of fish or poultry! There's nothing better than a plate of fresh veggies and a side of salmon at the end of a long day. After day 22, you can end your evening with a serving of fruit for dessert!

GROCERY SHOPPING STRATEGIES

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

VACATIONS AND SPECIAL OCCASIONS

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

VIII. YOUR PROGRAM MANUAL RESOURCES

DAILY CHECKLISTS

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

RECIPES

All of our recipes are Candida-friendly and 100% program approved. You can eat anything you find in our recipe section! Of course, you'll still want to stay within your calorie limit and other nutritional guidelines (and hold off on fruit until day 22). We've put together some of our best recipes to help you lose weight and feel great! With food this good, you won't feel like you're missing out on anything. You can also access all of these recipes online through your Club Reduce membership site.

EXAMPLE MENUS

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

CALORIE INDEX

We have the calorie count for every single food on the food list. Each time you put together a new recipe, you can easily reference the calorie index to determine how many calories you ate in your meal!

WEEKLY PLANNING SHEETS

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

IX. DAILY CHECKLISTS

DAY 1

Date: __/__/__

Eliminate fruit and only choose foods from the food list (pg. 21-25).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1)

NOON: Appetite Appeaser (1)

PM: None

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? ____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 2

Date: ____/____/____

Only choose foods from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 3

Date: ____ / ____ / ____

Only choose foods from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

This image shows a vertical rectangular page filled with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings present.

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 4

Date: ____ / ____ / ____

Only choose foods from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 5

Date: ____ / ____ / ____

Only choose foods from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 6

Date: ____ / ____ / ____

Only choose foods from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____



Date: __/__/__

Breakfast	Calories

Mid-Morning Snack	Calories

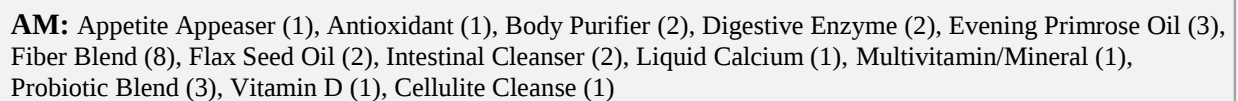
Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

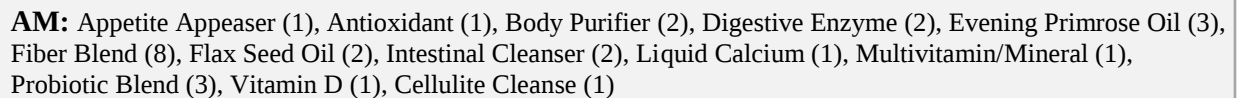
Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____



Before detox: no meat, grains, legumes, nuts, or seeds. Only consume fresh and lightly cooked vegetables. Add Nutritional Shake if desired.

Calories Allotted for the Day	
Total Calories You Ate	

[illegible]

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____



DAY 9 – Detox Day 1

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



DAY 10 – Detox Day 2

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



DAY 11 – Detox Day 3

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ **Lemon Mixture #1**

☐ **Water Bottle #1**

2:00 PM to 7:00 PM

☐ **Lemon Mixture #2**

☐ **Water Bottle #2**

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



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

☐ **Water Bottle #1**

☐ **Water Bottle #2**

NOON: None

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

- Did you follow detox guidelines?
- Did you take all of your supplements?
- Did you drink ½ your weight in oz. of water?
- Did you sleep at least 8 hours? ____ hrs.
- Write down questions for next appointment:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]



DAY 13 – Detox Day 5

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



Date: ____ / ____ / ____

Breakfast	Calories

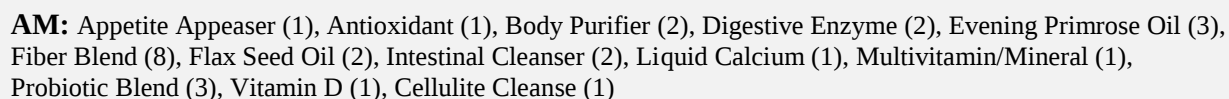
Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

[illegible]

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____



Date: ____/____/____

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 16

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 17

Date: ____/____/____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 18

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 19

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 20

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 21

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 22

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Remember: no fruit until day 23!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 23

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Go ahead and eat 1-2 servings of fruit.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 24

Date: ____/____/____

Choose food from the food list (pg. 21-25). Go ahead and eat 1-2 servings of fruit.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 25

Date: ____ / ____ / ____

Choose food from the food list (pg. 21-25). Go ahead and eat 1-2 servings of fruit.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:

DAY 26

Date: __/__/__

Choose food from the food list (pg. 21-25). Go ahead and eat 1-2 servings of fruit.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 27

Date: ____/____/____

Choose food from the food list (pg. 21-25). Go ahead and eat 1-2 servings of fruit.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? ____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 28

Date: __/__/__

Choose food from the food list (pg. 21-25). Go ahead and eat 1-2 servings of fruit.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

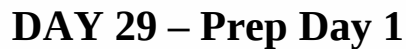
AM: Appetite Appeaser (1), Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (1), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1), Cellulite Cleanse (1)

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment:



Before detox: no meat, grains, or legumes. Only consume fresh fruits and vegetables (and up to ½ cup of nuts or seeds). Light cooking only. Add Nutritional Shake if desired.

Breakfast	Calories

Mid-Morning Snack	Calories

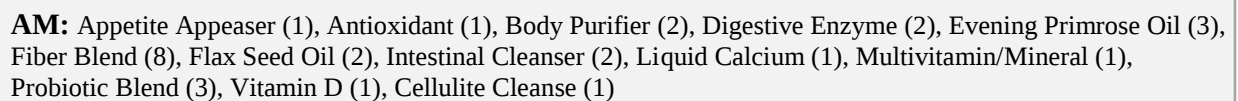
Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:

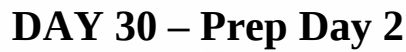
[illegible]

NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____



Before detox: no meat, grains, legumes, nuts, or seeds today. Only consume fresh fruits and vegetables. Light cooking only. Add Nutritional Shake if desired.

