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# I. INTRODUCTION TO THE NEUROPATHY PROGRAM

## WELCOME TO THE PROGRAM

In our clinic, 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 treat the debilitating symptoms of neuropathy. When your body is optimally healthy, your body will heal itself. Eating a vibrant and nutritionally-rich diet will facilitate this healing process and help you to maintain optimal health for a lifetime. We are honored to partner with you on your exciting adventure to improved health!

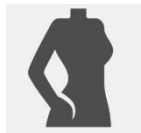
## WHO ARE WE?

Our clinic was founded to help you – and others like you – to address physical ailments, to lose weight, and to restore full body health. As a holistic health provider, we're committed to helping you along your journey to wellness. All of the services that we offer complement one another to provide maximum results every single time. Our holistic nutritional programs work together with our all-natural supplements and our in-clinic treatments to ensure your success. Even our supplements are designed as synergistic blends of multiple herbs that enhance each other! Our programs are so successful because we approach health and healing from so many different angles.

## *NUTRITIONAL PROGRAMS*

Nutrition is foundational for healing. Other medications may help to alleviate symptoms in the short run, but won't get to the source of the problem. Through nutrition, you can take advantage of your body's incredible natural healing abilities and overcome degenerative diseases ranging from fibromyalgia to neuropathy. With 100% nutrition in your daily diet, anything is possible! Our holistic nutritional programs are designed to activate your body's innate healing abilities and provide the support you need to heal quickly and permanently. We provide a variety of resources (daily checklists, recipes, example menus, etc.) to make a healthy diet as easy and accessible as possible!

## *TREATMENTS*



Our in-office treatments give you an opportunity to pamper, renew, and recharge yourself on a regular basis. Your visits will feel like spa days – and you'll make incredible progress, too! Our in-office treatments are crucial to your success in overcoming neuropathy. They can help to relieve your symptoms in the short run (numbness, tingling, pain, etc.) and heal your body in the long run. Your treatment program has been custom-tailored to suit your personal needs, maximizing its efficacy for you. In-office treatments may include Electronic Leg Stimulation, Leg Wraps, Light Therapy, Self-Mastery Technology (SMT), and Whole Body Vibration (WBV). You'll count down the days until your next appointment!

- **Electronic Leg Stimulation** is a breakthrough technology that allows us to treat patients with great success. Electronic Leg Stimulation is a non-surgical, non-invasive, relaxing electronic stimulation treatment that increases the function of the peripheral nerves quickly and effectively! Electronic Leg Stimulation machines are small electrical muscle stimulators with a higher output than *any* other electrical stimulator on the market today. They're designed with a high voltage and low amperage, making them the safest *and* most effective machines on the market. Each session will help to stimulate local circulation, relax muscle spasms, and increase your range of motion.
- **Leg Wraps** improve circulation and relieve the symptoms of neuropathy. The cream used in the Solutions4 Leg Wraps was developed by a biochemist from UCLA over 30 years ago! It works wonders for patients who lack adequate circulation to the legs! The Leg Wrap cream contains the B vitamin niacin, which is used to dilate blood vessels and encourage lymphatic flow. They also contain other high-quality herbs that assist in the cleansing of toxic buildup from the legs.
- **Light Therapy** (including laser and/or LED therapy) utilizes non-invasive, painless, high-tech infrared lights that increase blood flow to the extremities. The treatments dilate your blood vessels, allowing blood to flow more freely to your tissues, carrying oxygen and nutrients throughout your body. Light Therapy sessions will reduce tingling, numbness, or pain caused by neuropathy, restore sensation to areas of numbness, and accelerate your healing process!
- **Self-Mastery Technology (SMT)** naturally reduces your cortisol levels, which in turn helps to normalize your blood sugar levels. Because high blood sugar levels can severely damage your nerves (contributing to neuropathy), this is a huge benefit! SMT sessions can lower your stress levels, improve your circulation, and make it easier to eat a healthy and nutritionally balanced diet. Through SMT sessions, you'll learn to make wiser food choices, tune out the stress in your life, and develop better lifestyle habits!
- **Whole Body Vibration (WBV)** improves circulation, strengthens collagen, and stimulates your muscles. WBV sessions are effective at restoring feeling to areas of numbness caused by neuropathy. WBV is excellent for people who don't like exercising – it increases muscle strength, and it's easy to use! You don't even have to put on workout clothes.

## ***SOLUTIONS4 PRODUCTS***



To heal from degenerative diseases like neuropathy, 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.

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## WHY YOU ARE HERE

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Whether you've been suffering from neuropathy for weeks, months, or years, *you came to our clinic to get help*. You've probably tried a variety of treatments and medications, only to wind up frustrated because of little or no improvement. We understand the pain and frustration you've been through and want the very best for you as our patient.

Because neuropathy can develop over the course of several years, you may not have recognized the symptoms at first. They may have started out mildly – poor circulation in the cold, occasional numbness, or a light prickling sensation in your toes. Over time, your symptoms have progressed to the point that brought you here today. You may have experienced numbness, tingling, burning, or prickling sensations that have disrupted your life and have caused you to seek help. These symptoms can make it difficult to sleep, walk, and participate in the activities that you love!

When it comes to neuropathy, know that you're not alone. Millions of other Americans suffer from neuropathy too. In our clinic, we've had enormous success treating neuropathy through nutritional intervention and in-office treatments. We know that neuropathy symptoms can be physically and emotionally draining, and we understand that you want the discomfort to go away *right now*. Thankfully, we can help!

The choices that you make on a daily basis determine your level of health. By making different choices, you can help your body to heal. Though this program, we'll educate you about neuropathy so that you can make better decisions for the rest of your life. Even though it will take a few months for your body to heal completely, you may start seeing improvements right away. While you're in our care, we'll teach you everything you need to know to maintain a lifetime of healthy living!

## 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 amount of processed foods 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 nervous system. When you eat a food that contains refined sugar (a candy bar, piece of cake, soda, etc.), the sugar enters your bloodstream almost immediately, causing a quick “sugar high.” Having lots of sugar in your bloodstream (high blood sugar) wreaks havoc on all of the tissues of your body, especially your nerves.

Though scientists don’t fully understand why sugar is so toxic, there’s no question that perpetually high blood sugar can cause severe damage to your nervous system. Researchers speculate that high blood sugar weakens the walls of the tiny blood vessels that are supposed to deliver oxygen and other nutrients to nerve cells. High blood sugar may also prevent your nerves from transmitting signals to one another. Though occasional “sugar highs” won’t kill you, the chronic overconsumption of sugar will eventually lead to degenerative diseases like diabetes and neuropathy.



The saying that “the whiter the bread, the sooner you’re dead” isn’t far off. When it comes to neuropathy, *refined carbohydrates are as hazardous as regular refined sugar*. Refined grains are quickly converted into simple sugars and absorbed into the bloodstream, causing damage to the delicate cells of your nervous system. 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 feel gross – it can contribute to diabetes, heart disease, and even neuropathy! Skipping your daily hamburger, hotdog, or sausage is a no-brainer way to clean up your diet and avoid

neuropathy-causing toxins. Eating these types of meat – even in moderation – increases your risk of developing degenerative diseases.



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 causing more harm than good. If you want to help your body heal, most dairy foods are not your friend.



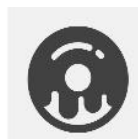
On top of all this, Americans are consuming extremely harmful trans fats, MSG, high-fructose corn syrup, and hundreds of questionable food additives. Trans fats are found in almost all processed foods, baby formulas, non-dairy creamers, and salad dressings. These artificial fats oxidize rapidly in the digestive system, releasing a deadly bombardment of free radicals that destroy cells and cause genetic damage. For example, MSG is used to enhance the flavor of foods and has been known to trigger the symptoms of neuropathy. This is because MSG is an "excitotoxin" that overstimulates cells – especially the delicate cells of your nervous system – to the point of damage. Unfortunately, many other food additives can be just as damaging to your nervous system. There are thousands of food additives (preservatives, flavor-enhancers, artificial colors, etc.) that could cause neuropathy or other degenerative diseases!

