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# I. INTRODUCTION TO THE 5-WEEK PLANT-BASED PROGRAM

## WELCOME TO THE PROGRAM

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

## WHAT IS CLUB REDUCE?

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

### TREATMENTS



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

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

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

## **SOLUTIONS4 PRODUCTS**



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

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

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

## **WHY YOU ARE HERE**

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

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

## II. YOUR JOURNEY TO WELLNESS

### BACK TO THE BEGINNING

#### **FOODS THAT KILL**

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



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



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



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



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

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



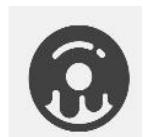
On top of all this, Americans are consuming extremely harmful trans fats, MSG, high-fructose corn syrup, and hundreds of questionable food additives. Trans fats are found in almost all processed foods, baby formulas, non-dairy creamers, and salad dressings. These artificial fats oxidize rapidly in the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

## **FOODS THAT HEAL**

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

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

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



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



Water is the most essential, and often most neglected, nutrient in the human diet. Often when we think we're hungry, our bodies are actually telling us that we need to drink more water. Staying hydrated is essential for weight loss and overall health. Drinking more water

helps control the appetite, aids in digestion, energizes muscles, and keeps your skin looking good. Plus, you'll feel so much better, too!

## **LIFESTYLE HABITS**

### **Emotional Eating**

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

### **Overeating**

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

### **Stress and Negativity**

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

### **Inactivity**

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

### **Sleeplessness**

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

## **TOXICITY**



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

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

## **A HOLISTIC APPROACH**

### **THE CONVENTIONAL APPROACH**

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

The resources aren't impossible to provide – they're just not very profitable, and they require a lot of work. The manufacture and sale of symptom-alleviating drugs is an enormously profitable industry. Helping you to get well – to eat healing foods and really change your life – isn't especially lucrative. As

a result, patients spend fortunes on health care while receiving very little in return. You stay sick, but you're less uncomfortable. Prescription medications may be necessary for many individuals, but they don't get to the root of the problem. Drugs are never a substitute for a healthier, cleaner lifestyle!

## **OUR HOLISTIC APPROACH**

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

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

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



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

### III. THE BENEFITS OF DETOXIFICATION

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

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

#### **DETOXIFICATION 101: HEALING YOUR BODY NATURALLY**

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

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

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

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

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

## HOW TO DETOXIFY YOUR BODY



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



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



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

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

## THE EXPERIENCE OF DETOXIFICATION

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

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

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

## THE HEALING CRISIS

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

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

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

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

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

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

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

## TRANSITIONING BACK TO SOLID FOODS

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

## FREQUENTLY ASKED QUESTIONS

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

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

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

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

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

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



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

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

## IV. WHY EAT PLANT-BASED?

### WHY WE DON'T RECOMMEND ANIMAL PRODUCTS

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

Unfortunately, it's not just the dairy. The meat industry uses antibiotics to keep unhealthy animals alive, and then uses growth hormones to help them grow larger. If you've ever seen an image of the inside of a highly-mechanized factory farm, you know that these conditions are anything but healthy – both for the animals and those who consume them. On top of all this, these sick, overcrowded animals are fed minimally nutritious GMO-feed laced with pesticides. When you eat a steak, these harmful substances then end up on your dinner plate.

You might think that you can avoid these issues by eating wild-caught seafood. Think again! Even if the tuna on your plate managed to eat a healthy diet in the wild, it still poses one major threat – it contains mercury, a heavy metal known for its toxic effects on the nervous and digestive systems. Industrial processes and coal mining operations release mercury into the environment, contaminating ocean waters and accumulating in the creatures that live there. If you want to get your daily dose of iron, you're better off eating a salad.

Speaking of salads, don't forget to hold the grilled chicken. 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 make things worse, there are naturally-occurring substances in meat that will harm your health too – it isn't just the hormones and antibiotics used in modern meat farming! Two major mechanisms linking meat to cancer are heme and l-carnitine, the iron-containing compound that gives meat its red color and an amino acid that is particularly abundant in red meat. On top of this, animal products are the number one source of cholesterol and saturated fat in the modern American diet, leading to millions of preventable deaths from heart disease each year. If you don't want to become a statistic, you might want to lay off the meat.

### EAT MORE VEGGIES, LOSE MORE WEIGHT

While meat will work against your weight loss progress, leafy greens will work for you. There's a reason why these nutrient-packed foods are considered the healthiest on the planet! Leafy greens can facilitate healthy weight loss, make you smarter, and can even prolong your life. Compared to other

foods, leafy greens have the most nutrition per calorie, which means that you'll get the biggest bang for your buck. They're absolutely packed with antioxidants, fiber, and essential nutrients like magnesium, potassium, and calcium. When you eat foods that contain this much nutrition, you'll feel fuller faster and feel more satisfied, even though you've eaten fewer calories. Leafy greens may not be a weight loss wonder drug, but they certainly come close!

Though leafy greens contain the most nutrition per calorie, cruciferous vegetables come in a close second. Foods like broccoli, Brussels sprouts, cabbage, and cauliflower are nutritional powerhouses that contain lots of folate and vitamin K, along with all of the antioxidants your body needs to stay young and healthy. They even contain a unique substance called sulforaphane, a phytochemical that has been shown to protect the brain and even prevent cancer! On top of all of these incredible health benefits, cruciferous vegetables contain all of the fiber your body needs to feel full faster and start shedding excess weight.

Moving beyond leafy greens and crucifers, we find a dazzling array of multicolored vegetables that can help with everything from weight loss to indigestion. The carotene in carrots can help to protect your vision, while the lycopene in tomatoes can help give you a radiant, healthy glow. When it comes to all of these gorgeous, multicolored vegetables, you really want to "eat the rainbow" and pack as much variety into your diet as possible. The more quantity and variety of vegetables you eat, the better your health and weight loss results will be!

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## **TREAT YOURSELF TO HEALTH-BOOSTING FRUIT**

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To really maximize your weight loss results without feeling deprived, treat yourself to plenty of delicious, health-boosting fruits. Fruits are packed with the antioxidants and nutrients you need to look and feel your best, all while losing weight! And, they taste amazing. If you want to boost your immune system, reduce your risk of cancer, and live your best life *while* shedding pounds, don't forget to include a rainbow of fresh fruits in your daily diet. Berries are particularly packed with health-boosting antioxidants and give you the most nutrients per calorie, so you'll want to look for ways to incorporate them daily. As always, the healthiest fruits are the ones that you'll eat the most often.

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## **SATISFY YOUR CRAVINGS WITH BEANS AND GRAINS**

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Beans are one of the most satisfying foods on the planet, and they're also very good for you! They're loaded with protein, iron, and zinc, and they're naturally low in the saturated fat and cholesterol you would find in animal-based protein sources. Basically, you get all of the good stuff – all of the nutrients your body needs to lose weight and thrive – without any of the downsides to animal protein! Pretty good deal, right? Beans are so good for you that all of the longest-living populations in the world include them in their diets. And, research suggests that people who get their protein from beans (rather than meat) tend to have lower body weights and a lower incidence of disease. That's pretty impressive for one simple and affordable food! To get the most benefits from your beans, try to eat a variety – add lentils to your soup, dip your vegetables in hummus, or throw a handful of cooked beans onto a salad.

Whole grains matter, too! Eating whole grains means more than just swapping out your Wonder bread for wheat. It means eating grains in their whole, unprocessed form. When you eat whole grains the way nature intended, you get to bask in all of their health-boosting and slimming benefits, all while avoiding

the addictive properties of their processed counterparts. Eating just one serving of whole grains per day can help to reduce your risk of developing type 2 diabetes, heart disease, or stroke! And, they've been proven to facilitate healthy weight loss and weight maintenance. Because whole grains are packed with nutrients (like manganese, selenium, and folate), they'll fill you up and satiate your appetite, unlike their processed alternatives. While white bread may be your worst weight loss enemy, whole wheat berries can be one of your greatest weight loss allies.