Breakfast	Calories

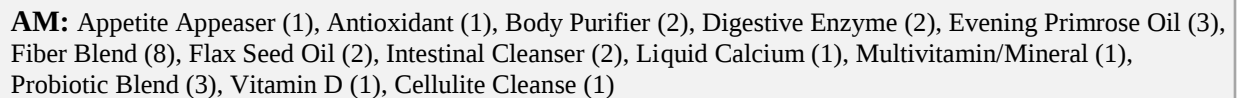
Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

[illegible]

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

- ☐ Did you follow nutritional guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you track your calories?
- ☐ Did you stay within your calorie budget?
- ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
- ☐ Did you exercise? _____ min.
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Did you apply exercise gel before exercise?
- ☐ Did you apply anti-cellulite lotion after showering?
- ☐ Write down questions for next appointment:



DAY 31 – Detox Day 1

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ **Lemon Mixture #1**

☐ **Water Bottle #1**

2:00 PM to 7:00 PM

☐ **Lemon Mixture #2**

☐ **Water Bottle #2**

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



DAY 32 – Detox Day 2

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



DAY 33 – Detox Day 3

Date: __/__/__

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

9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2

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

NOON: None

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

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow detox guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? ____ hrs.
- ☐ Write down questions for next appointment:

Log Any Emotions or Situations that Affected Your Eating Today:

Log Any Healing Crisis Symptoms You Experienced Today:



Date: ____ / ____ / ____

Breakfast	Calories

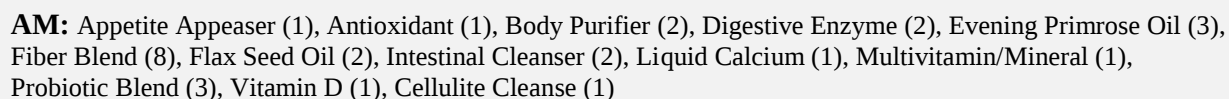
Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____



Date: ____/____/____

Breakfast	Calories

Mid-Morning Snack	Calories

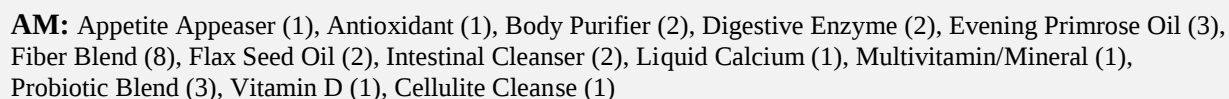
Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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NOON: Appetite Appeaser (1), Digestive Enzyme (2), Cellulite Cleanse (1)

PM: Antioxidant (1), Body Purifier (2), Digestive Enzyme (2), Evening Primrose Oil (3), Fiber Blend (8), Flax Seed Oil (2), Intestinal Cleanser (2), Liquid Calcium (2), Multivitamin/Mineral (1), Probiotic Blend (3), Vitamin D (1)

Lifestyle Guidelines: (√ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you stay within your calorie budget?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you apply exercise gel before exercise?
 - ☐ Did you apply anti-cellulite lotion after showering?
 - ☐ Write down questions for next appointment: _____

DAY 36 AND BEYOND

You've completed your program – congratulations! You've lost weight and you're feeling great, but now what? At this point, you'll need to make some decisions about your long-term weight maintenance. Here at Club Reduce, we offer a Maintenance Program that can help this transition go as smoothly as possible. We don't want you to start eating just anything! Any new foods must be reintroduced slowly, and certain foods shouldn't be reintroduced at all. On a Maintenance Program, we'll help you find a custom fit for your diet so that your new, healthy eating habits will last a lifetime. For day 36 and beyond – for the rest of your life – we recommend that certain foods should be eaten *never*, *sparingly*, *moderately*, or *often*.

NEVER: FOODS TO ALWAYS AVOID

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

SPARINGLY: THE “GREY AREA” FOODS

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

MODERATELY: NOT TOO MUCH

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

OFTEN: THE BEST FOODS FOR MAINTENANCE

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

RECIPES

SHAKES AND SMOOTHIES

Fruit Smoothie

2 oranges
1 banana
½ cup berries
2 scoops Solutions4 Vanilla Nutritional Shake

Combine all ingredients in a blender and blend well.

Prep time: 5 minutes

Serves 1

Pina Colada

6 oz. orange juice
1 cup pineapple
½ cup fresh baby Thai coconut milk
2 scoops Solutions4 Orange Nutritional Shake

Combine all ingredients in a blender and blend well.

Prep time: 5 minutes

Serves 1

Citrus Berry Splash

½ cup blackberries
½ cup strawberries
¼ cup blueberries
½ banana (optional)
Juice from 2 freshly squeezed oranges
2 scoops Solutions 4 Orange Nutritional Shake
1-2 cups ice cubes

Combine all ingredients in a blender and blend well.

Prep time: 5 minutes

Serves 1

Meal Shake

Coconut Chocolate Delight

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

Combine all ingredients in a blender and blend well.

Prep time: 5 minutes

Serves 1

Chocolate Dream

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

Combine all ingredients in a blender and blend well.

Prep time: 5 minutes

Serves 1

Snack Shake

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

Combine all ingredients in a blender and blend well.

Prep time: 5 minutes

Serves 1

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

Combine all ingredients in a blender and blend
well.

Prep time: 5 minutes

Serves 1

BREAKFAST DISHES

Stir-Fried Vegetable Scramble

2 tbsp. organic butter
2 tbsp. chopped onion
2 tbsp. chopped green pepper
½ cup fresh chopped tomato
1 cup lightly steamed vegetables
2 slightly beaten eggs
1 tbsp. extra virgin olive oil

1. Heat skillet and add oil, onions, and green peppers.
2. Stir-fry until tender. Add tomato and other vegetables.
3. Bring to a boil, stirring occasionally.
4. Add eggs and scramble.

Prep time: 20 minutes

Serves 2-3

Berry Salad

1 cup sliced strawberries
2 peeled and sliced bananas
1 cup blueberries

Combine all ingredients in a bowl and serve.

Prep time: 5-10 minutes

Serves 1

World's Best Omelet

2 large eggs
1 diced tomato
½ avocado, diced
2 green onions, chopped
1 tbsp. coconut oil

1. Beat eggs. Add tomato, avocado, and onion. Mix.
2. Melt oil in skillet. Add egg mixture and cook over medium heat until bottom is set.
3. Turn half of omelet over on top of other half.
4. Cover. Cook at low heat until omelet is finished.