## ***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 help you become healthy and symptom-free.

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 overeat almost every day of the year, 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 begin to fail us – often in very painful ways. To reverse the damage caused by malnutrition, you must give your body all of the nutrients it so desperately needs.



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 blood sugar levels to skyrocket. That's right – your breakfast bagel, donut, or croissant ends up directly in your bloodstream! Once in your bloodstream, these sugars damage your nerves and eventually cause the debilitating symptoms of neuropathy. Fiber, on the other hand, actually helps to regulate blood sugar

levels 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 cause blood sugar swings (in the short-term) and degenerative diseases (in the long-term).



Though fats and oils get a bad rap for their high calorie count, they can actually be extremely nutritious foods. Eating the right amount of healthy fats – like olive and coconut oil – is a crucial part of an anti-inflammatory diet designed to reduce the symptoms of neuropathy. 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 healing. 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 healing process 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, especially when your body is busy healing from neuropathy. Drinking more water helps control the appetite, aids in digestion, energizes muscles, and keeps your skin looking fresh. Plus, you'll feel so much better, too!

## ***LIFESTYLE HABITS***

### **Mindless 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 eating for reasons other than hunger. This can be tough, but the results will be life changing. As you embark upon your Neuropathy Program, you can use Self-Mastery Technology (SMT) sessions to help you adjust to this new, healthier style of eating.

### **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. Chronic stress raises the level of the hormone "cortisol" in the body, which in turn causes a spike in blood sugar. In the long run, high blood sugar levels damage your nerves and produce the debilitating symptoms of neuropathy. 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.

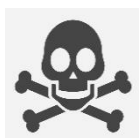
## **Inactivity**

Did you know that only 22% of Americans meet the minimum requirements for physical activity each day? Inactivity makes you more likely to develop neuropathy, increases your risk of diabetes, and makes you more prone to 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 improve your circulation, helping your body to deliver nutrients and oxygen to your nerves. If you're eating healthy foods, your body will deliver nutrient-packed blood to your nerves every time you exercise! Physical activity also boosts your mood and raises your pain threshold, making it easier to cope with chronic pain or discomfort. Talk to your doctor to determine what type of physical activity is right for you.

## **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 healing from disease. 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 goes to work healing and repairing any damage. 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 sickness and degenerative disease. To reverse this process, your body must be allowed to heal itself naturally through *detoxification*.



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# 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 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. In our clinic, 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. True healing requires a team approach involving you, our clinic's 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.

# III. A NUTRITIONAL APPROACH TO NEUROPATHY

## WHAT IS NEUROPATHY?

Your nervous system is made up of trillions of cells called *neurons*. These neurons make up your brain, your spinal cord, and each of the nerves that branch throughout your body. Your nervous system makes it possible for you to walk, talk, breathe, and eat. Without nerves, you wouldn't just lose the ability to "feel" things – you wouldn't be able to live! Neuropathy occurs when some of these nerves get damaged, whether from poor circulation, physical injury, or nutritional deficiencies.

Your nerves run all the way from the top of your head to the bottom of your feet. To wiggle your toes, your brain must transmit a signal all the way down your spinal cord, through your legs, and into your feet. If anything disrupts this signal along the way, your nerves won't function as they should. Though nerves can be damaged in any part of your body, the hands and feet are the most commonly affected. This is because the hands and feet are the farthest away from your heart (receiving the least circulation) and your brain/spinal cord (receiving the weakest signals).

If the nerves in your hands or feet are damaged, you may experience the unpleasant sensations of prickling, tingling, numbness, or even severe pain. This is known as *peripheral neuropathy*. However, neuropathy can also affect the internal nerves that regulate your vital organs. If this happens, you have *autonomic neuropathy*.

Neuropathy affects more than 20 million Americans, or 1 in every 15 people. Though it can occur at any age, it's more common among older adults. It's one of the most common medical problems that you probably don't know much about. Unlike other common ailments – heart disease, cancer, etc. – neuropathy is rarely fatal. Though your neuropathy probably won't kill you, it can significantly reduce your quality of life. When neuropathy affects your feet, you may find that it's painful to walk, run, or do the types of things that you would like to do. The discomfort alone can make it difficult to get out of bed in the morning!

Depending on which nerves are damaged – and how badly – many different symptoms can result. If your hands or feet are affected by **peripheral neuropathy**, you may experience:

- Numbness
- Insensitivity to pain or temperature
- Tingling, burning, or prickling (aka "pins and needles" sensations)
- Sharp pains or cramps
- Extreme sensitivity to light touch
- Loss of balance or coordination

Some people find that these symptoms are worse at night. Others find that their symptoms are dependent upon the temperature, time of day, or their level of physical activity. Numbness, tingling, or pain from neuropathy can be scary, especially when you don't know what's going on or who to ask for help!

Unlike peripheral neuropathy, *autonomic neuropathy* affects the functions of your body that are involuntary or unconscious. Your heart, digestive system, lungs, and other vital organs are controlled by this system. When it malfunctions, as it does with **autonomic neuropathy**, any of these functions can break down. This can lead to:

- Digestive difficulties (constipation, diarrhea, nausea, bloating, etc.)
- Urinary incontinence
- Sexual dysfunction
- “Brain fog,” lightheadedness or dizziness
- Heart rate and blood pressure irregularities
- Shortness of breath
- Sweating too much or not enough
- Difficulty swallowing

Though many people recognize the signs and symptoms of peripheral neuropathy, most people don’t realize when they are affected by autonomic neuropathy. Because the symptoms are so diverse – and can be attributed to different causes – autonomic neuropathy can be difficult to diagnose. You may find that the treatments for peripheral neuropathy end up improving other problems that you didn’t realize were related!

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## THE CAUSE: MAJOR NUTRITIONAL DEFICIENCIES

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Your neurons are pretty high-maintenance. They expect special treatment – plenty of vitamins, minerals, antioxidants, and other nutrients – to keep them happy. When you don’t give your neurons what *they want*, they won’t do what *you want*. And the consequences can be painful! To make sure your neurons get the nutrients they deserve, you have to pay close attention to what you eat.

You probably know that the standard American diet isn’t nutritious – but you probably don’t realize that malnutrition is one of the main causes of neuropathy in the United States! When you think of malnutrition, you probably think of people who don’t eat (or have access to) enough food to survive. Unfortunately, malnutrition can happen regardless of how much food you consume. *It all depends on the nutritional quality of your food.* Though neuropathy can be caused by other conditions – diabetes, cancer, autoimmune disease, etc. – malnutrition is becoming an increasingly common factor. A poor diet can cause *nutritional neuropathy* – neuropathy caused by poor nutrition – all on its own or in conjunction with other conditions (diabetes, for example).

## THE HISTORY OF NUTRITIONAL NEUROPATHY

Nutritional neuropathy was first discovered in WWII in prisoner-of-war camps. These war prisoners shared little in common, but all suffered from malnutrition while in captivity. As a result of their poor diets, these soldiers developed some of the first well-documented cases of nutritional neuropathy. Though most Americans aren’t subject to these same levels of deprivation, many people are similarly malnourished. *Ironically, nutritional neuropathy is becoming more common in developed countries where plenty of food is available.* Though most Americans eat more than enough food, they don’t eat nearly enough nutrients.