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## MAXIMIZE YOUR RESULTS BY CUTTING ADDED FAT

On this program, you will also cut added fats from your diet. Though you may be quite attached to these foods, they are not your friends. Added fats are not naturally occurring – they must be processed out of whole plant foods, destroying important nutrients and enzymes in the process. Just like white bread is processed from healthy whole wheat kernels, commercial fats and oils must be extracted from foods that were once healthy. Like white bread, added fats are a food that you may strongly crave. But as you make healthy changes to your diet, you'll find that your dependence on added fat naturally dissipates. As you develop a habit of eating foods in their natural, unprocessed form, your taste buds will change, and you'll come to love those foods as they are.

Because you are trying to lose weight, you will also avoid the most calorie-dense plant-based foods for the duration of this program. This means that you will need to avoid most nuts and seeds for the next **five weeks**, and eat avocados very sparingly. Though these foods are healthy, they contain way more calories than your body actually needs. In the wild, nuts are packaged in hard, dense shells that make them difficult to overeat. But when you buy a bag of pre-shelled pecans from the grocery store, these natural barriers are removed, and it becomes easy to consume far too many calories in one sitting. If you are just transitioning off of a standard American diet, you may be tempted to replace your pizzas and burgers with high-calorie plant-based alternatives – which is why we restrict them on this program. Your body needs time to adjust!

Note: We do want you to eat a tablespoon of flax, chia, or hempseeds each day on this program in order to maximize your intake of healthy omega-3 fatty acids and other protective nutrients. Because these seeds are so packed with nutrition, we don't want you to miss out. However, we cap your intake at one tablespoon per day in order to maximize weight loss benefits without adding too many calories to your diet.

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## GET BACK TO BASICS BY USING LESS SALT

If you're used to eating a standard American diet, you're probably in the habit of adding *way too much* salt to your meals. On this program, we want you to use natural sea salts, and use them as sparingly as possible (using the least salt necessary to make your food palatable). Adding salt to your diet can raise your blood pressure, put extra strain on your heart, and increase your risk of developing heart disease! None of this is conducive to healthy weight loss. The good news is that as you begin to change your eating habits, natural foods will begin to taste delicious on their own. By the time you're through with this program, you'll wonder why you felt the need to adulterate perfectly good food with salt for so many years! If this is hard to believe, just give it a try. You'll be amazed by how good *real* food actually tastes.

## V. FOOD LIST

# Foods to Enjoy

### VEGETABLES

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

### LETTUCE & GREENS

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

### FRUITS

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

## BEANS

Adzuki beans	Fava beans	Navy beans
Black beans	Garbanzo beans	Northern beans
Black-eyed peas	Kidney beans	Pinto beans
Cannelli beans	Lentils	Split peas
Edamame	Lima beans	White beans

## GRAINS

Amaranth	Millet	Spelt
Barley	Oats	Teff
Buckwheat	Quinoa	Wheat
Corn	Rice (brown)	
Farro	Rye	
Kamut	Sorghum	

## LIMITED SEEDS

1 tbsp. flax seed, chia seed, or hemp seed per day

## DRESSING, BROTH, & CONDIMENTS

Bragg's Liquid Aminos  
 Coconut Aminos  
 Organic vegetable broth (homemade or additive-free)  
 Sea salt (very sparingly)  
 Solutions4 Fiber Sweetener  
 Vinegar

## BEVERAGES

Plant-Based Nutritional Shake (up to 3 scoops per day except on detox days)

Water

## HERBS AND SPICES

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Allspice	Coriander	Oregano
Basil	Cumin	Paprika
Bay leaves	Curry powder	Parsley
Black pepper	Dill	Red pepper
Caraway	Fennel	Rosemary
Cardamom	Fenugreek	Saffron
Cayenne pepper	Garlic	Sage
Chili powder	Ginger	Savory
Chives	Ginseng	Tarragon
Cilantro	Marjoram	Thyme
Cinnamon	Mint	Turmeric
Cloves	Nutmeg	

## Foods to Avoid



## ALL MEAT

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Beef  
Chicken  
Fish  
Lamb  
Pork

## ALL EGGS AND DAIRY

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Eggs  
Cheese  
Ice cream  
Milk  
Sour cream  
Whipped cream

## SWEETENERS

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Corn syrup  
Date sugar  
Honey  
Maple syrup (except pure maple syrup on detox days)  
Molasses  
Refined white sugar

## FATS AND OILS

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Avocado oil  
Butter  
Coconut oil  
Margarine  
Olive oil  
Vegetable oils (corn, canola, sunflower, soy, safflower, peanut, etc.)

## NUTS AND SEEDS

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Almonds  
Brazil nuts  
Cashews  
Hazelnuts  
Macadamias  
Peanuts  
Pecans  
Pine nuts  
Pistachios  
Pumpkin seeds  
Sunflower seeds  
Walnuts

## BEVERAGES

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Alcohol  
Artificially-sweetened diet beverages  
Caffeinated drinks (coffee, tea, energy drinks, etc.)  
Sweet beverages (soda, fruit juice, sweet tea, etc.)

## 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.)  
Tobacco and other stimulants

## VI. MAXIMIZING YOUR NUTRITIONAL INTAKE

### HEALTHY EATING 101

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

#### **THE "EVERYDAY 8" CHECKLIST**

You could survive for a long time by eating just potatoes. And this would technically be a plant-based diet! But it wouldn't be healthy. To lose weight and achieve optimal health, you need variety. There are lots of healthy plant-based foods that contain nutrients that are not interchangeable. You need to consume a rainbow of delicious fruits, vegetables, grains, and beans in order to maximize your consumption of essential nutrients. By doing this, you will feed your body everything it needs to lose weight and keep it off for good.

To make sure you're getting enough variety in your diet, use this quick-and-easy checklist to track your progress each day. You should get two servings of leafy greens, one serving of cruciferous vegetables, another two servings of other vegetables, one serving of berries, three servings of other fruits, three servings of beans, three servings of whole grains, and one tablespoon of either flax, hemp, or chia seeds each day. This may seem like a lot, but it's actually really simple to pack most of these foods into a single meal! With a little bit of planning, you can make a salad centered around leafy greens, add some beans and grains, throw on some chopped veggies (cruciferous and otherwise) and fruits (berries and others), and top it off with a sprinkle of flaxseeds. And voila! You have a meal that packs all of your day's requirements into one! Of course, you don't need to consume every item on this list at every meal – it's simply a guide to help ensure that you're eating the right foods every day.

Leafy greens – <i>at least</i> two cups per day (raw)
Cruciferous vegetables – <i>at least</i> half a cup (cooked)
Other vegetables – <i>at least</i> one cup (cooked)
Berries – half a cup
Other fruits – three medium-sized fruits
Beans – a cup and a half
Whole grains – a cup and a half
Flax, hemp, or chia seeds – one tablespoon

Though this may seem like a lot of food, these types of fresh plant-based foods are naturally low in calories, and will fill you up while helping you shed excess weight! That's the magic behind a natural, plant-based diet. As you use this chart to guide your progress, don't forget that these are *minimums* for

vegetable consumption – we want you to try to eat as many vegetables as you possibly can, starting with breakfast. For best results, we recommend that you eat 2 pounds of vegetables per day, every day.

## **VEGETABLES FOR BREAKFAST**

In the United States, most people eat a calorie-dense, sugary meal to start the day. When you begin the day with a bowl of sweetened cereal, a pop tart, or a muffin, you spike your blood sugar and set yourself on a rollercoaster ride for the rest of the day. You’re probably so used to your midafternoon crash that you don’t even realize it isn’t normal! Outside of the United States, most people include vegetables with breakfast. By starting the day with vegetables, you not only avoid this blood sugar trap, but you get a head start on adding extra nutrients to your day! You’ll feel fuller and more satisfied, you’ll cut your calorie intake without feeling deprived, and you’ll have the energy you need to tackle whatever lies ahead. It may seem like a small detail, but eating vegetables for breakfast may just be the thing that changes your life.