Prep time: 15 minutes

Serves 1

Veggie Scramble

2 tbsp. coconut oil or organic butter
2 tbsp. chopped onion
2 tbsp. chopped green peppers
½ cup chopped tomato
1 cup cooked vegetables
2-4 eggs, slightly beaten

1. Heat skillet and add oil, onions, and green peppers. Stir-fry until tender.
2. Add tomato and other vegetables. Bring to a simmer, stirring constantly.
3. Add in eggs and cook gently.

Prep time: 15 minutes

Serves 2

SALADS AND WRAPS

Chicken Salad Wraps

2 cups finely chopped cooked chicken
½ cup finely chopped celery
2 hardboiled eggs, chopped
1 medium onion, chopped
¼ cup Candida-Friendly Mayonnaise

1. Mix chicken, celery, eggs, onion, and Candida-Friendly Mayonnaise (see pg. 99). Use just enough mayonnaise to moisten the mixture.
2. Serve in romaine lettuce and wrap tightly.

Prep time: 15 minutes

Serves 4

Confetti Salad

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

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

Prep time: 15 minutes

Serves 2

Classic Green Salad

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

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

Prep time: 10 minutes

Serves 1

Greek Salad

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

Combine all ingredients with a desired amount of dressing.

Prep time: 15 minutes

Serves 1

Nori and Avocado Salad

1 cup chopped romaine lettuce
1 cup chopped spinach
½ cup alfalfa sprouts
4 sheets of nori
½ an avocado, diced

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

*Substitute ½ cup sliced cucumber for the avocados for a lighter, equally delicious salad.

Prep time: 20 minutes

Serves 2

Mexican Salad

1 cup peeled, grated jicama
1 chopped red pepper
½ cup chopped fresh cilantro
1 avocado, diced
1 head of lettuce, cut into thin shreds

Combine all ingredients in a bowl and mix well.

Prep time: 20 minutes

Serves 2-4

Mediterranean Salad

4 diced tomatoes
2 diced cucumbers
1 cup chopped fresh parsley
½ cup chopped basil
¼ cup extra virgin olive oil
½ tsp sea salt
Juice of 2 lemons

Combine all ingredients in a bowl and toss well.

Prep time: 15 minutes

Serves 2

Chicken Salad

2 cups finely chopped cooked chicken
½ cup finely chopped celery
2 hardboiled eggs, chopped
1 medium onion, chopped
1 head of romaine lettuce, chopped
1 cup of spinach
Your choice of dressing

1. Combine the chicken, celery, eggs, and onion.
2. Toss with lettuce, spinach, and dressing.

Prep time: 20 minutes

Serves 2-3

Guacamole & Tomato Lettuce Wraps

2 very ripe avocados
3 tomatoes, diced
½ jalapeno pepper, diced
3 cloves fresh garlic, minced
2 tsp. lime juice
6-8 large romaine lettuce leaves

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

Prep time: 10 minutes

Serves 6-8

Spring Garden Salad

4 cups chopped iceberg lettuce
4 cups chopped butter lettuce
½ cup chopped tomato
½ cup chopped olives
½ cup alfalfa sprouts
½ cup sunflower sprouts
1 cup thin broccoli florets, steamed
1 cup small cauliflower florets, steamed
1 cup cubed zucchini, sautéed
1 cup snow peas, blanched and halved
1 cup petit peas, steamed

Dressing:

5 tbsp. extra virgin olive oil
2 ½ tbsp. lemon juice
2 tbsp. Candida-Friendly Mayonnaise
½ tsp dry mustard
2 tbsp water
1 tsp minced onion

1. Place lettuce in a large bowl.
2. Measure dressing ingredients into a blender and blend until creamy.
3. Add tomato, olives, and sprouts to lettuce.
4. Toss in cooked vegetables.
5. Add dressing and toss well.

Prep time: 30 minutes

Serves 4

Melted Tomato & Zucchini Wraps

1 tsp. extra virgin olive oil
½ cup thinly sliced zucchini rounds
½ large tomato, chopped
½ medium yellow onion, finely chopped
Garlic powder and fresh basil, to taste
2 iceberg lettuce leaves

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

Prep time: 20 minutes

Serves 2

Spicy Taco Crunch Wraps

1 ripe avocado, diced
½ large onion, diced
¼ cup fresh lime juice
⅛ cup fresh parsley, chopped
½ jalapeno pepper, diced
1 ½ tsp. sea salt
Romaine or leaf lettuce

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

Prep time: 10 minutes

Serves 2

SOUPS

Hearty Chicken Soup

8 oz. chicken wings
½ can (17.5 oz.) organic chicken broth
1 ½ cup water
½ medium yellow onion, chopped
1 carrot, sliced into rounds
1 stalk celery, diced
¼ tsp. sea salt
½ tsp. nutmeg
¼ cup lentils

1. Place chicken, broth, and water in a pan. Bring to a boil.
2. Reduce heat and add vegetables, seasonings, and lentils. Cover.
3. Simmer 40-50 minutes or until chicken is tender.

Prep time: 1 hour

Serves 2

Cioppino

3.5 oz. white fish, cubed
1 tomato, chopped
1 tsp. tomato paste
2 cups organic chicken broth
1 clove garlic, minced
1 bay leaf
¼ onion, thinly sliced
1 tsp. parsley
1 tsp. fresh basil
½ tsp. fresh oregano
½ tsp. crushed rosemary
Salt and pepper to taste

1. Combine broth, onion, bay leaf, parsley, and spices. Bring to a boil.
2. Reduce heat, cover, and simmer for 10-15 minutes.
3. Add fish, tomato paste, and chopped tomato and return to a boil.
4. Reduce heat, cover, and simmer for another 5-7 minutes.

Prep time: 30 minutes

Serves 3-4

Creamy Celery Soup

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

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

Prep time: 30 minutes

Serves 4-5

Mexican Chicken Soup

3 oz. cooked chicken, shredded
2 cloves garlic, minced
½ -1 tsp. cayenne pepper
1 tsp. cumin
1 tsp. coriander
¼ cup diced onion
2-3 cups organic chicken broth
Fresh cilantro, chopped
1 tomato, diced
1 lime

1. Combine garlic, onion, spices, and broth in a pot.
2. Bring to a boil, reduce heat and simmer for 10 minutes.
3. Add tomato and chicken and simmer for another 10 minutes.
4. Add cilantro and simmer for 5 more minutes.
5. Top with a squeeze of lime.