## ***NUTRITIONAL DEFICIENCIES IN THE STANDARD AMERICAN DIET***

As an example, let's think about what you get when you eat a piece of pizza. If you're eating just one slice, and you don't add any toppings, you pack in a smorgasbord of inflammatory foods that contribute to neuropathy. For example, the crust is made with refined, nutrient-stripped white flour. After white flour, the next most important ingredients are refined oil and refined sugar! The pizza sauce itself isn't much different. Though it's made with tomatoes – the only vegetable you'll find here – the second ingredient is almost always refined sugar. The cheese has been processed to death, left with very few valuable vitamins or minerals. When all of this goes in the oven, nutrient content is reduced by another 25% to 75%! Unfortunately, it's not just the pizza. The most valuable, life-sustaining nutrients are routinely processed out of our entire food supply. If you have neuropathy, it's time you took an honest look at what you're eating.

The standard American diet is lacking in many of the vitamins needed for a healthy nervous system. Here are just a few examples:

- Your body needs **vitamin E** to moderate insulin activity and oxygenate your blood. Vitamin E gets blood flowing through all of your tiny capillaries. You can find plenty of vitamin E in spinach and avocados, but not in your favorite pepperoni pizza!
- You also need **B vitamins** to build healthy neurons and keep them functioning well. B vitamins are found in abundance in mushrooms, eggs, and lean meats (like salmon!).
- You also need **vitamin C** to repair and regrow the material – called myelin – that surrounds and protects your neurons. Fresh citrus fruits and chili peppers are loaded with vitamin C (much more than you'll find in store-bought orange juice).
- The standard American diet is deficient in many minerals as well. Your body needs enough **calcium** to keep your neurons healthy and functional. You can find lots of calcium in bok choy and sesame seeds, but not in TV dinners!
- Your body needs **potassium** to reverse free-radical damage to neurons, speeding up their function. Potassium is found in super-healthy foods like broccoli and bananas.
- You also need to get enough **magnesium** to maintain healthy circulation, allowing blood to reach nerves in distant places (your hands and feet, for example). Magnesium is common in tomatoes, peppers, radishes, and lots of leafy greens.

Your favorite comfort foods – macaroni and cheese, ice cream, or Doritos – may be delicious, but they're also contributing to your problem. Processed foods are stripped of vitamins and minerals and left with empty calories. If you haven't been eating a diet rich in fruits and vegetables – especially dark leafy greens – you haven't been getting the vitamins and minerals your nervous system needs.

## ***INFLAMMATORY FOODS IN THE STANDARD AMERICAN DIET***

Our food supply isn't just low in nutrients – it's also highly inflammatory! Inflammation occurs when something harmful affects part of your body. For example, think about what happens when you get bitten by a spider – the spider injects its venom into your skin, and your immune system mounts an

inflammatory response designed to keep the venom from doing too much damage. As a result, you see localized swelling around the spider bite.

Your body is smarter than you might think. It knows when you've eaten something harmful, and it does its best to contain the damage. *When you eat toxic, processed foods, your body responds in the same way that it responds to spider's venom – with inflammation.* Your body is just trying to control the damage from the harmful food that you've already eaten. When you eat these same foods continually – over the course of many months or years – your inflammatory response never dies down! Over time, chronic inflammation damages the nerves, causing tingling, pain, or numbness. Combined with the poor nutritional value of processed food, it's no wonder that neuropathy is becoming so common!

### **Highly Inflammatory Foods Include:**

- Refined grains (white bread, pastries, cookies, crackers, etc.)
- Refined vegetable oils (soybean, canola, sunflower, peanut, etc.)
- Refined sugar (found in soda, candy, ice cream, etc.)
- All fast food and junk food (anything heavily processed and refined)
- Large amounts of red meat (beef, pork)
- Alcoholic or caffeinated beverages

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## **THE CURE: MAXIMIZING NUTRITIONAL INTAKE**

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You may think that your diet isn't all that bad. You may even be eating what you think are “healthy” meals – a large serving of meat, bread, and even some cooked vegetables on the side. To reverse symptoms of neuropathy, your body will need much more! You'll need to eat the most nutrient-dense diet possible, rich in the healthiest foods that help your body heal. To accomplish this, you'll load up on anti-inflammatory foods like dark leafy greens, brightly colored vegetables, fresh fruits, wild-caught salmon, organic poultry and eggs, and healthy oils. These foods both help to maximize your nutritional intake AND reduce the inflammation associated with neuropathy.

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

The standard American diet is woefully lacking in the delicious, nutritious dark leafy greens that keep our bodies healthy. Dark leafy greens like spinach, arugula, and kale are low in calories and loaded with a potent blend of antioxidants, vitamins, minerals, and fiber! Spinach, for example, is extraordinarily rich in vitamin C, which helps to boost your immune system and prevent arthritis. Collards and kale are packed with the calcium your body needs to build strong bones and avoid osteoporosis! Leafy greens are high in potassium, which can help manage blood pressure, and the B vitamin folate, which can improve your mood and even reduce your risk of cancer! On top of all of this, leafy greens are high in the vitamin E your skin needs to stay healthy as you age.

If you've ever eaten a large serving of fresh leafy greens, you probably understand why they're so valuable! They keep you full, help control your appetite, and moderate your blood sugar by slowing the absorption of carbs into your bloodstream. The high water content helps keep you hydrated and feeling fresh. As your diet improves, your body will begin craving healthy foods instead of junk food. Dark leafy greens will sound better than your old favorite piece of pizza!

## ***CAPTURE THE RAINBOW OF BRIGHTLY COLORED VEGETABLES***

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. Increasing your vegetable intake is the best way to get more nutrients in your diet and start reversing your condition! Like leafy greens, brightly colored vegetables should be eaten in abundance. When you eat starchy vegetables like sweet potatoes, limit your intake to 1 cup. To facilitate digestion, try eating starchy vegetables in combination with high-water content vegetables (greens, tomatoes, cucumber, radishes, etc.). Pairing lighter, fiber-rich vegetables with heavier, calorie-dense starches will speed up your digestion and make it easier to moderate your intake!

## ***FEEL FABULOUS EATING FRESH FRUIT***

Eating a diet rich in whole, healthy fruits will satisfy your sweet tooth and make it easier to continue eating a healthy diet. Fruits are naturally low in fat, sodium, and calories. They're full of essential nutrients like potassium, vitamin C, and folic acid! Though fruit is extremely nutritious, it's also moderately high in sugar. Fortunately, the natural sugar found in whole fruit won't spike your blood sugar like candy will. Because the sugar is encapsulated within the fruit's cell membranes, it is released slowly throughout the digestive system. It's also bound to other nutrients that slow down its assimilation into the body. You can think of an apple as a sort of "slow-release" capsule for all-natural sugar! Whole fruits also have a lower glycemic index than processed fruits and other sugary foods. This makes whole fruit a much healthier alternative to other sweets!

## ***EAT WILD-CAUGHT, OMEGA-3 RICH FISH***

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 is a powerful anti-inflammatory that eases the pain of neuropathy, reduces your risk of heart disease, and can even improve your mental health! The standard American diet is woefully lacking in these nerve-healthy omega-3 fatty acids, and shockingly high in inflammatory omega-6. Most Americans eat far more omega-6 than their bodies are able to handle, increasing their risk of neuropathy and other degenerative diseases. When you switch over to fish that are high in omega-3 (salmon, sardines, tuna, etc.), you'll dramatically increase the health and performance of your nerves in the long run. You'll reduce your inflammation, reduce pain and/or discomfort, and restore sensation to areas of numbness. On top of all of this, eating fish several times a week will reduce your risk of developing dementia, Alzheimer's, and heart disease in old age. This is huge! For all of these reasons, omega-3 rich fish (salmon, sardines, tuna, etc.) play an important role in the treatment of neuropathy.