## **FLAX, HEMP, AND CHIA SEEDS FOR ADDED NUTRITION**

Flax, hemp, and chia seeds have one big thing in common – they all contain the healthy omega-3 fatty acids that your body needs to function at its best. Flax seeds also contain lignans, a natural compound that helps to fight cancer, protect your bones, and even reduce your risk of heart disease! That’s a pretty big benefit for such a tiny seed. Chia seeds are pretty incredible too. Once ingested, they form a gel that contains no additional calories and helps to keep you feeling full. Hemp seeds are one of the rare plant-based foods that provide complete protein, and are also rich in important minerals. Fortunately, they are also delicious! Because flax, hemp, and chia seeds are so packed with nutrition, we recommend that you eat 1 tablespoon of them per day (one tablespoon of flax, hemp, or chia, or some combination of the three).

## **DELICIOUS DRINKS, JUICES, AND BEVERAGES**



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



You can always include fresh vegetable juices in your diet if you’re up to the challenge of making it yourself! This can be a fun way to maximize your nutritional intake. When drinking juices, be careful to watch your calories and monitor your sugar intake. Though vegetable juices may be a fun and healthy way to add nutrients to your diet, do not make juice recipes that include fruit. Fresh fruit juices still contain lots of healthy nutrients, but contain too many calories from sugar to facilitate healthy weight loss.



***Warning: Do not consume alcohol while on this program! Alcohol dehydrates your body, irritates your gut, and contributes to inflammation. Give your body a chance to heal.***

## **SPICING IT UP WITH SEASONINGS**



On this program, you will be using salt very sparingly. To flavor your food, you'll be using lots of fresh herbs and spices! You can chop fresh mint and add it to a salad, add a sprig of rosemary to a simmering stew, or add a delicious variety of curry seasonings to a vegetable dish. Feel free to experiment! 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. As you are shopping for seasonings, just make sure to avoid products that contain chemical fillers, flavor enhancers, or other unnatural additives. Many seasoning blends contain anti-caking agents and preservatives.

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



You know that sugar makes you fat, but do you realize how much of it you consume? The average American consumes almost half a pound of sugar each day. That's almost eight times more than health organizations recommend! And these excess calories show – you can see them on your arms, your thighs, your stomach, and maybe even your chin.

Artificial sweeteners can alter your appetite and make you eat even more. Many of these sweeteners break down into deadly acids in your body. For example, when you ingest aspartame, one of the ingredients converts into formaldehyde – a deadly neurotoxin and known carcinogen! Instead of using unsafe artificial sweeteners, we recommend the Solutions4 Fiber Sweetener. This safe option has little effect on blood sugar when used sparingly.

## **MORE REASONS TO AVOID ADDED FATS**

Did you know that canola oil actually comes from a type of poisonous plant called rapeseed? The oil has to be extensively processed, chemically altered, and refined to make it safe for human consumption! When the process is complete, the oil is stripped of all nutrients. It's also very high in inflammatory omega-6 fatty acids. 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! The best way to avoid them is to avoid processed food altogether.

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



Be careful when cooking with store-bought vegetable 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 chopped 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. Because you will not be adding fats to your food on this program, you will need to learn how to make vinegar or lemon-based dressings yourself. This is easier than it sounds! It's

easy to add some chopped herbs and fresh squeezed lemon over your salad. For an Asian-style dressing, consider adding Nama Shoyu, Coconut Aminos, or Bragg's Liquid Aminos as a soy sauce substitute. If you need help, we have some stellar recipes available in this manual and on your Club Reduce membership site.



On this program, you won't be using many pre-prepared, prepackaged products. Ketchup, mustard, mayonnaise, barbecue sauce, and other common condiments all contain sugar and chemical additives.

## SUPPLEMENTATION



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

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

**THE FOLLOWING SUPPLEMENTS ARE INCLUDED AS A PART OF YOUR PROGRAM:****Anti-Cellulite Lotion — *Tones and tightens the skin!***

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

**Antioxidant — *Reverses free radical damage!***

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

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

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

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

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

**Cardio Health Essentials — *Boost your heart health with one delicious beverage!***

The Cardio Health Essentials deliver huge healing benefits in just one easy-to-use power pack. With nitric oxide, L-arginine, L-citruline, and CoQ10, this formula supports the entire circulatory system. Healthy circulation is an integral component of our healing regimen, whether you want to lose weight or address other health concerns.

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

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

**Daily Antioxidant Essentials** — *Getting your daily dose of superfoods has never been so easy!*

Each serving of the Daily Antioxidant Essentials is packed with the essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to stay healthy! This incredible supplement can help improve digestion, fight free radicals, and assist in cleansing the blood.

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

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

**Essential Greens** — *Provides health-boosting plant-based phytonutrients!*

Leafy greens are nature's multivitamin. They're packed with vitamins, minerals, and antioxidants that nourish your body and rejuvenate your mind. We've packed a potent blend of greens like spinach, kale, kombu seaweed, and spirulina into this product. Each time you drink your greens, you'll know your body is getting 100% nutrition.

**Evening Primrose Oil** — *Increases your metabolism!*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This quick and easy meal replacement shake is great for losing weight and maintaining your blood sugar. Each time you drink a shake, you get a healthy dose of vitamins, protein, probiotics, omega-3, and digestive enzymes! You'll want to incorporate this product into your life even after you finish your program. Used as a meal replacement, this shake will help you get all of the daily nutrients you need while helping you maintain a healthy weight for life!

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

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

**Turmeric** — *A powerful anti-inflammatory!*

Reducing inflammation is key to healthy weight loss. When your body is functioning at its very best, you'll find that weight loss becomes the most natural thing in the world. Turmeric will boost your health and keep you feeling well enough to live a full and active life.

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

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

## **HOW TO TAKE YOUR SUPPLEMENTS**

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

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

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

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

Your nutritional foods and beverages are not listed on your daily supplement checklists, but they are extremely important. Your Plant-Based Nutritional Shake and stick-pack drink mixes (Cardio Health Essentials, Essential Greens, and Daily Antioxidant Essentials) are designed to help you integrate 100% nutrition into your daily diet. You'll want to replace at least one meal a day with the Plant-Based Nutritional Shake and use at least one stick-pack drink mix per day. If you've planned a trip to the gym, bring the Cardio Health Essentials! If you just need a midafternoon pick-me-up, try using the Daily Antioxidant Essentials for a healthy energy boost.

## EATING ORGANIC PRODUCE

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

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

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

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

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

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

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

---

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

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

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

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

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

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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.).

### TWO OPTIONS: FREEZING AND DEHYDRATING



When planning your meals on this 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. Remember to avoid dried fruits for the duration of this program – while dried fruits are nutritious, they contain too much sugar to be conducive to healthy weight loss.

## JUICING AND SPROUTING

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

### FRESH VEGETABLE JUICE



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

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

Masticating juicers (often called “slow” or “squeeze” juicers) are much gentler on your vegetables – they crush and press them against a mesh filter, cold-pressing a highly-nutritious, enzyme-rich juice. They are also able to remove far more juice from your produce, leaving you with up to 30% more juice to consume! This juice will stay fresh for much longer. Although it's okay to use a centrifugal juicer (a Jack LaLanne, for example), you should avoid store-bought juice. If you don't have a juicer, another

great option is to blend vegetables (like tomatoes, cucumbers, and spinach) with water in a high speed blender. One advantage of this method is that the juice is complete with all of its original fiber!

### ***SPROUTED SEEDS, GRAINS, AND BEANS***



Sprouting seeds, grains, and beans is an excellent way to add nutrients to your diet! The sprouting process makes them more digestible and removes bitter flavors without requiring roasting. To get started, you can use something as simple as a mason jar with some cheesecloth, or you can buy a more complex sprouting system if this appeals to you. All you'll need to do is cover them with water overnight, drain the water in the morning, and then continue to rinse and drain them twice a day until they have sprouted and reached your desired length. You'll also want to make sure the jar you are using is facing downward, so that excess water can drain. And voila! You've grown your own superfood sprouts! These little nutritional powerhouses are delicious, easy to digest, and fun to add to salads and wraps.

