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I. INTRODUCTION TO THE 7-DAY QUICK START PROGRAM

WELCOME TO THE PROGRAM

Are you looking for a way to lose weight, heal from chronic pain, improve your health, or just feel better? We can help! The 7-Day Quick Start Program is designed to deep clean your body and dramatically improve your overall health and wellness. If you're struggling with specific chronic health problems (acne, chronic pain, bowel sluggishness, etc.), this program can help with many of those too! Sometimes a thorough detoxification program is all your body needs to "reset" itself and end the vicious cycle of illness and inflammation. When you're done, you'll feel healthier and more mentally aware. You'll be able to start over with a clean slate and tackle the challenges that come your way!

WHAT IS CLUB REDUCE?

Club Reduce was created to help you – and others like you – to lose weight, address physical ailments, and restore full body health. Being a member of Club Reduce will give you great benefits and health-boosting tools, as well as access to a Solutions4 shopping cart and fantastic discounts on our products and services! You will receive access to daily food journals, delicious recipes, example menus, and much more. If you've signed up for this program, don't forget to enroll as a Club Reduce member! Club Reduce gives you dozens of useful tools to assist you on your path to total wellness.

WHY YOU ARE HERE

Most people have health goals that they'd like to achieve (ranging from weight loss to pain reduction), but can't. Accomplishing these things on your own isn't easy! You've probably tried a variety of options, only to wind up frustrated because of little or no improvement. We understand that this can be frustrating, and we want the very best for you as our patient. To help get your body back on track, we've designed a thorough detoxification program that will help your body expel the toxins that caused your problems to develop in the first place.

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

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

II. WHAT YOU CAN ACCOMPLISH IN 7 DAYS

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*. To make your detoxification program as effective as possible, it's important to eat a super-clean diet on the two days before and after your liquid detox. We'll provide you with all of the supplements and information you need to succeed! You can lay back, relax, and know that your body is getting everything it needs.

DETOXIFICATION 101: A BEGINNER'S GUIDE

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 you consume more toxins than your body is able to eliminate, that's when you gain weight and develop chronic health problems!

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, everything else becomes much easier.

THE EXPERIENCE OF DETOXIFICATION

On a detox program, you may experience both high and low points. Both the “highs” and the “lows” are normal parts of the detoxification process. Though you'll probably have more energy than you've had in the past, you may also experience a “healing crisis.” If you have a healing crisis, congratulations! Healing crises happen because your body is pulling toxins out of long-term storage to be processed for elimination. This can temporarily cause unpleasant symptoms for a short period of time (headaches, skin breakouts, diarrhea, sweating, or other flu-like symptoms). While unpleasant, a healing crisis is actually a good thing! A healing crisis lets you know that your detoxification program is really working.

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 dietary damage.

CLEANSING WITH FRESH VEGETABLE JUICE

On this program, you'll be detoxing with fresh vegetable juice and homemade detoxifying lemonade. To have fresh juice available, *you'll need to make the juice 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. Homemade juice is guaranteed to be free of the additives you don't want and full of the nutrients that you do!

In order 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!

CLEANSING WITH DETOX LEMONADE

On your 7-Day Quick Start Program, you can choose to drink vegetable juice, detoxifying lemonade, or both. It's up to you – so choose the option that makes you feel your very best. If you want to make a detoxifying lemonade, you will only use four simple ingredients: lemon juice, pure maple syrup, distilled water, and whole-food herbal supplements. That's right! Just lemonade (see pg. 19 for a recipe). 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. Specially formulated herbal supplements are used to provide additional nutrients and facilitate this healing process. In each packet, you'll find everything you need to “reset” your system and facilitate your transition into better health!



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.

STRUCTURING YOUR PROGRAM

On this program, you'll use your Quick Start 7-Day Cleanse Kit to maximize your nutritional intake and deep clean your body as thoroughly as possible. We also recommend a handful of additional products

that can make your experience even better. Here are the Solutions4 products you should have to get started:

- ✓ Quick Start 7-Day Cleanse
- ✓ Nutritional Shake
- ✓ Daily Antioxidant Essentials (Recommended)
- ✓ Cardio Health Essentials (Recommended)
- ✓ Craving & Impulse Control (Recommended)
- ✓ Sipper Bottle (Recommended)

In your main 7-Day Cleanse Kit, you'll find two things: *Power-Cleansing Detox Packs* and *Essential Greens*. Here's how you'll use each of these supplements to maximize your results:

- On each of the 7 days, you'll take two Power-Cleansing Detox Packs, one with breakfast and one with lunch.
- On each of the 7 days, you'll drink two Essential Greens drinks, either as a snack or with a meal.