Prep time: 30 minutes

Serves 2

American Vegetable Soup

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

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

Prep time: 1 hour

Serves 6

Vegetable Rice Soup

3 cups organic vegetable broth
1 carrot, peeled and sliced thinly
1 stalk of celery, sliced thinly
1 ½ cups coarsely chopped chard or cabbage
1 cup cooked brown rice

1. Bring broth to a boil. Add carrots and celery and simmer for 3 minutes.
2. Add chard or cabbage and simmer for another 2 minutes.
3. Stir in rice and serve.

Prep time: 10 minutes

Serves: 2

Vegetable Garden Soup

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

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

Prep time: 45 minutes

Serves 8

Veggie Chowder

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

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

Prep time: 20 minutes

Serves 4

Savory Vegetable Soup

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

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

Prep time: 30 minutes

Serves 3-4

Savory Vegetable Soup with Zucchini

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

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

Prep time: 30 minutes

Serves 3-4

White Chicken Chili

3 oz. cooked chicken breast, shredded
½ cup chopped green bell pepper
½ cup chopped onion
1 cup organic chicken broth
2 cloves garlic, minced
½ tsp. cumin
¼ tsp. fresh oregano
¼ tsp. red pepper flakes
⅛ tsp. ground cloves
Salt and pepper to taste

1. Combine garlic, onion, bell pepper, and ½ cup of broth to a pot and bring to a boil.
2. Reduce heat to medium and cook another 5-7 minutes or until veggies are tender.
3. Add remaining broth, chicken, and all other ingredients.
4. Simmer covered for 10-15 minutes.

Prep time: 30 minutes

Serves 2

VEGETABLE-ONLY DISHES

Belgian Endive Delight

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

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

Prep time: 25 minutes

Serves 6

Carrot “Stuffing”

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

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

Prep time: 20 minutes

Serves 2-4

Beet Greens and Chard

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

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

Prep time: 12 minutes

Serves 2-4

Eggplant & Pepper Skillet

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

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

Prep time: 30 minutes

Serves: 4-6

Garlic Green Beans

2 cups fresh green beans
¼ cup minced onion
1 clove garlic
1 tsp. extra virgin olive oil

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

Prep time: 15 minutes

Serves 2-3

French Garlic String Beans

2 tbsp. extra virgin olive oil
1 tsp. garlic, minced
4 cups fresh string beans, julienned
½ tsp. dried thyme
½ tsp. sea salt
2 cups water
3 tbsp. organic chicken broth
Squeeze of fresh lemon juice.

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

Prep time: 35 minutes

Serves 4-6

Heavenly Marinated Vegetables

¼ cup extra virgin olive oil
2 cups of vegetables (broccoli, bell pepper, tomato, cauliflower, or cabbage)
1 onion, thinly sliced
3 cloves garlic, chopped
2 tbsp. chopped fresh parsley
¼ cup freshly squeezed lemon juice
Salt and pepper to taste

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

Prep time: 25 minutes

Serves 4-6

Mock “Mashed Potatoes”

1 head of fresh cauliflower florets, chopped
1 tbsp. organic chicken broth
1 tbsp. minced dried onion
⅛ tsp. black pepper
¼ cup water

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

Prep time: 10 minutes

Serves 2-3

Italian Zucchini

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

1. Cut zucchini into thin ½ inch strips lengthwise.
2. Sauté garlic and oil in a large skillet.
3. Add zucchini and herbs. Rotate zucchini strips with tongs until zucchini is tender.

Prep time: 25 minutes

Serves 4

Stir-Fried Cabbage

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

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

Prep time: 15 minutes

Serves 4

Grilled Asparagus

2 tbsp. extra virgin olive oil
½ tsp. pressed garlic
1 lb. thin asparagus, trimmed

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

Prep time: 7-10 minutes

Serves 3-4

Italian Green Beans

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

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

Prep time: 10 minutes

Serves 4-6

Layered Zucchini

1 lb. zucchini, cut into ½ inch slices
1 lb. tomatoes, peeled and diced
1 tsp. oregano
1 tsp. minced onion
½ tsp. sea salt
½ tsp. garlic powder
¼ tsp. cayenne pepper

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

Prep time: 15 minutes

Serves 4

Zesty Lemon Broccoli

1 head of broccoli, chopped into thin florets
1 tbsp. fresh squeezed lemon juice
¼ tsp. lemon zest
1 tbsp. organic butter (optional)
Salt and pepper to taste

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

Prep time: 10 minutes

Serves 2

Bunches of Broccoli

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

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

Prep time: 15 minutes

Serves 1

Sautéed Brussels Sprouts

5-6 Brussels sprouts
1 cucumber, diced
1 orange bell pepper, diced
⅛ cup extra virgin olive oil

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

Prep time: 20 minutes

Serves 2

Marinated Tomatoes

1 tomato, thinly sliced
3-4 red onion slices
½ tsp. fresh basil
¼ tsp. fresh tarragon
¼ tsp. fresh oregano
2 tbsp. lemon juice
Salt and pepper to taste

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

Prep time: 20 minutes

Serves 2

Parsley and Parsnips

8 medium parsnips, peeled and quartered lengthwise.
2 tbsp. extra virgin olive oil
¼ cup fresh minced parsley

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

Prep time: 15 minutes

Serves 4-6

Spicy Steamed Cabbage

½ head of cabbage, chopped
Juice of ½ lemon
½ tsp. dry mustard
Salt and pepper to taste