## VII. STRUCTURING YOUR PROGRAM

### DIET COMPOSITION AND PORTION SIZING

Your 5-Week Plant-Based Program is designed to help you lose weight and keep it off for life. Because you'll be eating fruits and vegetables that are dense in nutrients – but not calories – you'll find that you naturally eat far fewer calories than you were eating before. On this program, women should aim to eat 1,000 to 1,100 calories per day, and men should aim to eat 1,200 to 1,300 calories. When you exercise, you should add the number of calories you burned to your calorie allowance each day. For example, if you burn 250 calories in a workout, you'll want to eat an additional 250 calories that day to meet your calorie needs.

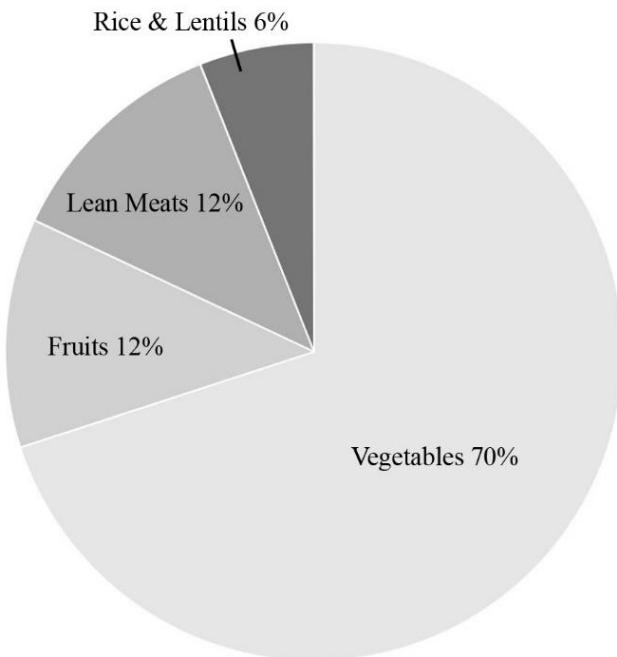


**Warning:** *When you're eating fresh fruits and vegetables, you may find that you actually tend to fall short of these limits. Don't let that happen! If you don't eat enough food, your body will go into "starvation mode" and will stop burning fat. Stay within the calorie limit, but focus more on eating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

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

Use the graph below to guide your choices when planning meals [will replace once content is approved].

### 5-Week Candida Program



**VEGETABLES (70%)**



We recommend that you eat at least two pounds of vegetables per day, starting with breakfast. Though this may seem like a lot, this will be the secret to your weight loss success! Vegetables are packed with nutrients, but not calories. And, vegetables fill up your plate and take a long time to chew, which leave you feeling like you have eaten a large, satisfying meal. To maximize your success, don't forget to eat a variety every day, making sure to include leafy greens, cruciferous vegetables, and a multicolored selection of other fresh vegetables. Try to eat at least half of these vegetables raw or lightly cooked. The best way to do this is to use salads or steamed vegetable dishes to structure your meals. Use these tips to get the maximum amount of leafy greens in your diet:

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

Within the calorie limit, also eat as many brightly colored vegetables as possible. Bright colors – red, orange, yellow, green, or purple – indicate the presence of valuable nutrients. Try to include a wide variety of colored vegetables in your diet each day. Again, be adventurous! Experiment with new vegetables that you haven't tried before. On the program, vegetables may be steamed or roasted, but never cooked in oil.

We recommend that you start each meal with non-starchy vegetables, followed by starchy vegetables, and then beans and grains. This way, you'll be able to maximize the nutritional content of your meals, and you'll avoid filling up on beans and grains before you make it through your two pounds of daily vegetables. Remember: if you aren't hungry for vegetables, you aren't hungry!

## **FRUITS (15%)**



Don't forget to treat yourself to delicious, health-boosting fruits! You should be getting three servings per day, with at least one serving of berries. 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 Plant-Based Nutritional Shake. For something extra creamy, try blending the shake with a frozen banana!

## **GRAINS AND LEGUMES (15%)**



Though grains and legumes are important, you don't want to overeat them at the expense of your vegetables. On this program, we recommend that you start each meal with vegetables (beginning with non-starchy vegetables first), and then move on to grains and legumes. While this is not a requirement, you'll find that eating in this order makes it *much* easier to eat enough vegetables each day. Otherwise, it's easy to fill up on super-satiating beans and grains!

## **WATER**



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

## QUICK TIPS FOR PLANNING YOUR MEALS

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



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

#### **Breakfast Ideas**

For breakfast, you should get the nutrients your body needs to start your day right! This means eating vegetables for breakfast. Try roasting a selection of vegetables in the oven until they are beautifully toasted and ready to melt in your mouth. You can add any spices or seasonings you like, turning your bowl of roasted vegetables into anything you can think up! Try adding chopped fresh herbs with lemon or a sprinkle of curry powder. Let your creativity run wild! And after you've eaten your veggies, you can round out the meal with some whole beans and/or grains too. If you don't have time to make a full plate of vegetables in the morning, you can always blend two scoops of the Plant-Based Nutritional Shake with some ice and greens (or any other vegetables of your choice).

#### **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 wild rice, quinoa, beans, or lentils. You can always add extra veggies (raw or roasted), sliced fruits, and your daily tablespoon of flax, hemp, or chia seeds. 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 herbs with 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 Plant-Based Nutritional Shake makes an excellent snack on-the-go! You can also snack on fresh fruit, sliced raw veggies, or small portions of beans or grains. For a super-charged energy boost, try dipping your sliced veggies in hummus.

## **Dinner Ideas**

For dinner, you might opt for something a bit heavier like a plate of lightly cooked vegetables with beans and grains on the side. You can steam Brussels sprouts, asparagus, artichokes, carrots, or any other vegetable and top them with a squeeze of fresh lemon juice. You can roast your vegetables in the oven, braise them in a skillet, combine them in a soup, or toss them over a salad. The options are endless. If you are craving something sweet, you can top off the evening with a delicious serving of fruit for dessert!

## ***GROCERY SHOPPING STRATEGIES***

- Remember that everything you need to live can be found in the produce section. Though you may need to venture into the center of the store for spices, beans, and grains, you should spend the majority of your time shopping for produce.
- 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, and a lemon for dressing!

## ***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, plant-based meal options.
- Don’t forget your Solutions4 Plant-Based Nutritional Shake!

## VIII. YOUR PROGRAM MANUAL RESOURCES

### **DAILY CHECKLISTS**

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

### **RECIPES**

All of our recipes are all plant-based and 100% program approved. You can eat anything you find in our recipe section! Of course, you'll still want to make sure you are eating enough vegetables each day and not overdoing it on beans or grains. We've put together some of our best recipes to help you lose weight and feel great! With food this good, you won't feel like you're missing out on anything. You can also access all of these recipes online through your Club Reduce membership site.

### **EXAMPLE MENUS**

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

### **CALORIE INDEX**

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

### **WEEKLY PLANNING SHEETS**

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

## IX. DAILY CHECKLISTS

## DAY 1

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

Only choose foods from the food list (pg. 17-19).