You'll find that these supplements make your detoxification program *much* easier and *much* more effective. You'll feel incredible when you're done! These supplements have been specifically designed to deep clean the body, scrubbing out all toxins and impurities so that you'll feel your very best. We think that you'll absolutely love them! Because they're so great, we find that many of our patients like to share them with family members and friends. But when our patients share, they sometimes run out of product before their program is done. This is okay! You can always order additional Solutions4 products through your doctor's office or from the comfort of your own home (using the Club Reduce membership site).

As far as your diet goes, here's what you'll do:

DAYS 1-2: GETTING IN THE ZONE

The first two days are "prep days" designed to clean up your diet and ensure that you get maximum results throughout the remainder of your detox. To accomplish this, we recommend that you replace two of your three meals with the Solutions4 Nutritional Shake. This will ensure that your body is getting absolutely everything that it needs to succeed. Using this system, you'll have one remaining meal each day – either lunch or dinner – where you can eat a large serving of vegetables (a plate of steamed veggies, a soup, a salad, or a stir-fry). In this meal, you can include healthy fats (extra virgin olive or coconut oil), fresh herbs, vegetable broth, and additive-free spices. You may also include a single serving of fruit.

If you don't have the Solutions4 Nutritional Shake (because you ran out or are somewhere without it), you can still do this program. In this case, you'll eat vegetable-based meals for every meal of the day (using the guidelines outlined above). You can include a single serving of fruit with one of your three meals. And, regardless of which option you choose, you don't want to forget to drink your Essential Greens and take your supplements!

DAYS 3-5: A LIQUID-ONLY CLEANSE

For days 3-5, you'll drink a liquid-only diet of Essential Greens, homemade vegetable juice, detox lemonade, and caffeine-free herbal tea. This part isn't as hard as it sounds. Your body will be getting all of the nutrients that it needs, and you'll be feeling better than ever. These liquid foods 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. When you're done, you'll be able to start eating solid foods on a brand new, clean slate. Herbal supplements are used to provide additional nutrients and facilitate this healing process. For more information about homemade vegetable juice, see pg. 4.

Note: Your doctor may recommend that you extend this portion of your program, if needed. Consult with your doctor if you're interested in this possibility.

DAYS 6-7: TRANSITIONING BACK TO SOLID FOODS

How you come off a detox is just as important as how you detoxify. On days 6 and 7, you'll transition off of the liquid-only detox by eating the same types of food that you ate on days 1 and 2. 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.

ADDITIONAL TIPS FOR SUCCESS

- Drinking enough water is especially important during detoxification. 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. As a rule of thumb, you should drink half your body weight in ounces of water each day.
- Before you start your detox, stop and think about what your motivation is. Write it down and put it somewhere you can see all day long. If you're not 100% sure why you're doing this, you may feel tempted to cheat. Stay focused on why you're doing this in the first place, and you'll find it much easier to succeed.
- 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.

ADDITIONAL RECOMMENDED PRODUCTS TO ENHANCE YOUR RESULTS

- Solutions4 Daily Antioxidant Essentials: Each serving of this delicious beverage is packed with the essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to function at its very best! Use this quick-and-easy beverage to enhance your results and maintain a lifetime of good health.

- **Solutions4 Craving & Impulse Control:** This powerful supplement is designed to help manage cravings, boost energy levels, and control impulsive behavior. To achieve these outstanding results, this supplement uses a blend of herbal extracts and other naturally occurring substances that naturally increase one's sense of self-control.
- **Solutions4 Nutritional Shake:** This quick-and-easy meal replacement shake contains all of the vitamins, minerals, probiotics, and digestive enzymes that your body needs to achieve your health goals. It's made from New Zealand grass-fed whey protein, so you'll know you're giving your body the very best.
- **Solutions4 Cardio Health Essentials:** Each serving of this supplement provides heart-healthy benefits in an easy-to-use power pack. With nitric oxide, L-arginine, L-citrulline, and CoQ10, this formula supports the entire circulatory system. Healthy circulation is an integral component of overall health and healing.
- **Solutions4 Sipper Bottle:** This bottle is specifically designed for use with the lemonade detox drink. Each bottle comes with lines indicating how much lemon juice, maple syrup, and water to add to the bottle. This helps ensure that you get the right amount of lemonade (with the right recipe) throughout your detoxification program!