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

Prep time: 15 minutes

Serves 2

Sautéed Asparagus

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

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

Prep time: 20 minutes

Serves 4

Sautéed Spinach

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

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

Prep time: 10 minutes

Serves 2

Classic Stir-Fry

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

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

Prep time: 20 minutes

Serves 2-3

Vegetable Delight

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

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

Prep time: 10 minutes

Serves 5

Stir-Fried Cucumbers

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

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

Prep time: 15 minutes

Serves 2

Classic Marinated Vegetables

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

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

Prep time: 25 minutes

Serves 6

Tomato Cups

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

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

Prep time: 15 minutes *Serves 6*

Spiced & Steamed Artichokes

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

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

Prep time: 50 minutes *Serves 4*

Vegetable Stuffed Green Peppers

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

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

Prep time: 15 minutes *Serves 2*

Veggie Kabobs

Marinade

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

Kabob

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

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

Prep time: 30 minutes *Serves 6*

MEATS, GRAINS, AND LEGUMES

Broccoli and Chicken Divine

1-3 lbs. chicken, diced
¼ lb. broccoli, sliced
½ cup Candida-Friendly Mayonnaise
1 medium sweet yellow onion, chopped
1 tsp. garlic powder
Sea salt to taste

1. Steam broccoli until tender-crisp.
2. In a hot pan, sauté oil, garlic, and onion. Add chicken and cook through.
3. In a bowl, mix seasoned chicken, broccoli, and mayonnaise.
4. Serve cold or hot.

Prep time: 30 minutes

Serves 4

Brown Rice with Herbs

1 tbsp. extra virgin olive oil
½ cup diced onion
1 tsp. minced garlic
2 cups long grain brown rice
4 ½ cups organic vegetable broth
2 tsp. thyme
1 bay leaf
½ cup minced fresh parsley
Salt and pepper to taste

1. Preheat oven to 375°. Heat oil, garlic, and onions in a heavy sauce pan.
2. After 2 minutes, stir in rice, broth, and remaining ingredients. Bring to a boil and cover.
3. Once boiling, cover with a circle of oiled parchment paper and place in the oven.
4. Bake for 50 minutes.

Prep time: 1 hour

Serves 6

Broccoli Pilaf

1 tbsp. extra virgin olive oil
½ tsp. cumin
½ tsp. dry mustard
1 tsp. ground coriander
1 tsp. turmeric
¼ tsp. ground cinnamon
2 bay leaves
1 tsp. fresh, minced garlic
½ cup fresh, minced onion
1 bunch broccoli, chopped into small florets
½ cup water
3 cups cooked brown rice
Juice from a small lemon
2 tbsp. chopped, fresh cilantro
1 tsp. sea salt.

1. Heat garlic, onion, and spices in a large skillet with a lid. Stir until the onion softens and begins to brown.
2. Add broccoli and cook for 5 minutes (stirring constantly) over medium heat.
3. Add water and cover, allowing broccoli to steam for 5 minutes (or until tender).
4. Stir in the rice, lemon juice, and salt. Mix well.

Prep time: 15 minutes

Serves 5-6

Brussels Sprouts and Chicken Delight

⅓ cup extra virgin olive oil
5-6 Brussels sprouts
1-2 cloves garlic, peeled and quartered
½ an onion, diced
3-4 oz. chicken, cubed

1. Sauté oil, garlic, and onions on medium heat.
2. Add Brussels sprouts and chicken, sautéing until cooked through.

Prep time: 15 minutes

Serves 1

Chicken with Melted Tomato & Zucchini

1 ½ tbsp. coconut oil
½ cup thinly sliced zucchini rounds
½ large tomato, chopped
½ medium yellow onion, finely chopped
Garlic powder and basil to taste
2 chicken breasts

1. Preheat oven to 350°.
2. Add 1 tbsp. oil, onion, and garlic to a medium sized pan and sauté.
3. Once onions begin to brown, add other tomatoes and seasonings. Sauté until tender.
3. In a new pan, heat ½ tbsp. oil. Add chicken breasts and lightly sear both sides.
4. Place chicken in the oven and cook for 20 minutes.
5. Spoon tomato mixture onto zucchini rounds and place on a tinfoil lined tray.
6. Once chicken is finished, bake zucchini rounds for 10 minutes. Enjoy!

Prep time: 40 minutes

Serves 2

Picnic Lettuce Wraps

¼ lb. cooked chicken or tuna
1 stalk celery, chopped
1 tsp. chopped fresh dill
1 tsp. chopped fresh basil
½ tsp. garlic powder
2 tbsp. Candida-Friendly Mayonnaise (see pg. 99)
1 tomato, sliced
4 iceberg lettuce leaves

1. Preheat oven to 350°.
2. Blend your choice of meat, celery, seasonings, and mayonnaise.
3. Place this mixture on a leaf of lettuce and top with a slice of tomato.
4. Cover with foil and bake 10 minutes.

Prep time: 20 minutes

Serves 4

Zesty Lemon Chicken

3.5 oz. chicken breast
Juice and zest of 1 small lemon
½ tsp. chopped garlic
2 tsp. dry mustard
½ tsp. black pepper

1. Preheat oven to 400°.
2. Tear off 2 sheets of foil measuring 12x18 inches each.
3. Combine lemon juice, zest, garlic, mustard, and pepper.
4. Place one chicken breast in the center of each sheet of foil wrap.
5. Drizzle the lemon mixture over the chicken.
6. Bring up the sides of the foil and turn over the top edge twice. Seal the ends, leaving enough room inside the packets for air to circulate.
7. Place on a cookie sheet and cook for 12-15 minutes.

Prep time: 20 minutes

Serves 2

Chicken Cacciatore

3 lbs. frying chicken pieces
1 tsp. garlic powder, to taste
1 tbsp. chopped fresh oregano
1 tbsp. chopped fresh basil
1-8 oz. homemade tomato sauce (see pg. 99)

1. Preheat oven to 375°.
2. Place chicken pieces in a greased baking pan and sprinkle with ⅓ of seasonings.
3. Bake 30 minutes, flip pieces, and sprinkle another ⅓ of seasonings.
4. Bake 20 minutes more, toss with tomato sauce and remainder of seasonings.
5. Bake 10-15 minutes more.

Prep time: 1 hr. 15 min.

Serves 4

Broccoli and Rice

3 tbsp. extra virgin olive oil
4 tbsp. Bragg's Liquid Aminos
1 garlic clove, mined
2 heads of broccoli, cut into ½ inch pieces
4 cups of cooked wild rice

1. Heat oil, Bragg's, and garlic in a frying pan over medium heat.
2. Add broccoli and sauté until broccoli is at desired texture.
3. Toss with rice and serve.