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

Mid-Morning Snack	Calories

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

Mid-Afternoon Snack	Calories

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

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

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



## AM: Appetite Appeaser (1)

## NOON: Appetite Appeaser (1)

**PM: None**

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

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you eat vegetables for breakfast?
- Did you eat two pounds of vegetables today?
- Did you drink  $\frac{1}{2}$  your weight in oz. of water?
- Did you exercise? \_\_\_\_ min.
- Did you sleep at least 8 hours? \_\_\_\_ hrs.
- Did you apply exercise gel before exercise?
- Did you apply anti-cellulite lotion after showering?
- Write down questions for next appointment:  
\_\_\_\_\_  
\_\_\_\_\_

## DAY 2

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

Only choose foods from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____

# DAY 3

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

Only choose foods from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____

## DAY 4

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

Only choose foods from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____

# DAY 5

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

Only choose foods from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____

# DAY 6

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

Only choose foods from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____



## DAY 7 – Prep Day 1

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

Before detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____



## DAY 8 – Prep Day 2

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

Before detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____



## DAY 9 – Detox Day 1

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

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

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

## Lemon Mixture #1

Water Bottle #1

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

## Lemon Mixture #2

**Water Bottle #2**



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

**NOON:** None

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

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

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

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

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



## DAY 10 – Detox Day 2

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



**AM:** Body Purifier (3), Fiber Blend (3), Intestinal Clea

**NOON:** None

**PM:** Body Purifier (3), Fiber Blend (3), Intestinal Clea

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

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

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

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



## DAY 11 – Detox Day 3

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



**AM:** Body Purifier (4), Fiber Blend (3), Intestinal Clea

**NOON:** None

**PM:** Body Purifier (4), Fiber Blend (3), Intestinal Clea

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

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

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

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



## DAY 12 – Detox Day 4

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



**AM:** Body Purifier (4), Fiber Blend (3), Intestinal Clea

**NOON:** None

**PM:** Body Purifier (4), Fiber Blend (3), Intestinal Clea

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

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

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

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



## DAY 13 – Detox Day 5

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



**AM:** Body Purifier (4), Fiber Blend (3), Intestinal Clea

**NOON:** None

**PM:** Body Purifier (4), Fiber Blend (3), Intestinal Clea

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

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

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

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



## DAY 14 – Transition Day 1

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

After detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____



## DAY 15 – Transition Day 2

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

After detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____

# DAY 16

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 17

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 18

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 19

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 20

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 21

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 22

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 23

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 24

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 25

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 26

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 27

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	

# DAY 28

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

Choose food from the food list (pg. 17-19).

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

Calories Allotted for the Day	
Total Calories You Ate	_____

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

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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment: _____
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	
<input type="checkbox"/> Did you exercise? ___ min.	



## DAY 29 – Prep Day 1

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

Before detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____



## DAY 30 – Prep Day 2

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

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

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

Mid-Morning Snack	Calories

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

Mid-Afternoon Snack	Calories

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

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

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

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



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

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

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

- Did you follow nutritional guidelines?
- Did you take all of your supplements?
- Did you eat vegetables for breakfast?
- Did you eat two pounds of vegetables today?
- Did you drink  $\frac{1}{2}$  your weight in oz. of water?
- Did you exercise? \_\_\_\_ min.

- Did you sleep at least 8 hours? \_\_\_\_ hrs.
- Did you apply exercise gel before exercise?
- Did you apply anti-cellulite lotion after showering?
- Write down questions for next appointment:



## DAY 31 – Detox Day 1

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



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

**NOON:** None

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

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

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

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

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



## DAY 32 – Detox Day 2

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



**AM:** Body Purifier (3), Fiber Blend (3), Intestinal Clea

**NOON:** None

**PM:** Body Purifier (3), Fiber Blend (3), Intestinal Clea

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

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

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

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



## DAY 33 – Detox Day 3

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

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

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

## Lemon Mixture #1

**Water Bottle #1**

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

## Lemon Mixture #2

**Water Bottle #2**



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

**NOON:** None

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

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

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

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

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



## DAY 34 – Transition Day 1

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

After detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____



## DAY 35 – Transition Day 2

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

After detox: no grains or legumes. Only consume fruits and fresh or lightly cooked vegetables. 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	

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



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

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

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

<input type="checkbox"/> Did you follow nutritional guidelines?	<input type="checkbox"/> Did you sleep at least 8 hours? ___ hrs.
<input type="checkbox"/> Did you take all of your supplements?	<input type="checkbox"/> Did you apply exercise gel before exercise?
<input type="checkbox"/> Did you eat vegetables for breakfast?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you eat two pounds of vegetables today?	<input type="checkbox"/> Write down questions for next appointment:
<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
<input type="checkbox"/> Did you exercise? ___ min.	_____

## DAY 36 AND BEYOND

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

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

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

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

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

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

After your program is over, you'll be able to continue eating moderate amounts of whole grains, legumes, and starchy vegetables. 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, brightly colored vegetables, and fresh fruits. These are foundational for any healthy diet, regardless of your age or weight! Though you'll be able to add more variety into your diet, you'll still be eating lots of big, delicious salads and lightly cooked vegetables.

# RECIPES

## SHAKES AND SMOOTHIES

### Fruit Smoothie

2 oranges  
1 banana  
 $\frac{1}{2}$  cup berries  
**2 scoops Solutions4 Vanilla Plant-Based Shake**

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Pina Colada

6 oz. orange juice  
1 cup pineapple  
 $\frac{1}{2}$  cup fresh baby Thai coconut milk  
**2 scoops Solutions4 Vanilla Plant-Based Shake**

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Citrus Berry Splash

$\frac{1}{2}$  cup blackberries  
 $\frac{1}{2}$  cup strawberries  
 $\frac{1}{4}$  cup blueberries  
 $\frac{1}{2}$  banana (optional)  
Juice from 2 freshly squeezed oranges  
**2 scoops Solutions4 Vanilla Plant-Based Shake**  
1-2 cups ice cubes

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Banana Coconut Delight

1 frozen banana  
1 baby Thai coconut (meat and milk)  
**2 scoops Solutions4 Vanilla Plant-Based Shake**  
Ice (as needed)  
Squeeze of lemon (optional)

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Chocolate Dream

**2 scoops Solutions4 Vanilla Plant-Based Shake**  
2 tbsp. raw cacao powder  
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 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 Plant-Based Shake  
Ice and water to equal 10 oz.

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

# BREAKFAST DISHES

## Balsamic Roasted Brussels Sprouts

2 lbs. Brussels sprouts  
4 tbsp. Country Mustard (p. \_\_)  
4 tbsp. balsamic vinegar

1. Preheat oven to 400°.
2. Trim the ends off two pounds of Brussels sprouts. Cut in half.
3. Place the vegetables in a large bowl and add 4 tbsp. mustard and balsamic vinegar. Mix until veggies are completely coated.
4. Roast on a large baking tray (covered) for at least 30 minutes, stirring every 10-15 minutes.

*Prep time: 40 minutes*

*Serves 1-2*

## Citrus Berry Salad

1 cup sliced strawberries  
½ cup orange slices  
2 peeled and sliced bananas  
1 cup blueberries

Combine all ingredients in a bowl and serve.

*Prep time: 5-10 minutes*

*Serves 1-2*

## World's Best Breakfast Kale

3 cups chopped onions  
5 cups sliced mushrooms  
12 cups Tuscan kale, shredded  
4 cloves garlic, minced

1. In a large pan, use water to sauté your onion until translucent.
2. Add garlic and mushrooms and cook until they become limp and nicely browned.
3. Add kale. Cook until it reaches your desired level of doneness.
4. Enjoy immediately.

*Prep time: 30 minutes*

*Serves 3-4*

## Roasted Ratatouille

¾ lb. zucchini, chopped  
¾ lb. summer squash, chopped  
½ lb. eggplant, chopped  
½ lb. cherry tomatoes, halved  
1 red bell pepper, diced  
1 red onion, diced

1. Preheat the oven to 400°.
2. Place vegetables on a covered tray and roast for one hour, stirring every 10-15 minutes.
3. Sprinkle with your favorite fresh herbs.

*Prep time: 1 hour 15 minutes*

*Serves 2-4*

## SALADS AND WRAPS

### Mint Goddess Salad

2 cups baby kale  
½ cucumber, chopped  
4 radishes, chopped  
4 strawberries, chopped  
½ cup blueberries  
¼ cup orange slices  
¼ cup mint, finely chopped  
½ tbsp. chia seeds  
Dressing of choice

1. Place kale in a large salad bowl.
2. Top with sliced fruits, veggies, herbs, and chia seeds.
3. Drizzle with a dressing of choice.

*Prep time: 10 minutes*

*Serves 1*

### Confetti Salad

1 cup cooked brown rice  
2 cups chopped romaine lettuce  
½ cup tomato, diced  
¼ an avocado, diced  
2 tbsp. dressing (your choice)

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.
2. Transfer to plate.
3. Garnish with tomato, cucumber, or carrot.