WHAT TO EAT ON YOUR PREP AND TRANSITION DAYS

On the first and last two days of your program, you'll be eating a super-clean diet designed to facilitate the detox that happens in between. On these days, we recommend that you replace two of your three meals with the Solutions4 Nutritional Shake. This will ensure that your body is getting exactly what it needs. For all other meals, you'll eat lots of healthy vegetables and maybe a little bit of fruit. The more nutrients your body gets, the more efficient your healing process will be. *It's important to choose raw, fresh, organic ingredients whenever possible.* To help you better understand how these eating guidelines will benefit you, we've prepared a quick overview of the foods you'll be eating on this program:

THE SOLUTIONS4 NUTRITIONAL SHAKE

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

FEAST ON DARK LEAFY GREENS AND BRIGHTLY COLORED VEGGIES

Dark leafy greens are nature's multivitamin. They're low in calories and loaded with a potent blend of antioxidants, vitamins, minerals, and fiber! Spinach, for example, is extraordinarily rich in vitamin C, which helps to boost your immune system and prevent arthritis. Collards and kale are packed with the calcium your body needs to build strong bones and avoid arthritis! On top of all of this, leafy greens are

high in the vitamin E your skin needs to stay healthy as you age. It's important to consume plenty of dark leafy greens on your program – especially as juice on your detox days.

Eat a rainbow of vibrant, brightly colored vegetables! Bright colors – red, orange, yellow, green, blue, or purple – indicate the presence of valuable nutrients. Red vegetables like tomatoes and peppers are rich in lycopene, a nutrient that can reduce your risk of cancer and heart disease. Orange vegetables like carrots and sweet potatoes are packed with carotene – a nutrient that keeps your eyes and skin luxuriously healthy! Brightly colored vegetables pack a huge bang for their buck. The nutrients supply you with lots of energy, and they keep you feeling full and satisfied. Like dark leafy greens, brightly colored vegetables should be eaten in abundance.

EXTRAS: A SINGLE SERVING OF FRUIT, A LITTLE BIT OF HEALTHY FAT

On top of your all-vegetable meal(s), it's okay to include a single serving of fruit once a day. This will help satisfy your sweet tooth and provide additional nutrients. It's also okay to use a little bit of extra virgin olive oil or coconut oil when cooking your vegetables. These oils contain all of the valuable nutrients, enzymes, and antioxidants contained in the original plant. They're so healthy that moderate amounts can actually help you get better results!

EAT ORGANIC, EAT FRESH

Did you know that more than 500 different chemicals are routinely used on conventional produce? A single grape is covered in 15 different types of synthetic pesticides! These pesticides can be very difficult to wash off, and some are absorbed into the plants themselves. Pesticides can wreak havoc on your body – some affect your nervous system, others disrupt your hormones, and many cause birth defects in later generations. To prevent these pesticides from interfering with your detox, choose organic fruits and vegetables instead. As an added benefit, you'll also get more nutrients too! On average, organic fruits and veggies have 29% more magnesium, 27% more vitamin C, 21% more iron, and 14% more phosphorous than their conventional counterparts. That's a big difference.

Did you know that cooking your vegetables can reduce nutrient content by 25% to 75%? Your serving of vitamin-rich broccoli loses half of its nutritional value when you boil it on the stove! Boiling causes far more nutrient loss than lighter cooking methods like steaming or lightly sautéing. When you boil vegetables, many of the nutrients leach out into the water and aren't consumed. Food is always best when it's fresh! Here's a quick overview of what you'll be eating on your prep and transition days:

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">● Solutions4 Nutritional Shake● Dark leafy greens● Brightly colored vegetables● Single serving of fruit (per day)● Coconut oil● Olive oil● Organic, additive-free vegetable broth	<ul style="list-style-type: none">● All fast food, processed food, and junk food● Meat (fish, poultry, red meat, etc.) and eggs● Grains (wheat, rye, spelt, sorghum, millet, barley, etc.)● Legumes (black beans, lima beans, white beans, etc.)● Dairy products (Milk, cheese, yogurt, etc.)● Refined oils (canola oil, soybean oil, sunflower oil, safflower oil, peanut oil)● Nuts and seeds (peanuts, almonds, cashews, sesame seeds, etc.)

III. YOUR PROGRAM MANUAL RESOURCES

DAILY CHECKLISTS

In the daily checklists, you'll have the opportunity to write down everything you ate for breakfast, lunch, snacks, and dinner (even if all you ate for a meal was a Solutions4 Nutritional Shake). The checklists ask you a series of questions each day to make sure that the program is working for you (about sleep habits, exercise, etc.). They also have a space where we want you to jot down your thoughts and feelings about how the day went.

RECIPES

All of our recipes are 100% program approved. When planning your daily meals on days 1-2 and 6-7, you can choose anything you find in our recipe section! You can also use our incredible juice recipes during your liquid-only detox. We've put together some of our best recipes to help you achieve amazing results and feel great! With food this good, you won't feel like you're missing out on anything.