Prep time: 15-20 minutes

Serves 4

Citrus Ginger Chicken Stir-Fry

3.5 oz. chicken, thinly sliced
½ tbsp. fresh grated ginger
Lemon or lime juice to taste
10-12 asparagus spears, sliced into 1 inch pieces
½ cup red bell pepper, sliced
½ tsp. garlic, minced
3 tbsp. chicken broth

1. Combine ginger, lime juice, broth, asparagus, red bell peppers, and garlic in a pan.
2. Cook covered over medium heat for 5-8 minutes or until asparagus is mostly cooked.
3. Add chicken and cook for 5-10 more minutes.
4. Add a pinch of salt or more lime juice if needed.

Prep time: 25 minutes

Serves 2

Chicken Lettuce Wraps

2 celery stalks, finely chopped
1 tbsp. chopped fresh basil
1 tbsp. chopped fresh parsley
6 slices cooked chicken (not deli meat)
6 iceberg lettuce leaves

1. Mix celery with seasonings.
2. Spread over turkey slices and place on lettuce.
3. Roll tightly.

Prep time: 15 minutes

Serves 6

Easy Chicken & Rice

3 lbs. frying chicken pieces
1 cup brown rice
2 cups water
2 tbsp. organic butter
3 tbsp. rosemary
3 tbsp. chopped fresh parsley
Optional: salt, onions, celery, green pepper

1. Place rice, water, salt, butter, and parsley in a 4-quart casserole dish.
2. Stir and bring to a boil.
3. Salt chicken and lay on top of rice.
4. Lower heat to simmer. Cover tightly and cook for 45-60 minutes until water is absorbed and chicken is tender.

Prep time: 1 hour

Serves 4

DESSERTS

Banana Papaya Pudding

1 banana
1 medium papaya, seeded and chopped

Blend papaya and banana until smooth. Serve chilled.

Prep time: 5 minutes

Serves 2

Juice Pops

4 oranges
2 cups berries

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

Prep time: 5 minutes

Serves 6

Banana Ice Cream

2-3 frozen bananas
Optional: fresh fruit toppings

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

Prep time: 5 minutes

Serves 2

DRESSINGS

Lemon Herb Dressing

½ cup extra virgin olive oil
¼ cup fresh lemon juice
1 tsp. dill
1 tsp. oregano
1 tsp. tarragon
1 clove of garlic, crushed
Dash of salt and pepper.

Place all ingredients in a bowl and stir.

Prep time: 5 minutes

Serves 1

Italian Marinade or Dressing

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

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

Prep time: 5 minutes

Serves 4-6

Garlic Olive Oil Dressing

2 cloves of fresh garlic
1/8 tsp. sea salt
Juice from half of a freshly squeezed lemon
1/3 cup flax oil

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

Prep time: 5 minutes

Serves 2

Energy Dressing

1 clove of garlic, minced
3 tbsp. olive oil
1 tbsp. lemon juice
1/4 tsp. sea salt

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

Prep time: 15 minutes

Serves 2

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

1/2 cup lemon juice
1 1/2 cups olive oil
2 tbsp. minced ginger
1/3 cup minced garlic

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

Prep time: 5 minutes

Serves 6-8

CONDIMENTS AND SAUCES

Chunky Guacamole

1 medium avocado
2 tbsp. fresh squeezed lemon juice
1 large tomato, chopped
2-4 green onions, chopped
1/2 tsp. garlic powder
Cayenne powder to taste

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

Prep time: 10 minutes

Serves 4-6

Classic Guacamole

2 ripe avocados
1/4 tsp. garlic powder
1 tbsp. fresh lemon juice
1/2 tsp. dried oregano
1/4 tsp. ground cumin
Salt and pepper to taste

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

Prep time: 10 minutes

Serves 8-10

Homemade Tomato Sauce

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

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

Prep time: 25 minutes *Serves 2-3*

Candida-Friendly Mayonnaise

6 large egg yolks
2 cups extra virgin olive oil
¼ cup lemon juice
¼ cup water
1 tsp. salt (optional)
1 tsp. dry mustard

1. Add yolks to a blender. Drizzle oil into yolks while blending.
2. Add lemon juice, water, salt, and mustard. Mix.
3. Refrigerate until ready to use.

Prep time: 15 minutes *Serves 6-8*

Classic Salsa

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

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

Prep time: 10 minutes *Serves 2*

Fresh Tomato Salsa

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

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

Prep time: 15 minutes *Serves 2-3*

Dr. Julie-Ann Holland's Candida-Friendly Mayonnaise

1 egg
½ tsp salt
1 tbsp. lemon juice
1 tsp. dry mustard
1 cup extra virgin olive oil

1. Blend egg, salt, lemon juice, mustard, and ¼ cup oil in a blender and then slowly add in remaining oil.
2. Consider adding dill or other spices to taste.

Prep time: 10 minutes *Serves 2*

DETOX DRINK

Detox Lemonade – For Woman

3/4 cups fresh lemon juice - about 6-7 lemons

4 cups distilled water

1/3 cup pure maple syrup*

Detox Lemonade – For Men

3/4 cups fresh lemon juice - about 6-7 lemons

4 cups distilled water

1/2 cup pure maple syrup*

*May add more (to meet their higher calorie needs) if desired.

Combine all ingredients. Mix well.

Recipe makes one bottle.