*Prep time: 10 minutes*

*Serves 1*

### Greek Salad

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

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 fresh squeezed lemon juice over the top. Enjoy!

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

*Prep time: 20 minutes*

*Serves 2*

## Fiesta 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  
Juice of 2 lemons

Combine all ingredients in a bowl and toss well.

*Prep time: 15 minutes*

*Serves 2*

## Caesar Salad

1 large head romaine lettuce, chopped  
1 red bell pepper, seeded and chopped  
½ cup water  
¾ cup cooked white beans  
2 tbsp. lemon juice  
2 tbsp. mustard  
½ of a date  
1 clove of garlic  
1 tsp. Italian seasoning

1. Place lettuce and bell pepper in a large salad bowl.
2. Blend all dressing ingredients (water, beans, lemon juice, mustard, raisins, garlic, herbs) in a blender until smooth.
3. Add the dressing to the salad.

*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  
Lemon Herb dressing (p. \_\_)

1. Place lettuce in a large bowl.
2. Add tomato, olives, and sprouts to lettuce.
3. Toss in cooked vegetables.
4. Add dressing and toss well.

*Prep time: 30 minutes*

*Serves 4*

## Superberry Spinach Salad

1 lb. baby spinach  
1 pint blackberries  
1 pint blueberries  
1 pint raspberries  
1 pint strawberries, quartered  
8 oz. pomegranate seeds  
Balsamic vinegar to taste

1. Place the spinach in a large bowl.
2. Cover with fruit.
3. Add balsamic vinegar to taste.

*Prep time: 5 minutes*

*Serves 4*

## 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  
Romaine or leaf lettuce

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

*Prep time: 10 minutes*

*Serves 2*

# SOUPS

## Creamy Tomato Soup

1 lb. Roma tomatoes  
2 red bell peppers, seeded  
15 oz. can cannellini beans  
1 clove of garlic  
6-8 basil leaves  
Juice of one lemon  
¾ cup sun-dried tomatoes  
¼ tsp. chipotle powder

1. Place all ingredients in a high-speed blender and blend until smooth.
2. In a large pot, bring to a simmer.
3. Serve once heated through.

*Prep time: 20 minutes*

*Serves 2*

## Butternut Bisque

2 lb. butternut squash, peeled  
3 cups chopped onions  
6 cloves of garlic  
3 cups water  
2 medium pears, halved  
¼ cup oats  
1 tbsp. smoked paprika  
½ tbsp. salt-free seasoning blend (your choice)  
1/8 tsp. chipotle powder  
1 cup unsweetened non-dairy milk

1. Place all ingredients except non-dairy milk in a pressure cooker and cook on high pressure for 6 minutes.
2. Release the pressure and add the non-dairy milk.
3. Puree (with either regular or handheld immersion blender).

*Prep time: 20 minutes*

*Serves 3-4*

## Creamy Celery Soup

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

1. Add a little water and sauté the 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 pepper to taste.

*Prep time: 30 minutes*

*Serves 4-5*

## Black Bean Stew

6 cups organic vegetable broth  
3 cans of salt-free black beans (15 oz. each)  
1 red onion  
4 cloves garlic  
8 oz. mushrooms  
1 lb. frozen spinach  
1 large sweet potato  
1 bag frozen corn (16 oz.)  
 $\frac{3}{4}$  cup sundried tomatoes  
1 tbsp. cumin  
1 tbsp. oregano  
 $\frac{1}{2}$  tbsp. smoked paprika  
 $\frac{1}{2}$  tsp. chipotle powder  
4 tbsp. lime juice with zest

1. Place all ingredients in an electric pressure cooker and cook on high pressure for 8 minutes.
2. Release pressure and stir in the greens.
3. Blend soup (with a regular or immersion blender).

*Prep time: 20 minutes*

*Serves 4-5*

## American Vegetable Soup

2 cups sliced leeks  
1 sliced medium red onion  
2 carrots, chopped  
1 medium green cabbage, chopped (about 8 cups)  
1 tsp. fresh thyme  
7 cups boiling water  
1 tbsp. organic vegetable broth  
3 tbsp. lemon juice  
 $\frac{1}{2}$  cup celery  
 $\frac{1}{2}$  cup green beans  
 $\frac{1}{2}$  cup peas  
 $\frac{1}{2}$  cup tomato paste  
Pepper to taste

1. Add garlic, onion, and thyme to a pot. Add a little water and 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  
 $1 \frac{1}{2}$  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  
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 large zucchini, diced

1. Add carrots, onion, and garlic to a pot with a splash of water. 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  
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 water 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  
6 cups organic vegetable broth  
½ cup minced parsley

1. Sauté onions and garlic in 1 tbsp. of water.
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*

## **Fresh Vegetable Broth**

1 gallon freezer bag full of vegetable scraps  
8 cups of water  
2 bay leaves  
½ tsp. basil  
½ tsp. oregano  
½ tsp. rosemary  
½ tsp. thyme

1. Keep a ziplock gallon bag in your freezer where you can throw vegetable odds and ends (trimmings, etc.).
2. Once your bag is full, place all ingredients in a pot, cover with water, and simmer for an hour or so.
3. Strain and enjoy.

*Prep time: 60 minutes*

*Serves 4*

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## **VEGETABLE-ONLY DISHES**

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### **Belgian Endive Delight**

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

1. Preheat oven to 375°.
2. On the stovetop, add endives to a 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*

### **Spicy Stuffed Portabella Mushrooms**

4 portabella mushroom caps, gills removed  
3 medium sweet potatoes, cooked and mashed  
1 medium red onion, diced  
2 medium red tomatoes, diced  
2 cups baby spinach, chopped  
½ cup nutritional yeast  
1 jalapeno pepper, chopped  
2-3 garlic cloves  
1 tsp. black pepper

1. Add mashed sweet potatoes to a large bowl and add in chopped onions, tomatoes, spinach, nutritional yeast, jalapenos, garlic, and pepper. Mix together.
2. Fill the mushrooms with the sweet potato mixture.

*Prep time: 30 minutes*

*Serves: 4*

### **Garlic Green Beans**

2 cups fresh green beans  
¼ cup minced onion  
1 clove garlic

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

*Prep time: 15 minutes*

*Serves 2-3*

### **French Garlic String Beans**

1 tsp. garlic, minced  
4 cups fresh string beans, julienned  
½ tsp. dried thyme  
2 cups water  
3 tbsp. organic vegetable broth  
Squeeze of fresh lemon juice.

2. Sauté garlic and string beans on high heat, stirring frequently. Add a little water if needed to prevent sticking.
3. Add vegetable broth, water, and thyme. Bring to a boil.
4. Reduce heat to medium-low and simmer for 20-30 minutes.
5. Serve with a squeeze of lemon juice.

*Prep time: 35 minutes*

*Serves 4-6*

### **Heavenly Stir-Fried Vegetables**

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  
Pepper to taste

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

*Prep time: 25 minutes*

*Serves 4-6*

### Mock “Mashed Potatoes”

1 head of fresh cauliflower florets, chopped  
1 tbsp. organic vegetable broth  
1 tbsp. minced dried onion  
1/8 tsp. black pepper  
1/4 cup water

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

*Prep time: 10 minutes*

*Serves 2-3*

### Italian Zucchini

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

1. Cut zucchini into thin 1/8 inch strips lengthwise.
2. Sauté garlic in water 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  
Lemon, to taste

1. Heat a skillet to medium-low.
2. Add cabbage, sautéing until tender-crisp. Add water if needed to prevent sticking.
3. Add fresh lemon juice to taste.

*Prep time: 15 minutes*

*Serves 4*

### Baked Sweet Potato Fries

Sweet potatoes (any variety)

1. Cut sweet potatoes into French fries, leaving the skin on.
2. Cover a baking tray with parchment paper and add fries.
3. Bake for at least 30 minutes at 400°.
4. Add crispiness by placing fries under the broiler for a few minutes.