EXAMPLE MENUS

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

CALORIE INDEX

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

DAILY CHECKLISTS



DAY 1 – Prep Day 1

Date: ____ / ____ / ____

You may replace up to two meals with a Solutions4 Nutritional Shake. For all other meals, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 8 for more information.

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

Log Any Emotions or Situations that Affected Your Eating Today:

[illegible]

- ☐ AM: Power-Cleansing Detox Pack, Essential Greens
- ☐ PM: Power-Cleansing Detox Pack, Essential Greens

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? _____ min.
 - ☐ Did you sleep at least 8 hours? _____ hrs.
 - ☐ Did you replace 2 meals with a Nutritional Shake?
 - ☐ Write down questions for next appointment:



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]

- ☐ AM: Power-Cleansing Detox Pack, Essential Greens
- ☐ PM: Power-Cleansing Detox Pack, Essential Greens

Lifestyle Guidelines: (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
☐ Did you take all of your supplements?
☐ Did you track your calories?
☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
☐ Did you exercise? _____ min.
- ☐ Did you sleep at least 8 hours? ____ hrs.
☐ Did you replace 2 meals with a Nutritional Shake?
☐ Write down questions for next appointment:



Only drink approved beverages during this time (see pg. 6).

Dinner	Ounces

- ☐ AM: Power-Cleansing Detox Pack, Essential Greens
- ☐ PM: Power-Cleansing Detox Pack, Essential Greens

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

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 resting on a surface.[illegible]



Date: __ / __ / __

Only drink approved beverages during this time (see pg. 6).

Breakfast	Ounces

Lunch	Ounces

Dinner	Ounces



□ PM: Power-Cleansing Detox Pack,
Essential Greens

Lifestyle Guidelines: (✓ = Yes X = No)

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

This image shows a single sheet of white paper with horizontal blue 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]



Only drink approved beverages during this time (see pg. 6).



You may replace up to two meals with a Solutions4 Nutritional Shake. For all other meals, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 8 for more information.

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

[illegible]**Lifestyle Guidelines:** (✓ = Yes X = No)

- ☐ Did you follow nutritional guidelines?
 - ☐ Did you take all of your supplements?
 - ☐ Did you track your calories?
 - ☐ Did you drink $\frac{1}{2}$ your weight in oz. of water?
 - ☐ Did you exercise? ____ min.
 - ☐ Did you sleep at least 8 hours? ____ hrs.
 - ☐ Did you replace 2 meals with a Nutritional Shake?
 - ☐ Write down questions for next appointment:



DAY 7 – Transition Day 2

Date: __ / __ / __

You may replace up to two meals with a Solutions4 Nutritional Shake. For all other meals, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 8 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	

Total Calories You Ate	

Log Any Emotions or Situations that Affected Your Eating Today:



☐ AM: Power-Cleansing Detox Pack, Essential Greens

☐ PM: Power-Cleansing Detox Pack, Essential Greens

Lifestyle Guidelines: (✓ = Yes X = No)

- | | |
|---|--|
| <input type="checkbox"/> Did you follow nutritional guidelines? | <input type="checkbox"/> Did you sleep at least 8 hours? ____ hrs. |
| <input type="checkbox"/> Did you take all of your supplements? | <input type="checkbox"/> Did you replace 2 meals with a Nutritional Shake? |
| <input type="checkbox"/> Did you track your calories? | <input type="checkbox"/> Write down questions for next appointment: |
| <input type="checkbox"/> Did you drink ½ your weight in oz. of water? | _____ |
| <input type="checkbox"/> Did you exercise? ____ min. | _____ |
| | _____ |

WHERE TO GO FROM HERE

IF YOU REACHED YOUR GOAL

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

IF YOU STILL HAVE ROOM TO IMPROVE

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

NUTRITIONAL PROGRAMS

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

TREATMENTS

To meet your holistic needs, we offer resources that help you improve your food habits, reduce stress levels, sleep better, reduce pain, and increase your level of physical fitness. We offer a wide range of services – including Body Wraps for inch-loss and cellulite reduction that allow you to lose 4-14 inches in one hour! When you visit us, we'll customize a treatment plan that addresses your own specific needs.

RECIPES

VEGETABLE JUICE AND DETOX LEMONADE

Instructions: Making homemade vegetable juice is pretty simple once you get the hang of it. All you have to do is wash the ingredients, cut them into chunks, and run them through your juicer. Feel free to mix things up or customize recipes to suit your personal palate!