Prep time: 2 minutes

Serves 1

EXAMPLE MENUS

DAY 1

Breakfast: Veggie Scramble
Snack: Snack Shake
Lunch: Guacamole & Salsa Lettuce Wraps (add protein if wanted)
Snack: –
Dinner: Steamed Artichokes & side salad (add protein if wanted)
Other: Can replace 1-2 meals with a Nutritional Shake

DAY 2

Breakfast: World's Best Omelet
Snack: –
Lunch: Confetti Salad (add protein if wanted)
Snack: Snack Shake
Dinner: Sautéed Brussels & side salad (add protein if wanted)
Other: Can replace 1-2 meals with a Nutritional Shake

DAY 3

Breakfast: Stir-Fried Vegetable Scramble
Snack: Snack Shake
Lunch: Broccoli Pilaf (add protein if wanted)
Snack: –
Dinner: Veggie Chowder & side salad (add protein if wanted)
Other: Can replace 1-2 meals with a Nutritional Shake

DAY 4

Breakfast: Chocolate Dream
Snack: –
Lunch: Confetti Salad (add protein if wanted)
Snack: Snack Shake
Dinner: Best Chicken Soup & side salad
Other: Can replace 1-2 meals with a Nutritional Shake

DAY 5

Breakfast: Meal Shake
Snack: Snack Shake
Lunch: Picnic Lettuce Wraps (add protein if wanted)
Snack: –
Dinner: Broccoli and Chicken Divine & side salad
Other: Can replace 1-2 meals with a Nutritional Shake

DAY 6

Breakfast: Veggie Scramble
Snack: –
Lunch: Confetti Salad (add protein if wanted)
Snack: Snack Shake
Dinner: Chicken Cacciatore & side salad
Other: Can replace 1-2 meals with a Nutritional Shake

DAY 7: Prep Day 1

Breakfast: Meal Shake

Snack: –

Lunch: Melted Tomato & Zucchini Wraps

Snack: Snack Shake

Dinner: Bunches of Broccoli & side salad

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

Breakfast: Chocolate Dream

Snack: Fresh veggies dipped in mashed avocados

Lunch: Classic Green Salad

Snack: Snack Shake

Dinner: Vegetable Stuffed Green Peppers & Fresh Garden Salad

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

DAY 8: Prep Day 2

Breakfast: Chocolate Dream

Snack: Fresh veggies dipped in salsa

Lunch: Confetti Salad

Snack: Snack Shake

Dinner: Stir Fry & side salad

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

DAY 16

Breakfast: World's Best Omelet

Snack: Snack Shake

Lunch: Chicken Salad

Snack: Fresh veggies dipped in salsa

Dinner: Sautéed Asparagus & side salad (add protein if wanted)

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

DAYS 9-13: Detox Days 1-5

All Day: No food today. Detox lemonade (pg. 100).

DAY 14: Transition Day 1

Breakfast: Meal Shake

Snack: Snack Shake

Lunch: Confetti Salad & a variety of fresh veggies with Italian Marinade

Snack: Fresh veggies dipped in mashed avocados

Dinner: Spicy Taco Crunch Wraps & Fresh Garden Salad

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

DAY 17

Breakfast: Stir-Fried Vegetable Scramble

Snack: Fresh veggies dipped in salsa

Lunch: Confetti Salad with Fresh Tomato Salsa (add protein if wanted)

Snack: Snack Shake

Dinner: Sautéed Spinach & side (add protein if wanted)

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

DAY 15: Transition Day 2

DAY 18

Breakfast: Chocolate Dream

Snack: Snack Shake

Lunch: Mediterranean Salad (add protein if wanted)

Snack: Fresh veggies dipped in mashed avocados

Dinner: Veggie Kabobs & side salad (add protein if wanted)

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

DAY 19

Breakfast: Meal Shake

Snack: Fresh veggies dipped in mashed avocados

Lunch: Confetti Salad with Classic Guacamole (add protein if wanted)

Snack: Snack Shake

Dinner: Vegetable Delight & side salad (add protein if wanted)

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

DAY 20

Breakfast: Veggie Scramble

Snack: Snack Shake

Lunch: Vegetable Rice Soup (add protein if wanted)

Snack: Fresh veggies dipped in salsa

Dinner: Heavenly Marinated Vegetables & side salad (add protein if wanted)

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

DAY 21

Breakfast: Meal Shake

Snack: Fresh veggies dipped in salsa

Lunch: Confetti Salad with Italian Marinade (add protein if wanted)

Snack: Snack Shake

Dinner: Heavenly Marinated Vegetables & side salad (add protein if wanted)

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

DAY 22

Breakfast: Meal Shake

Snack: Snack Shake

Lunch: Guacamole & Salsa Lettuce Wraps (add protein if wanted)

Snack: Fresh veggies dipped in mashed avocados

Dinner: Tomato Cups & side salad (add protein if wanted)

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

DAY 23

Breakfast: Meal Shake

Snack: Apple

Lunch: Confetti Salad (add protein if wanted)

Snack: Snack Shake

Dinner: Melted Tomato & Zucchini with a side salad (add protein if wanted)

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

DAY 24

Breakfast: Meal Shake

Snack: Orange

Lunch: Broccoli Pilaf (add protein if wanted)

Snack: Fresh veggies dipped in salsa

Dinner: Layered Zucchini & side salad (add protein if wanted)

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

DAY 25

Breakfast: Meal Shake

Snack: Fresh veggies dipped in salsa

Lunch: Confetti salad (add protein if wanted)

Snack: Grapes

Dinner: Stir-Fried Cucumbers & side salad (add protein if wanted)

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

DAY 26

Breakfast: Veggie Scramble

Snack: Banana

Lunch: Picnic Lettuce Wraps (add protein if wanted)

Snack: Fresh veggies dipped in mashed avocados

Dinner: Stir-Fried Cabbage & side salad (add protein if wanted)

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

DAY 27

Breakfast: Citrus Berry Splash

Snack: Fresh strawberries

Lunch: Melted Tomato & Zucchini Wraps (add protein if wanted)

Snack: Snack Shake

Dinner: Carrot “Stuffing” & side salad (add protein if wanted)

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

DAY 28

Breakfast: Berry Salad

Snack: Snack Shake

Lunch: Confetti Salad (add protein if wanted)

Snack: Fresh veggies dipped in salsa

Dinner: Eggplant & Pepper Skillet with a side salad (add protein if wanted)

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

29: Prep Day 1

Breakfast: Citrus Berry Splash

Snack: Snack Shake

Lunch: Confetti Salad

Snack: Fresh veggies dipped in salsa

Dinner: Sautéed Brussels & side salad

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

DAY 30: Prep Day 2

Breakfast: Meal Shake

Snack: Fresh veggies dipped in salsa

Lunch: Guacamole & Salsa Lettuce Wrap

Snack: Snack Shake

Dinner: Vegetable Stuffed Green Peppers & side salad

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

DAYS 31-33: Detox Days 1-3

All Day: No food. Detox lemonade (pg. 100).