*Prep time: 40 minutes*

*Serves 4+*

### Italian Green Beans

1 lb. tender young green beans, ends trimmed  
2 tsp. lemon juice  
Pepper to taste

1. Boil water in a large pot.
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 pepper. 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. 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  
1/4 tsp. lemon zest  
Pepper to taste

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

*Prep time: 10 minutes*

*Serves 2*

## Spicy Bunches of Broccoli

1 bunch of broccoli  
Cayenne pepper to taste  
1 tbsp. fresh lemon juice

1. Steam broccoli tops until tender.
2. Whisk lemon juice, cayenne, and pepper in a small bowl.
3. Pour over hot broccoli.

*Prep time: 15 minutes*

*Serves 1*

## Sautéed Brussels Sprouts

1 lb. Brussels sprouts  
Lemon to taste  
Pepper to taste

1. Lightly steam Brussels sprouts.
2. In a pan, combine Brussels sprouts with pepper and lemon.
3. Sauté briefly on medium heat.
4. Serve warm.

*Prep time: 20 minutes*

*Serves 2*

## Marinated Tomatoes

1 tomato, thinly sliced  
3-4 red onion slices  
1/2 tsp. fresh basil  
1/4 tsp. fresh tarragon  
1/4 tsp. fresh oregano  
2 tbsp. lemon juice  
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.  
1 tsp. fresh lemon juice  
1/4 cup fresh minced parsley

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

*Prep time: 15 minutes*

*Serves 4-6*

## Spicy Steamed Cabbage

1/2 head of cabbage, chopped  
Juice of 1/2 lemon  
1/2 tsp. dry mustard  
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  
Grated fresh ginger, to taste  
1 clove garlic, minced

1. Steam asparagus until bright green and tender.
2. Heat a large skillet. Add seasonings and asparagus.
3. Sauté for 2-5 minutes on medium heat, adding water if needed to prevent sticking.

*Prep time: 20 minutes*

*Serves 4*

### Sautéed Spinach

¼ cup sliced onion  
10 oz. package fresh spinach, rinsed and torn  
1 clove garlic, minced  
Pepper to taste

1. Sauté onions and garlic in water on low heat.
2. Add spinach, stirring constantly until spinach is wilted.
3. Season with pepper.

*Prep time: 10 minutes*

*Serves 2*

### Classic Stir-Fry

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

1. Heat garlic in a skillet over low heat. Add water as needed to prevent sticking.
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

1. Steam chard, cauliflower, broccoli, carrots, and onions until tender-crisp.
2. Add flavorings of choice (consider a squeeze of lemon, a drizzle of balsamic dressing, or fresh chopped herbs).

*Prep time: 15 minutes*

*Serves 2-3*

### Rainbow Roasted Veggies

1 2/3 cups chopped red bell peppers  
2 cups chopped carrots  
1 1/3 cups chopped yellow bell peppers  
1 2/3 cups chopped zucchini  
1 cup broccoli florets  
1 cup chopped red onions  
1 tbsp. dried thyme  
Balsamic vinegar to taste

1. Preheat oven to 400°.
2. Place chopped vegetables onto a baking sheet, arranging by color. Add thyme and balsamic vinegar to taste.
3. Bake for 25 minutes or until vegetables are perfectly roasted.

*Prep time: 30 minutes*

*Serves 4*

### Baked Potato Skins

Medium potatoes (variety of your choice)

1. Prick potatoes with a fork and bake for 50 minutes. Cut in half lengthwise, and scoop out insides (use in other recipes).
2. Place skins under the broiler until crispy.

*Prep time: 60 minutes*

*Serves 2+*

## **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. 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  
Ground pepper to taste  
1 garlic clove, minced

1. Add peppercorns and bay leafs to a pot of water.
2. Steam artichoke above herb-infused water for 30 to 45 minutes or until tender.
3. In a small bowl, combine lemon juice, garlic, and a sprinkle of ground pepper.
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

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*

## GRAINS AND LEGUMES

### Corn and Bean Stuffed Potatoes

2 potatoes (any variety)  
1 can Pinto beans (15 oz.)  
Frozen corn (8 oz.)  
Fresh pico de gallo

1. Bake potato for 50 minutes or until tender.
2. Scoop out the potato insides and use in another recipe.
3. Heat up the corn and beans and use to stuff potatoes.
4. Top with pico de gallo.

*Prep time: 60 minutes*

*Serves 2-4*

### Brown Rice with Herbs

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  
Pepper to taste

1. Preheat oven to 375°. Heat garlic and onions in a heavy sauce pan. Add a little water to prevent sticking.
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 parchment paper and place in the oven.
4. Bake for 50 minutes.

*Prep time: 1 hour*

*Serves 6*

### Broccoli Pilaf

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. Heat garlic, onion, and spices in a large skillet with a lid. Add a little water and sauté 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 and lemon juice. Mix well.

*Prep time: 15 minutes*

*Serves 5-6*

### Beans and Greens

1 onion, chopped  
½ tsp. garlic, minced  
1 cup organic vegetable broth  
½ tsp. chili paste  
2 cans cannellini beans (15 oz.)  
4-6 cups dinosaur kale, chopped

1. Sauté onion and garlic in a small amount of water. Add broth, chili paste, and beans.
2. Bring to a boil, then add kale.
3. Simmer 15 minutes.

*Prep time: 15 minutes*

*Serves 4*

## Black Bean Burger

1 1/3 cups rolled oats  
1 can black beans (15 oz.)  
3/4 cup salsa  
1 tbsp. low-sodium tamari soy sauce  
1 1/4 tsp. chili powder  
1/4 tsp. chipotle powder  
1/2 tsp. garlic powder  
1/2 cup corn kernels (frozen or fresh)

1. Place oats in a food processor or blender and pulse until partially chopped. Add all other ingredients (except corn). Pulse until blended.
2. Pour bean mixture into a bowl and stir in corn.
3. Refrigerate for 15 minutes.
4. Heat oven to 375°. Line a baking sheet with parchment paper.
5. Form bean mixture into six patties (about 1/2 cup each).
6. Bake 20-30 minutes. Serve on lettuce “buns” with thinly sliced vegetables of choice.

*Prep time: 60 minutes*

*Serves 6*

## Southwestern Beans and Rice

1 onion  
1/2 tsp. garlic, minced  
1 tsp. cumin  
1 tsp. chili powder  
1 can stewed tomatoes (15 oz.)  
1/3 cup salsa  
1 cup instant brown rice  
1 can kidney beans (15 oz.)

1. Place water, onion, garlic, cumin, and chili powder in a large non-stick pan. Cook 2-3 minutes, until onion softens.
2. Add juice from stewed tomatoes (3/4 cup) to onions, along with salsa. Boil.
3. Stir in rice and cook on low for 5 minutes. Add beans and tomatoes.

*Prep time: 20 minutes*

*Serves 2*

## Spicy Taco Casserole

1 onion, chopped  
1 bell pepper, chopped  
1 can black beans (15 oz.)  
1 can pinto beans (15 oz.)  
2 cups frozen corn kernels  
1 1/2 cups salsa  
Taco seasoning, to taste

1. Preheat oven to 350°.
2. Combine all ingredients in a casserole dish.
3. Cover and bake for 30 minutes.
4. Uncover and bake for an additional 15 minutes.

*Prep time: 60 minutes*

*Serves 4-6*

## Creamy Mushroom Risotto

1/2 cup brown rice  
8 mushrooms, sliced  
1 cup chopped cauliflower  
1 cup unsweetened non-dairy milk  
1 tbsp. lemon juice  
2 tsp. garlic powder  
2 tsp. onion powder  
6 tbsp. nutritional yeast  
Fresh parsley for garnish

1. Preheat oven to 350°.
2. Add brown rice to a small pot and cook through.
3. Line a baking tray with parchment paper and add sliced mushrooms. Bake 15-20 minutes or until golden brown.
4. Cook the cauliflower and non-dairy milk in a saucepan until the cauliflower is soft.
5. Place cauliflower and non-dairy milk in a blender with the rest of the sauce ingredients (lemon juice, garlic powder, onion powder, nutritional yeast). Blend until smooth.
6. In a skillet, mix the sauce with the rice and cook for two more minutes. Serve with the baked mushrooms and parsley on top.