## ***GO "ALL-NATURAL": EAT WHOLE AND UNPROCESSED FOODS***

You are what you eat. When you eat healthy whole foods, your body will reap the benefits. Eating whole, unprocessed foods will help you maximize your nutritional intake AND reduce inflammation. Throughout the duration of your program, you'll avoid the highly processed, inflammatory, refined oils

that are prevalent in the standard American diet (vegetable oil, soybean oil, safflower oil, peanut oil, etc.). In their place, you'll eat the healthy, unrefined fats that help your body heal: coconut oil, olive oil, and flaxseed oil, and salmon oil! Similarly, you'll avoid all sources of processed sugar, substituting them with healthier alternatives like the Solutions4 Fiber Sweetener, raw honey, pure maple syrup or stevia. Later in your program, you'll have the option to incorporate small amounts of nuts, seeds, whole grains, legumes, and lean meats. When you start eating meat, you'll focus primarily on omega-3 rich fish like salmon. This will do wonders for your body! All of these unprocessed superfoods will help to reduce the inflammation associated with neuropathy and set your body up for success.

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## **OUR TWO-PART NUTRITIONAL PROGRAM**

Your body knows how to heal itself. When you give your body everything it needs, it will do the rest. In our clinic, we combine in-office treatments with a holistic nutritional program designed to reverse symptoms of neuropathy. Our in-office treatments increase circulation to affected limbs and give your nerves a chance to begin healing. The blood that begins flowing through your limbs delivers nutrients and other substances to your nerves. If you aren't getting adequate nutrition, improved circulation won't be enough. This is why we use a nutritional program that provides your body with everything it needs, every single day. Each time you come in for an in-office treatment, you'll be circulating nutrient-rich blood with maximum healing potential!

### ***THE FIRST 30 DAYS: A FAST-TRACK TO WELLNESS***

For the first 30 days of your program, you'll be eating the most nutrient-dense diet possible. We want to give your body the very best chance for success! You'll begin your program with a three-day detox designed to jump-start your body's natural healing abilities. Our detoxification program is so powerful that many people will begin to see a reduction in symptoms almost immediately! As you transition off of your detoxification program, you'll begin to eat an abundance of fresh fruits and vegetables with healthy oils and seasonings. Eating just fruits and vegetables may seem restrictive, but we want your body to have a chance to get to repair the damage to your nerves!

### ***MAXIMIZING NUTRITION THROUGHOUT THE REMAINDER OF YOUR PROGRAM***

After the first 30 days, you'll be able to branch out and eat small amounts of other foods like certain grains and legumes (rice, lentils, and quinoa), nuts and seeds, lean meats, and nutritious starchy vegetables (like squash and sweet potatoes), and eggs. You'll still want to continue to center your diet around fresh fruits and vegetables, but you'll have access to a little more variety! You can reference pages 29 to 33 for more information about all of these foods.

<b>First 30 Days</b>	<ul style="list-style-type: none"> <li>• Fruits and vegetables (particularly dark leafy greens) – starchy vegetables are limited to 1 cup per day</li> <li>• Healthy fats and oils (extra virgin olive oil, coconut oil, and flaxseed oil)</li> <li>• Omega-3 rich fish and organic eggs</li> <li>• Natural sweeteners (Solutions4 Fiber Sweetener, pure maple syrup, raw honey, stevia)</li> <li>• Nutritional Shakes (chocolate, strawberry, vanilla, or orange cream)</li> </ul>
<b>Day 31 &amp; Beyond</b> <i>(After Day 30, you'll add in...)</i>	<ul style="list-style-type: none"> <li>• Poultry (chicken, turkey, pheasant, quail, etc.) and certain fish (see pg. 25)</li> <li>• Nuts and seeds (up to ½ cup per day)</li> <li>• Limited grains and legumes (up to 1 cup per day)</li> </ul>



## IV. 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 from the pain and numbness associated with neuropathy. 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!

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### DETOXIFICATION 101: HEALING YOUR BODY NATURALLY

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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 healing – 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 body's own natural healing abilities.

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 develop degenerative diseases like neuropathy, diabetes, and heart disease (among other things).

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 you give your body everything it needs, it will heal itself naturally.

## ***HOW TOXICITY CONTRIBUTES TO NEUROPATHY***

Did you know that a single Pringles potato chip contains more than 30 ingredients and is made up of only about 42% potato? Those ingredients include frightening toxins that range from MSG to hydrolyzed soy protein. When you eat these types of “food” on a regular basis, you consume more toxins than your body can handle. These toxins cause inflammation and swelling, which in turn decrease blood flow to the delicate tissues of your nervous system. Over time, this inflammation begins to choke off the nerves themselves, directly contributing to the pain and numbness associated with neuropathy.

Other sources of toxins are less obvious. Many of the meals that you think of as healthy are actually some of the worst offenders! For example, your average bowl of breakfast cereal contains between 6 and 15 grams of sugar. Supposedly “healthy” options like Raisin Bran can contain over 20 grams of pure refined sugar! Over time, all of this sugar damages the delicate cells of your nervous system.

Prescription pain medications don’t help your body heal – they only alleviate symptoms in the short run. In the long run, they can cause a toxic buildup that ends up perpetuating neuropathy. Though different toxins affect your nerves differently – causing demyelination, disrupting cellular signaling, interfering with intake of oxygen, etc. – the end result is the same: they cause the debilitating symptoms of neuropathy. When you take symptom-relieving drugs (like painkillers), you drive toxins back into the tissues where they can continue to cause the debilitating symptoms associated with neuropathy. The only way to heal your body in the long run is to drive out these toxins through a detoxification program.



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

## ***HOW TO DETOXYFY 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.

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## 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 healing 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. Here, they wreak havoc on your nervous system and contribute to the uncomfortable symptoms of neuropathy. Though a healing crisis may be bothersome, it will be followed by an increase in energy, vitality, and wellness. Healing crises are challenging, but also incredibly rewarding!

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## **TRANSITIONING BACK TO SOLID FOODS**

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How you come off a detox is just as important as how you detoxify. Begin by consuming fresh fruit, salads, and vegetables. Some people choose to juice live foods for a few days before eating solid foods, allowing the body more time and energy to heal and gain strength. As you complete your detox program, many of the symptoms you 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!

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## FREQUENTLY ASKED QUESTIONS

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**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.*

## V. FOOD LIST

# Foods to Enjoy

## First 30 Days

### VEGETABLES & LEAFY GREENS

Up to 1 cup of starchy vegetables (sweet potatoes, squash, etc.) per day\*  
All other vegetables

\*To facilitate digestion, eat starchy vegetables with high-water content, fibrous vegetables (a salad, for example).

### FRUITS

Up to 1 cup of starchy fruits (plantains) per day  
All other fruits

### LIMITED DAIRY

Organic butter (sparingly)

### BROTH, DRESSING, & CONDIMENTS

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

### HEALTHY OILS

Unrefined coconut oil  
Unrefined extra virgin olive oil  
Unrefined flaxseed oil

### SALT AND SPICES

Fresh herbs and spices  
"Real Salt"  
Sea Salt

### OMEGA-3 RICH FISH\*

Anchovies  
Herring  
Mackerel  
Salmon  
Sardines  
Trout  
Tuna

\*2-4 portions (3 oz.) per day

### EGGS

Organic eggs (up to 2 per day)

### SWEETENERS

Natural sweeteners (Solutions4 Fiber  
Sweetener, pure maple syrup, raw honey, stevia)

### BEVERAGES & NUTRITIONAL SHAKES

Coconut water (raw and additive-free)  
Fresh fruit and vegetable juices  
Nutritional shakes  
Water (distilled, filtered, pure, or spring)

# Foods to Avoid



## First 30 Days

### **VEGETABLES**

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Corn and corn products (technically a grain)  
More than 1 cup of mushrooms per day

### **GRAINS AND LEGUMES**

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All grains (wheat, oats, barley, sorghum, etc.)  
All legumes (black beans, kidney beans, etc.)