Basic Green Juice

Handful of spinach
2 medium stalks of celery
Small handful of parsley
3 medium stalks of kale
2 Bartlett pears
1 lemon, cut and peeled
1 cucumber

Thai Green Juice

6-8 large leaves of kale, collards, or chard
1 small bunch cilantro
¼ medium pineapple
2 limes, peeled

Tropical Green Juice

6-8 large leaves of spinach or kale
1/4 medium pineapple
1 large mango
2 limes, peeled

Virgin Bloody Mary

3 tomatoes
1 celery stalk
½ cucumber
½ tablespoon sea salt
Sprinkle of cayenne pepper

Heart-Healthy Happiness Juice

2 medium tomatoes
2 medium carrots
1 medium cucumber
2 stalks of celery
Small handful of parsley

Can't Be Beet

2 medium beets
1 granny smith apple
3 medium carrots

Carrot Ginger Spice

3 medium carrots
1 large apple
1 inch piece of ginger

Sunshine Skin Saver

4 yellow peppers
1 ripe mango
1 medium orange
2 inch piece of ginger

Purple Power Juice

1 beet
¼ medium purple cabbage
5 celery stalks
5 medium carrots
1 inch piece of ginger
1 lime
1 apple

Detox Lemonade

1/3 cup pure maple syrup
Juice of three lemons
1 quart distilled water

VEGETABLE RECIPES

Fennel and Orange Salad

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

1. Combine all ingredients with desired amount of dressing.

Prep time: 15 minutes

Serves 2

Veggie Chowder

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

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

Prep time: 20 minutes

Serves 4

Lemon Herb Dressing

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

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

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 Lemon Herb 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

Creamy Celery Soup

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

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

Prep time: 30 minutes

Serves 4-5

Greek Salad

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

Combine all ingredients with desired amount of dressing.

Prep time: 15 minutes

Serves 1

Melted Tomato & Zucchini Wraps

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

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

Prep time: 20 minutes

Serves 2

Mock “Mashed Potatoes”

1 head of fresh cauliflower florets, chopped
1 tbsp. organic vegetable 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

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

EXAMPLE MENUS

DAY 1: Prep Day 1

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Fennel and Orange Salad

DAY 2: Prep Day 2

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Nori and Avocado Salad

DAY 3: Detox Day 1

Juice #1: Basic Green Juice

Juice #2: Virgin Bloody Mary

Juice #3: Carrot Ginger Spice

Juice #4: Thai Green Juice

Juice #5: Purple Power Juice

DAY 4: Detox Day 2

Juice #1: Sunshine Skin Saver

Juice #2: Tropical Green Juice

Juice #3: Heart-Healthy Happiness Juice

Juice #4: Detox Lemonade

Juice #5: Basic Green Juice

DAY 5: Detox Day 3

Juice #1: Thai Green Juice

Juice #2: Can't Be Beet

Juice #3: Carrot Ginger Spice

Juice #4: Tropical Green Juice

Juice #5: Purple Power Juice

DAY 6: Transition Day 1

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Creamy Celery Soup

DAY 7: Transition Day 2

Breakfast: Nutritional Shake

Lunch: Nutritional Shake

Dinner: Veggie Kabobs

CALORIE INDEX

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

<i>Vegetables</i>	<i>Calories</i>	<i>Serving Size</i>	<i>Measurement Unit</i>
<i>Onion</i>	46	1	Cup
<i>Parsley</i>	1	1	Tablespoon
<i>Parsnips</i>	100	1	Cup
<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>Fruits</i>	<i>Calories</i>	<i>Serving Size</i>	<i>Measurement Unit</i>
<i>Honeydew</i>	61	1	Cup
<i>Kiwi</i>	110	1	Cup
<i>Lemon</i>	61	1	Cup
<i>Lime</i>	60	1	Cup
<i>Mulberries</i>	60	1	Cup
<i>Nectarines</i>	61	1	Cup
<i>Oranges</i>	85	1	Cup
<i>Papaya</i>	98	1	Cup
<i>Peaches</i>	61	1	Cup
<i>Pears</i>	80	1	Cup
<i>Pineapple</i>	82	1	Cup
<i>Plums</i>	76	1	Cup
<i>Pomegranate</i>	72	½	Cup
<i>Raspberries</i>	65	1	Cup
<i>Strawberries</i>	47	1	Cup
<i>Tangelo</i>	115	1	Cup
<i>Tangerines</i>	104	1	Cup
<i>Tomatoes</i>	32	1	Cup
<i>Watermelon</i>	46	1	Cup

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

IX. EXTERNAL RESOURCES

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

ORGANIC FRUITS AND VEGETABLES

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

OLIVE AND OTHER OILS

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

SALT

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

SPICES

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