DAY 34

Breakfast: Meal Shake

Snack: Snack Shake

Lunch: Fresh Garden Salad

Snack: Fresh veggies dipped in mashed avocados

Dinner: Tomato Cups & side salad

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

DAY 35

Breakfast: Meal Shake

Snack: Fresh veggies dipped in mashed avocados

Lunch: Confetti Salad

Snack: Snack Shake

Dinner: Spicy Taco Crunch Wraps & side salad

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

CALORIE INDEX

Vegetables	Calories	Serving Size	Measurement Unit
Artichokes	42	½	Cup
Alfalfa sprouts	8	1	Cup
Asparagus	27	1	Cup
Bamboo shoots	42	1	Cup
Beets	59	1	Cup
Bok choy	9	1	Cup
Broccoli	31	1	Cup
Brussels sprouts	38	1	Cup
Butter lettuce	7	1	Cup
Chinese cabbage	12	1	Cup
Red cabbage	28	1	Cup
Carrots	53	1	Cup
Cauliflower	27	1	Cup
Celery	16	1	Cup
Chard	7	1	Cup
Chives	1	1	Tablespoon
Collard greens	11	1	Cup
Cress	16	1	Cup
Cucumber	8	½	Cup
Dandelion greens	25	1	Cup
Eggplant	20	1	Cup
Endive	4	½	Cup
Escarole	4	½	Cup
Fennel	27	1	Cup
Garlic	4	1	Teaspoon
Green beans	31	1	Cup
Green leaf lettuce	5	1	Cup
Green onions	32	1	Cup
Green peppers	18	1	Cup
Iceberg lettuce	10	1	Cup
Jicama	49	1	Cup
Kale	33	1	Cup
Kohlrabi	37	1	Cup
Leek	54	1	Cup
Mung bean sprouts	45	1	Tablespoon
Mushrooms	16	1	Cup
Mustard greens	15	1	Cup
Oakleaf lettuce	9	1	Cup
Okra	33	1	Cup
Olives	10	1	Tablespoon
Onion	46	1	Cup
Parsley	1	1	Tablespoon
Parsnips	100	1	Cup

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

<i>Fruits</i>	<i>Calories</i>	<i>Serving Size</i>	<i>Measurement Unit</i>
<i>Apples</i>	57	1	Cup
<i>Apricots</i>	79	1	Cup
<i>Avocados</i>	234	1	Cup
<i>Bananas</i>	133	1	Cup
<i>Blackberries</i>	62	1	Cup
<i>Blueberries</i>	85	1	Cup
<i>Boysenberries</i>	225	1	Cup
<i>Cantaloupe</i>	53	1	Cup
<i>Cherries</i>	77	1	Cup
<i>Coconut</i>	283	1	Cup
<i>Coconut water</i>	46	1	Cup
<i>Dates</i>	414	1	Cup
<i>Figs</i>	37	1	Piece
<i>Grapefruit</i>	97	1	Cup
<i>Grapes</i>	62	1	Cup
<i>Guava</i>	112	1	Cup
<i>Honeydew</i>	61	1	Cup
<i>Kiwi</i>	110	1	Cup
<i>Lemon</i>	61	1	Cup

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

<i>Lean Meat</i>	<i>Calories</i>	<i>Serving Size</i>	<i>Measurement Unit</i>
<i>Chicken</i>	153	½	Cup
<i>Cod</i>	70	3	Ounce
<i>Crab (King)</i>	82	3	Ounce
<i>Duck</i>	236	½	Cup
<i>Halibut</i>	94	3	Ounce
<i>Lobster</i>	65	½	Cup
<i>Mahi mahi</i>	93	3	Ounce
<i>Pheasant</i>	173	½	Cup
<i>Salmon (Atlantic)</i>	177	3	Ounce
<i>Scallops</i>	95	3	Ounce
<i>Sea bass</i>	105	3	Ounce
<i>Shrimp</i>	84	3	Ounce
<i>Sole</i>	77	3	Ounce
<i>Tilapia</i>	82	3	Ounce
<i>Trout</i>	126	3	Ounce
<i>Tuna (Bluefin)</i>	157	3	Ounce
<i>Turkey</i>	101	3	Ounce
<i>Quail</i>	195	3	Ounce

Grains and Legumes	Calories	Serving Size	Measurement Unit
<i>Brown basmati rice</i>	213	1	Cup (cooked)
<i>Brown rice</i>	216	1	Cup (cooked)
<i>Lentils (brown, red)</i>	230	1	Cup (cooked)
<i>Quinoa (black, white, red)</i>	223	1	Cup (cooked)
<i>Wild Rice</i>	166	1	Cup (cooked)

Miscellaneous	Calories	Serving Size	Measurement Unit
<i>Annie's Lemon Chive Dressing</i>	55	1	Tablespoon
<i>Bragg's Liquid Aminos</i>	0	1	Tablespoon
<i>Butter</i>	102	1	Tablespoon
<i>Chicken broth (Pacific)</i>	10	1	Cup
<i>Coconut Aminos</i>	15	1	Tablespoon
<i>Coconut oil</i>	117	1	Tablespoon
<i>Eggs</i>	78	1	Egg (large)
<i>Extra virgin olive oil</i>	119	1	Tablespoon
<i>Flaxseed oil</i>	130	1	Tablespoon
<i>Nutritional Shake</i>	90	1	Scoop
<i>Pure maple syrup</i>	52	1	Tablespoon
<i>Raw honey</i>	64	1	Tablespoon
<i>Solutions4 Fiber Sweetener</i>	30	1	Tablespoon
<i>Stevia</i>	0	1	Tablespoon
<i>Vegetable broth (Pacific)</i>	15	1	Cup

IX. EXTERNAL RESOURCES

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

ORGANIC FRUITS AND VEGETABLES

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

HIGH QUALITY MEATS AND EGGS

Farmers' markets and local health food stores usually carry organic options. Wild Planet is an excellent brand of wild-caught, lower-mercury tuna. This brand of tuna is sold in most health food stores and is also available at vitacost.com. Use eatwild.com to search your area for local organic meat and egg options.

OLIVE AND OTHER OILS

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

RAW, ORGANIC NUTS

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

SALT

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

SPICES

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