### **MEATS**

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Fish low in omega-3 (cod, halibut, lobster, mahi mahi, sea bass, shrimp, sole, swai, tilapia, etc.)  
Poultry (chicken, turkey, etc.)  
Red meat (beef, pork, lamb, etc.)

### **DAIRY**

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Frequent use of organic butter  
All other dairy products (milk, cheese, sour cream, ice cream, whipped cream, etc.)

### **SWEETENERS**

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Corn syrup  
Date sugar  
Fructose  
Molasses  
Refined (white) sugar

### **NUTS AND SEEDS**

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Almonds  
Cashews  
Hemp seeds  
Pecans  
Pistachios  
Sunflower seeds

### **MISCELLANEOUS**

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Malt vinegar

# Foods to Enjoy

## Days 31 and Beyond

### VEGETABLES

Alfalfa sprouts  
Artichokes  
Asparagus  
Bamboo shoots  
Bean sprouts  
Beets  
Bok choy  
Broccoli  
Brussels sprouts  
Buckwheat sprouts  
Cabbage, Chinese  
Cabbage, red  
Carrots  
Cauliflower  
Celery  
Chard  
Chives  
Cucumber

Eggplant  
Fennel  
Garlic  
Green beans  
Green onions  
Jicama  
Kohlrabi  
Lima beans  
Leek  
Mung bean sprouts  
Mushrooms (up to 1 cup per day)  
Okra  
Olives  
Onion  
Parsley  
Parsnips  
Peas  
Peppers, green

Peppers, red  
Pimentos  
Radishes  
Rhubarb  
Rutabaga  
Shallots  
Snap beans (edible pods)  
Snow peas (sugar peas)  
String beans  
Sprouts  
Sunflower sprouts  
Squash (up to 1 cup per day)  
Sweet potatoes (up to 1 cup per day)  
Tomatillos  
Turnips  
Water chestnuts  
Wheat grass  
Zucchini

### LETTUCE & GREENS

Arugula  
Belgian endive  
Butter lettuce  
Cress  
Collard greens  
Dandelion greens  
Endive

Endive, curly  
Endive, red  
Escarole  
Green leaf  
Iceberg  
Kale  
Mustard greens

Oakleaf  
Radicchio  
Red leaf  
Romaine  
Spinach  
Swiss chard  
Watercress



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**FRUITS**

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

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**LEAN MEAT**

Chicken	Pheasant	Tilapia
Cod	Salmon	Trout
Duck	Sea bass	Tuna
Halibut	Shellfish	Turkey
Mahi mahi	Sole	Quail

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**LIMITED GRAINS & LEGUMES**

Lentils (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.

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**LIMITED DAIRY**

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

## **DESSING, BROTH, & CONDIMENTS**

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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 malt vinegar)

## **NUTS AND SEEDS\***

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Almonds	Pecans
Brazil nuts	Pistachios
Cashews	Pumpkin seeds
Chia seeds	Sesame seeds
Flaxseeds	Sunflower seeds
Hemp seeds	Walnuts
Macadamia nuts	

\*Up to ½ cup per day (after day 30)

## **HEALTHY OILS**

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Unrefined coconut oil  
Unrefined extra virgin olive oil  
Unrefined flaxseed oil

## **SALT AND SPICES**

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Fresh herbs and spices  
“Real Salt”  
Sea salt

## **SWEETENERS**

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Pure maple syrup  
Raw honey  
Solutions4 Fiber Sweetener  
Stevia

## **BEVERAGES & NUTRITIONAL SHAKES**

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Coconut water (raw and additive-free)  
Fresh vegetable juices  
Nutritional shakes  
Water (distilled, filtered, pure, or spring)

# Foods to Avoid



**Days 31 and Beyond**

## **VEGETABLES**

More than 1 cup of starchy vegetables (yams, potatoes, squash, others not on the approved list) per day\*

Corn and corn products (technically a grain)

More than 1 cup of mushrooms per day

\*1 cup of a starchy vegetable replaces your grain/legume for the day.

## **FRUITS**

More than 1 cup of starchy fruits (plantains) per day

## **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\*

\*1 cup of a grain/legume replaces your starchy vegetable for the 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**

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Corn syrup  
Date sugar  
Fructose  
Molasses  
Refined (white) sugar

## **FATS & OILS**

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

## **NUTS & SEEDS**

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

## **BEVERAGES**

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

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

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

## VI. MAXIMIZING YOUR NUTRITIONAL INTAKE

### HEALTHY EATING 101

Do you feel like it's difficult to keep up with the latest nutrition news because it's always changing? Even the USDA's dietary guidelines haven't stayed the same! Fortunately, there are some basic facts about nutrition that *everyone* can agree upon. We all know that it's better to eat more fruits and vegetables, eat fewer processed foods, and take it easy on sweets and treats. Your Neuropathy Program is rooted in these fundamental ideas.

Though this Neuropathy Program is firmly rooted in "the basics," there is much more that you can do to ensure that you're providing your body with 100% nutrition, 100% of the time. While you are in our care, we want to give you all the information you need to maximize your nutritional intake in a way that will help your body heal! This is important because learning to eat healthfully isn't just a diet – it's a lifestyle change. It means more than just avoiding junk food. 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 symptom-free 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 the omega-3 fatty acids that your body needs to heal from neuropathy safely and effectively. Fish high in omega-3 should be your only source of meat protein for the first 30 days of your diet. For more information about omega-3 rich fish, check out pages 40 and 41.



Though poultry products aren't as nutritious as omega-3 rich fish, they *are* a source of complete protein that can help satiate your appetite and make it easier to eat a healthy diet. For this reason, we allow poultry after the first 30 days of the program. 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 inflammation or worsen the pain and numbness associated with neuropathy. They're also lower in inflammatory omega-6 and are free of the steroid hormones found in red meat. These substances can interfere with health and healing. More information can be found on pg. 39, 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 help your body heal from nutrient deficiencies. 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!

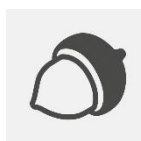
Though grains and legumes are a very grey area, this program allows small servings of rice, quinoa, and lentils under some circumstances (after day 30). For maximum benefits, you may want to eliminate them altogether. Talk to us to determine what's best for you.

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, this inflammation leads to debilitating diseases like neuropathy.

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 and are a poor source of nutrients. If you want to maximize your nutritional intake, 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 Neuropathy Program. We allow up to ½ cup of nuts or seeds per day (after day 30), 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. Soaked and sprouted nuts are the healthiest options you can find – they're more digestible and more nutritious than other nuts you can find. More information on soaking and

sprouting can be found on pg. 41. 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 VS. UNHEALTHY OILS AND FATS***



Having oils and fats in your diet isn't unhealthy, as long as you're eating healthy fats. Fats like olive, coconut, and flaxseed oil can actually be an important part of a balanced diet! Olive and coconut are the two best, though unrefined flaxseed oil also works great in dressings. These healthy fats can help to reduce inflammation – thereby reducing the pain associated with neuropathy! 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 your neuropathy worse! Trans fats cause inflammation, which can prevent nutrients and oxygen from reaching your nerves. The best way to avoid them is to avoid processed food altogether.

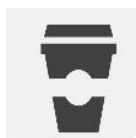
## ***DAIRY: FRIEND OR FOE?***



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 cow's feed, the hormones used to make them grow bigger, and the antibiotics used to keep them alive under unsanitary conditions. On top of all of this, many people get sick 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. If your body can't digest it, it will cause inflammation and worsen your neuropathy.

On the Neuropathy 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 help your body heal, 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 laced with a variety of artificial ingredients 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 monitor your sugar intake.



***Warning:*** *Do not consume alcohol while on your Neuropathy 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 Neuropathy 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 affects your blood sugar, 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! All of this excess sugar comes at a cost – for you, this means suffering from the debilitating symptoms of neuropathy.



Though artificial sweeteners don't raise your blood sugar, 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! These toxins are the last thing you want to have lurking in your body when you're busy healing! Safer, neuropathy-friendly sweeteners include the Solutions4 Fiber Sweetener, stevia, pure maple syrup, and raw honey. These safer options have little effect on blood sugar (and consequently, neuropathy symptoms) 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.



On the Neuropathy 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.

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## **SUPPLEMENTATION**



Taking nutritional supplements is essential if you want to maximize your nutritional intake and help your body heal! 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 freeze-dry, 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:**

**Appetite Appeaser** — *Keeps you feeling full while adjusting to your new healthy diet!*

The Appetite Appeaser satiates the appetite naturally to ease your transition into a healthy diet! This product keeps you feeling full and reduces the nervous tension that often accompanies dietary changes. It helps balance blood sugar levels and assists in breaking down and dissipating excess fat from around the heart and other vital organs.

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

The Body Purifier will 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.

**Vitamin B12** — *Provides an essential nutrient needed to heal from nutritional neuropathy!*

Vitamin B12 is essential to the functioning of your brain, nerves, and circulatory system. This essential vitamin is known to insulate nerve cells and help your body build new, healthy cells! It also helps to stabilize the red blood cells responsible for carrying oxygen to the entire body. Lozenges are provided in sublingual form for quick and easy absorption.

**Cardio Health Essentials** — *Supports the circulatory system for quicker healing!*

The Cardio Health Essentials deliver huge healing benefits in just one 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 our healing regimen.

**Cellulite Cleanse** — *Detoxification for your skin and tissues!*

The Cellulite Cleanse stimulates the circulatory and lymphatic systems to help detoxify your tissues. It helps remove waste materials from connective tissues, preventing water retention and promoting the elimination of unwanted substances!

**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 healing. It alleviates digestive discomfort and restores energy to your body. Digestive enzymes promote healing by heightening absorption of vitamins, minerals, and other nutrients from food.

**Exercise Gel** — *Improves circulation to the tissues affected by neuropathy!*

Exercise Gel helps get your blood moving the all-natural way. When applied to your legs and feet (or any other areas affected by neuropathy), this innovative gel *warms muscles* and increases circulation. Typically, areas affected by neuropathy have less circulation, making these areas more difficult to target. Solutions4's Exercise Gel draws blood to those areas, helping you get maximum healing results. We recommend that you use this product before bed, before physical activity, or at any other time you need a circulatory boost.

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

The Fiber Blend helps you maximize nutrient absorption and increases your digestive efficiency! 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.

**Salmon Oil** — *A powerful anti-inflammatory!*

Salmon Oil is an organic source of omega-3 and other essential fatty acids, which play a vital role in healthy cell renewal. Salmon oil reduces the inflammation associated with neuropathy, increases circulation, and improves your body's ability to heal itself. It also regulates cholesterol levels and reduces your 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.

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

The Multivitamin/Mineral provides a perfect combination of nutrients to help your body heal itself naturally. Two capsules per day provide 100% RDA of all essential vitamins and minerals. The only way to 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 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 to heal your body for life! Take your pick of chocolate, vanilla, strawberry, or orange cream.

**Probiotic Blend** — *A potent dose of 10 billion friendly (and necessary) bacteria!*

Gut health is essential to full-body health! 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 yeast and bacterial overgrowths in the gut.

**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). We recommend that you don't take any other supplements during your program unless approved by your doctor.

### **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 stay symptom-free for life!

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## EATING ORGANIC PRODUCE

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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)

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- |               |                    |
|---------------|--------------------|
| 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.

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

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## **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 nutrition 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 for your body to heal! 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.

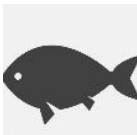
## EGGS: ORGANIC, FREE-RANGE, OR OMEGA-3



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 powerful anti-inflammatories that help to reduce symptoms of neuropathy. They're also excellent “brain foods” that boost your mental health and reduce your risk of developing diseases like Alzheimer's! 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 healing, 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!

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## JUICING, SOAKING, AND SPROUTING

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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!

## 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!*

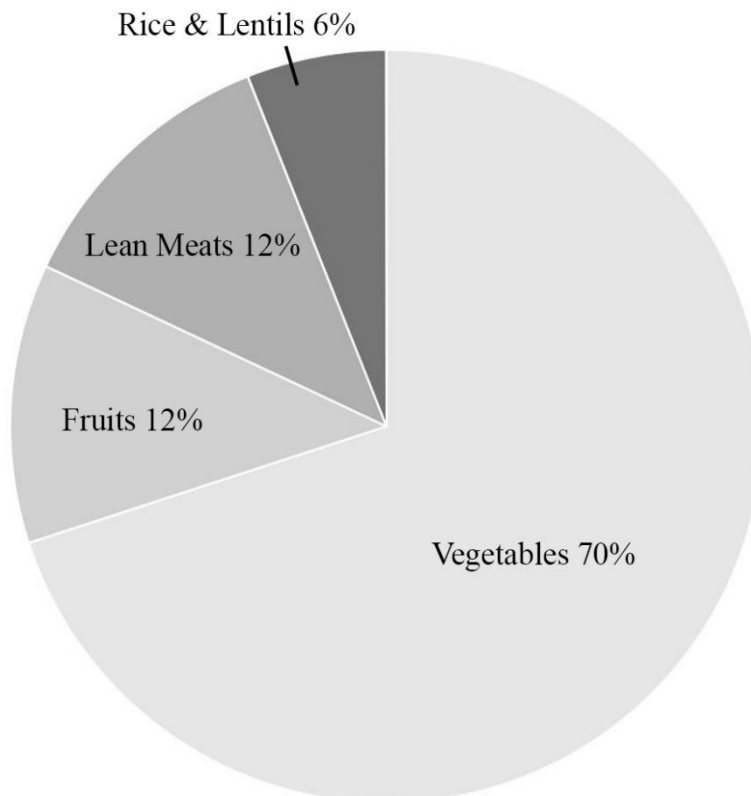
## VII. STRUCTURING YOUR PROGRAM

### DIET COMPOSITION AND PORTION SIZING

Your Neuropathy Program is designed to help you maximize your nutritional intake. 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. Don't let yourself eat too little! 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, as long as you're eating food on the approved list! 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.

### Neuropathy 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.
- Leafy greens may be added to soups or juiced with other vegetables.

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

## **FRUITS (12%)**



Throughout your program, you're free to eat moderate amounts of fruit. This adds up to about two or three 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%)**



Though you won't eat meat for the first 30 days of your program, you'll add it back into your diet on day 31. From this point on, 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%)**



You won't introduce grains and legumes into your diet until day 31. After this point, you have the option to include a small serving of either brown rice, quinoa, or lentils, if you feel they are absolutely necessary. Even then, they must be eaten very sparingly (less than 6% of your diet). From day 31 until the end of your 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 for healing. 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.

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## **QUICK TIPS FOR PLANNING YOUR MEALS**

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### ***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. 139 for more healthy options! When in doubt, a veggie-loaded salad is 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 in the mood for something warm and comforting, 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 brown 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, top your salad with antioxidant-rich berries. Salads don't have to be boring! You can play with almost any flavor combination you like. For a dressing, you can try something as simple as olive oil and lemon juice, or you can mix up something with a little more flavor. When choosing toppings, don't skimp on the veggies! You can top your salads with diced (or shredded) carrots, radishes, cucumbers, zucchini, or any number of other ingredients.

## **Snack Ideas**

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

## **Dinner Ideas**

For dinner, you might opt for something a bit heavier like a 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.

## ***GROCERY SHOPPING STRATEGIES***

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

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

- If you plan a trip while on the program, plan your meals carefully in advance.
- Work with us to plan meals to last you throughout your trip.
- Consider bringing a cooler stocked with healthy 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 lifestyle affects your eating patterns. Studies show that keeping a food journal will make you twice as successful at sticking to your eating plan! That's a big benefit from such a simple task.

### ***RECIPES***

The recipes in the back of this book are designed for both stages of your nutritional program. Recipes marked with a star are appropriate for the first 30 days of your program. You can eat recipes marked with a star at *any point* in your program, from beginning to end. Other recipes may be eaten after the first 30 days of your program are up. In the long-term, all of these recipes are excellent for maintaining full-body health. 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 first 30 days of your program. 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 almost every 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! Though your calories don't matter as much as the quality of your meals, you can use the calorie index to make sure that you're getting enough calories throughout your program.

### ***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 – Prep Day 1

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

Before detox: only consume fresh and lightly cooked fruits and vegetables with olive or coconut oil (no meat, grains, legumes, nuts, or seeds). 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]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_





Before detox: only consume fresh and lightly cooked fruits and vegetables with olive or coconut oil (no meat, grains, legumes, nuts, or seeds). Add Nutritional Shake if desired.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_



## DAY 3 – Detox Day 1

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

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

### 9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

### 2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2



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

**NOON:** None

**PM:** Body Purifier (1), Fiber Blend (2), Intestinal Cleanser (1)

### 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:

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

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

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**Date:**     /     /

**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**

**NOON:** None

**PM:** Body Purifier (1), Fiber Blend (2), Intestinal Cleanser (1)

**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:

[illegible][illegible]



## DAY 5 – Detox Day 3

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

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

### 9:00 AM to 2:00 PM

☐ Lemon Mixture #1

☐ Water Bottle #1

### 2:00 PM to 7:00 PM

☐ Lemon Mixture #2

☐ Water Bottle #2



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

**NOON:** None

**PM:** Body Purifier (1), Fiber Blend (2), Intestinal Cleanser (1)

### 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:

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

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

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## DAY 8

**Date:**     /     /

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 9

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_



## DAY 10

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 11

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 12

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 13

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 14

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 drink ½ your weight in oz. of water?  
☐ Did you exercise? \_\_\_\_ min.
- ☐ Did you sleep at least 8 hours? \_\_\_\_ hrs.  
☐ Did you apply exercise gel to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 15

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 drink ½ your weight in oz. of water?  
☐ Did you exercise? \_\_\_\_\_ min.
- ☐ Did you sleep at least 8 hours? \_\_\_\_\_ hrs.  
☐ Did you apply exercise gel to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 16

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 17

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are approximately 20 lines visible on the page.

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_



## DAY 18

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 19

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

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 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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 20

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 21

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 22

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 23

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 24

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

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 resting on a surface.

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 25

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 drink ½ your weight in oz. of water?  
☐ Did you exercise? \_\_\_\_ min.
- ☐ Did you sleep at least 8 hours? \_\_\_\_ hrs.  
☐ Did you apply exercise gel to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_



## DAY 26

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 27

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 28

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 29

**Date:**     /     /

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 30

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

Choose foods from the first food list (pg. 22). Remember: avoid grains, legumes, nuts, seeds, and certain meats!

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 31

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 32

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

Choose foods from the second food list (pg. 24).

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 resting on a surface.

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 33

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_



## DAY 34

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 35

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 36

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 37

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 38

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 39

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 40

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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



**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 41

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

Choose foods from the second food list (pg. 24).

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 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_



## DAY 42

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 43

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 44

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 45

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal lines designed to help young learners write neatly. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated down the entire page, providing ample space for handwriting practice. The paper is otherwise blank, with no text or other markings.

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 46

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 47

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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



**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 drink ½ your weight in oz. of water?  
☐ Did you exercise? \_\_\_\_ min.
- ☐ Did you sleep at least 8 hours? \_\_\_\_ hrs.  
☐ Did you apply exercise gel to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 48

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 49

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 drink ½ your weight in oz. of water?
- ☐ Did you exercise? \_\_\_\_\_ min.
- ☐ Did you sleep at least 8 hours? \_\_\_\_\_ hrs.
- ☐ Did you apply exercise gel to affected areas?
- ☐ Write down questions for next appointment:  
\_\_\_\_\_



## DAY 50

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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



**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 51

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 52

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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



**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 53

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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



**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 54

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 55

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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



**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 56

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 57

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_



## DAY 58

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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 appears to be a standard notebook or worksheet page.

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 59

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 60

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 61

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment: \_\_\_\_\_

## DAY 62

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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 slightly textured appearance and is set against a dark background.

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 63

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 64

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 65

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?
  - ☐ Write down questions for next appointment: \_\_\_\_\_



## DAY 66

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 67

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 68

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 69

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 70

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 71

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 72

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 73

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_



## DAY 74

Date:     /     /

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 75

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

This image shows a single 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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 76

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 77

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

Choose foods from the second food list (pg. 24).

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 no margins, text, or other markings on the paper.

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 78

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

**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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 79

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 80

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_

## DAY 81

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_



## DAY 82

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 83

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

Choose foods from the second food list (pg. 24).

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:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 84

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Cellulite Cleanse (2), Digestive Enzyme Blend (1), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 85

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 86

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 87

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 88

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

## DAY 89

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

Choose foods from the second food list (pg. 24).

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:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_  
 \_\_\_\_\_



## DAY 90

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

Choose foods from the second food list (pg. 24).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

**AM:** Body Purifier (2), Cardio Health Essentials (1), Cellulite Cleanse (2), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (2), Multivitamin/Mineral (1), Probiotic Blend (1), Salmon Oil (2), Vitamin D (2)

**NOON:** Appetite Appeaser (1), Body Purifier (1), Cellulite Cleanse (1), Digestive Enzyme Blend (1), Fiber Blend (2), Intestinal Cleanser (1), Probiotic Blend (1), Salmon Oil (2), Vitamin B-12 (1)

**PM:** Digestive Enzyme Blend (1), 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 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 to affected areas?  
☐ Write down questions for next appointment:  
 \_\_\_\_\_

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## DAY 91 AND BEYOND

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You've completed your program – congratulations! You've improved your health and you're feeling great, but now what? At this point, you'll need to make some decisions about your long-term health maintenance. Here in our clinic, we offer a Maintenance Program that can help you transition into a lifetime of healthy eating. We don't want you to start eating just anything! 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 90 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 you to live symptom-free 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*

### **\*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*

### **\*Meal Shake**

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*

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## **BREAKFAST DISHES**

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### **\*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*

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## SALADS AND WRAPS

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### 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. 157). 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*

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## **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*

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## VEGETABLE-ONLY DISHES

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### \*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  
1/8 tsp. black pepper  
1/4 cup water

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

*Prep time: 10 minutes*

*Serves 2-3*

### **\*Italian Zucchini**

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

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

*Prep time: 25 minutes*

*Serves 4*

### **\*Stir-Fried Cabbage**

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

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

*Prep time: 15 minutes*

*Serves 4*

### **\*Grilled Asparagus**

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

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

*Prep time: 7-10 minutes*

*Serves 3-4*

### **\*Italian Green Beans**

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

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

*Prep time: 10 minutes*

*Serves 4-6*

### **\*Layered Zucchini**

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

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

*Prep time: 15 minutes*

*Serves 4*

### **\*Zesty Lemon Broccoli**

1 head of broccoli, chopped into thin florets  
1 tbsp. fresh squeezed lemon juice  
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*

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## MEATS, GRAINS, AND LEGUMES

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### 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

⅛ 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. 157)  
1 tomato, sliced  
4 iceberg lettuce leafs

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. 157)

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*

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## DESSERTS

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### **\*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*

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## DRESSINGS

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### **\*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*

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## **CONDIMENTS AND SAUCES**

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### **\*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*

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## DETOX DRINK

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### **\*Detox Lemonade**

1 ½ cups fresh lemon juice

2 quarts distilled water

2/3 cup pure maple syrup\*

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

Combine all ingredients. Mix well.

*Prep time: 2 minutes*

*Serves 1*

# EXAMPLE MENUS

## DAY 1

**Breakfast:** Meal Shake

**Snack:** –

**Lunch:** Melted Tomato & Zucchini Wraps (no meat today)

**Snack:** Snack Shake

**Dinner:** Bunches of Broccoli & side salad (no meat today)

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

## DAY 2: Prep Day 2

**Breakfast:** Chocolate Dream

**Snack:** Fresh Veggies dipped in salsa

**Lunch:** Confetti Salad (no meat today)

**Snack:** Snack Shake

**Dinner:** Stir Fry & side salad (no meat today)

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

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

**All Day:** No food today. Detox lemonade (pg. 158).

## DAY 6

**Breakfast:** World's Best Omelet

**Snack:** –

**Lunch:** Confetti Salad (no meat today)

**Snack:** Snack Shake

**Dinner:** Sautéed Brussels Sprouts & side salad (no meat today)

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

## DAY 7

**Breakfast:** Stir-Fried Vegetable Scramble

**Snack:** Snack Shake

**Lunch:** Broccoli Pilaf (no meat today)

**Snack:** –

**Dinner:** Veggie Chowder & side salad (no meat today)

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

## DAY 8

**Breakfast:** Chocolate Dream

**Snack:** –

**Lunch:** Confetti Salad (add fish if wanted)

**Snack:** Snack Shake

**Dinner:** Vegetable Rice Soup & side salad

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

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## DAY 9

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**Breakfast:** Meal Shake

**Snack:** Snack Shake

**Lunch:** Picnic Lettuce Wraps (add fish if wanted)

**Snack:** –

**Dinner:** Broccoli and Chicken Divine & side salad

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

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## DAY 10

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**Breakfast:** Veggie Scramble

**Snack:** –

**Lunch:** Confetti Salad (add fish if wanted)

**Snack:** Snack Shake

**Dinner:** Chicken Cacciatore & side salad

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

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## DAY 11

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**Breakfast:** Veggie Scramble

**Snack:** Snack Shake

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

**Snack:** –

**Dinner:** Steamed Artichokes & side salad (add fish if wanted)

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

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## DAY 12

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**Breakfast:** Fruit and Vegetables

**Snack:** Snack Shake

**Lunch:** Spicy Taco Crunch Wraps (add fish if wanted)

**Snack:** –

**Dinner:** Steamed Artichokes & side salad (add fish if wanted)

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

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## DAY 13

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**Breakfast:** Citrus Berry Splash

**Snack:** Snack Shake

**Lunch:** Mediterranean Salad (add fish if wanted)

**Snack:** –

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

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

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## DAY 14

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**Breakfast:** Meal Shake

**Snack:** Snack Shake

**Lunch:** Confetti Salad & fresh veggies with Italian Marinade (add fish if wanted)

**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



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## DAY 15

**Breakfast:** Chocolate Dream

**Snack:** Fresh veggies dipped in mashed avocados

**Lunch:** Classic Green Salad (add fish if wanted)

**Snack:** Snack Shake

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

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

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## DAY 16

**Breakfast:** World's Best Omelet

**Snack:** Snack Shake

**Lunch:** Veggie Chowder

**Snack:** Fresh veggies dipped in salsa

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

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

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## DAY 17

**Breakfast:** Stir-Fried Vegetable Scramble

**Snack:** Fresh veggies dipped in salsa

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

**Snack:** Snack Shake

**Dinner:** Sautéed Spinach & side salad

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

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## DAY 18

**Breakfast:** Chocolate Dream

**Snack:** Snack Shake

**Lunch:** Mediterranean Salad (add fish if wanted)

**Snack:** Fresh veggies dipped in mashed avocados

**Dinner:** Veggie Kabobs & side salad

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

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## DAY 19

**Breakfast:** Meal Shake

**Snack:** Fresh veggies dipped in mashed avocados

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

**Snack:** Snack Shake

**Dinner:** Vegetable Delight & side salad

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

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## DAY 20

**Breakfast:** Veggie Scramble

**Snack:** Snack Shake

**Lunch:** Vegetable Rice Soup (add fish if wanted)

**Snack:** Fresh veggies dipped in salsa

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

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

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## DAY 21

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**Breakfast:** Meal Shake

**Snack:** Fresh veggies dipped in salsa

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

**Snack:** Snack Shake

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

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

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## DAY 22

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**Breakfast:** Meal Shake

**Snack:** Snack Shake

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

**Snack:** Fresh veggies dipped in mashed avocados

**Dinner:** Tomato Cups & side salad

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

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## DAY 23

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**Breakfast:** Meal Shake

**Snack:** Apple

**Lunch:** Confetti Salad (add fish if wanted)

**Snack:** Snack Shake

**Dinner:** Melted Tomato & Zucchini with a side salad

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

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## DAY 24

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**Breakfast:** Meal Shake

**Snack:** Orange

**Lunch:** Broccoli Pilaf (add fish if wanted)

**Snack:** Fresh veggies dipped in salsa

**Dinner:** Layered Zucchini & side salad

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

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## DAY 25

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**Breakfast:** Meal Shake

**Snack:** Fresh veggies dipped in salsa

**Lunch:** Confetti salad (add fish if wanted)

**Snack:** Grapes

**Dinner:** Stir-Fried Cucumbers & side salad

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

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## DAY 26

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**Breakfast:** Veggie Scramble

**Snack:** Banana

**Lunch:** Picnic Lettuce Wraps (add fish if wanted)

**Snack:** Fresh veggies dipped in mashed avocados

**Dinner:** Stir-Fried Cabbage & side salad

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

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## DAY 27

**Breakfast:** Citrus Berry Splash

**Snack:** Fresh strawberries

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

**Snack:** Snack Shake

**Dinner:** Carrot “Stuffing” & side salad

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

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## DAY 28

**Breakfast:** Berry Salad

**Snack:** Snack Shake

**Lunch:** Confetti Salad (add fish if wanted)

**Snack:** Fresh veggies dipped in salsa

**Dinner:** Eggplant & Pepper Skillet with a side salad

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

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## DAY 29

**Breakfast:** Citrus Berry Splash

**Snack:** Snack Shake

**Lunch:** Confetti Salad (add fish if wanted)

**Snack:** Fresh veggies dipped in salsa

**Dinner:** Sautéed Brussels Sprouts & side salad

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

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## DAY 30

**Breakfast:** Meal Shake

**Snack:** Fresh veggies dipped in salsa

**Lunch:** Guacamole and Salsa Lettuce Wrap (add fish if wanted)

**Snack:** Snack Shake

**Dinner:** Vegetable Stuffed Green Peppers & side salad

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

## CALORIE INDEX

<i><b>Vegetables</b></i>	<i><b>Calories</b></i>	<i><b>Serving Size</b></i>	<i><b>Measurement Unit</b></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>Onion</i>	46	1	Cup
<i>Parsley</i>	1	1	Tablespoon
<i>Parsnips</i>	100	1	Cup

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

<b><i>Fruits</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<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

<b><i>Fruits</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<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

<b><i>Lean Meat</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<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

<b><i>Grains and Legumes</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<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)

<b><i>Miscellaneous</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<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.