*Prep time: 40 minutes*

*Serves 2*

## Broccoli and Rice

4 tbsp. Bragg's Liquid Aminos  
1 garlic clove, minced  
2 heads of broccoli, cut into  $\frac{1}{2}$  inch pieces  
4 cups of cooked wild rice

1. Heat 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 Stir-Fry

10-12 asparagus spears, sliced into 1 inch pieces  
 $\frac{1}{2}$  cup red bell pepper, sliced  
 $\frac{1}{2}$  tsp. garlic, minced  
 $\frac{1}{2}$  tbsp. fresh grated ginger  
Lime juice to taste  
3 tbsp. organic vegetable 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.
4. Add more lime juice if needed.

*Prep time: 25 minutes*

*Serves 2*

1 lb. dry red kidney beans, soaked overnight  
1 medium yellow onion, diced  
1 green bell pepper, cored and diced  
2 medium stalks, celery, diced  
6 cloves garlic, minced  
2 tbsp. fresh parsley, chopped  
1 tbsp. hot sauce (no additives)  
1 tsp. thyme  
1 tsp. paprika  
 $\frac{1}{4}$  tsp. pepper  
1/8 tsp. cayenne pepper  
2 bay leaves  
32 oz. organic vegetable broth  
1  $\frac{1}{2}$  cups dry brown rice

1. In a large pot over medium heat, add onion, garlic, bell pepper, and celery. Add a little water to prevent sticking. Cook until vegetables are tender.
2. Add parsley, hot sauce, thyme, paprika, and pepper. Stir to coat vegetables evenly.
3. Add kidney beans, bay leaves, and broth.
4. Bring to a boil, cover, lower heat, and simmer for 1 hour and 15 minutes. Remove lid and simmer uncovered for an additional 15 minutes.
5. Scoop about  $\frac{1}{4}$  of the beans into a blender and blend until smooth. Return to the pot and stir.
6. Serve with a scoop of rice and a sprinkle of chopped parsley.

*Prep time: 15 minutes*

*Serves 6*

## Cajun-Style Red Beans and Rice

## DESSERTS

### Banana Papaya Pudding

1 banana  
1 medium papaya, seeded and chopped

Blend papaya and banana until smooth. Serve chilled.

*Prep time: 5 minutes*

*Serves 2*

### Juice Pops

4 oranges  
2 cups berries

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

*Prep time: 5 minutes*

*Serves 6*

### Banana Ice Cream

2-3 frozen bananas  
Optional: fresh fruit toppings

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

*Prep time: 5 minutes*

*Serves 2*

## DRESSINGS

### Lemon Herb Dressing

1/4 cup fresh lemon juice  
1 tsp. dill  
1 tsp. oregano  
1 tsp. tarragon  
1 clove of garlic, crushed  
Dash of pepper

Place all ingredients in a bowl and stir.

*Prep time: 5 minutes*

*Serves 1*

### Italian Marinade or Dressing

1/2 cup fresh lemon juice  
1-2 fresh cloves garlic, peeled and minced  
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*

### **Mint Lime Dressing**

Juice from a freshly squeezed lime, with zest  
1 tbsp. fresh chopped mint  
Black pepper to taste

1. Squeeze a lime over your salad, and add zest.
2. Sprinkle freshly chopped mint and black pepper to finish.

*Prep time: 5 minutes*

*Serves 1*

### **Raspberry Vinaigrette**

1 cup fresh raspberries  
2 tbsp. red wine vinegar  
3 tbsp. balsamic vinegar  
1 shallot, chopped  
1 date (optional)

Place all ingredients in a blender and pulse until liquefied.

*Prep time: 5 minutes*

*Serves 2*

### **Dijon Balsamic Dressing**

2 tsp. balsamic vinegar  
1 tsp. Dijon mustard  
1 tsp. nutritional yeast  
1/4 tsp. dried basil  
2 tsp. water

Combine all ingredients in a jar, close the lid, and shake until mixed well.

*Prep time: 5 minutes*

*Serves 1*

### **Ketchup**

3/4 cup water  
1/2 medium apple, chopped  
1 can salt-free tomato paste (6 oz.)  
1 tbsp. apple cider vinegar  
1/2 tsp. oregano  
1/4 tsp. granulated garlic

1. Place all ingredients in a blender and pulse until smooth.
2. Refrigerate for 2-3 hours for best flavor.

*Prep time: 10 minutes*

*Serves 4-6*

### **Faux Cheese Sauce**

12 oz. cauliflower, cooked  
4 oz. Yukon gold potato, cooked  
1/2 cup nutritional yeast  
3 tbsp. lemon juice  
2 tsp. smoked paprika  
1/2 tsp. onion, garlic, and paprika powders (each)

1. Add everything to a blender and pulse until smooth.

*Prep time: 10 minutes*

*Serves 3-4*

## Homemade Tomato Sauce

2 leaves fresh basil, chopped  
Small handful of loosely packed parsley, chopped  
1 small onion, peeled and chopped  
3 medium ripe tomatoes, cored and diced  
Pepper to taste

1. Sauté onion, basil, and parsley in a saucepan for 2 minutes in water.
2. Add tomatoes 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*

## Superfruit Chia Jam

¼ lb. blackberries\*  
¼ lb. blueberries\*  
¼ lb. strawberries\*  
¼ lb. raspberries\*  
2 tbsp. chia seeds

1. Place fruit in a food processor or blender and process until smooth.
2. Pour into a bowl and stir in the chia seeds.
3. Refrigerate. Jam will thicken as it chills.

\*Make sure fruits are ripe and at peak sweetness, since no other sweeteners are added.

*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  
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*

## Country Mustard

6 tbsp. mustard seeds  
½ cup mustard powder  
½ cup water  
3 tbsp. white wine vinegar

1. Grind the whole mustard seeds for a few seconds in a spice grinder. Don't overdo it – you want the seeds to remain mostly whole.
2. Pour into a small bowl and add other ingredients. Stir well.
3. Let sit for 10 minutes, then pour in the vinegar. Allow to thicken up overnight.

*Prep time: 10 minutes*

*Serves 8+*

## 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:** Veggie Scramble

**Snack:** Snack Shake

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

**Snack:** –

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

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

**Breakfast:** Chocolate Dream

**Snack:** –

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

**Snack:** Snack Shake

**Dinner:** Best Chicken Soup & side salad

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

## DAY 2

**Breakfast:** World's Best Omelet

**Snack:** –

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

**Snack:** Snack Shake

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

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

## DAY 5

**Breakfast:** Meal Shake

**Snack:** Snack Shake

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

**Snack:** –

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

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

## DAY 3

**Breakfast:** Stir-Fried Vegetable Scramble

**Snack:** Snack Shake

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

**Snack:** –

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

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

## DAY 6

**Breakfast:** Veggie Scramble

**Snack:** –

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

**Snack:** Snack Shake

**Dinner:** Chicken Cacciatore & side salad

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

## DAY 4

## DAY 7: Prep Day 1

**Breakfast:** Meal Shake

**Snack:** –

**Lunch:** Melted Tomato & Zucchini Wraps

**Snack:** Snack Shake

**Dinner:** Bunches of Broccoli & side salad

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

Shake

**Breakfast:** Chocolate Dream

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

**Lunch:** Classic Green Salad

**Snack:** Snack Shake

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

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

Shake

## DAY 8: Prep Day 2

**Breakfast:** Chocolate Dream

**Snack:** Fresh veggies dipped in salsa

**Lunch:** Confetti Salad

**Snack:** Snack Shake

**Dinner:** Stir Fry & side salad

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

Shake

## DAY 16

**Breakfast:** World's Best Omelet

**Snack:** Snack Shake

**Lunch:** Chicken Salad

**Snack:** Fresh veggies dipped in salsa

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

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

## DAY 9-13: Detox Days 1-5

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

## DAY 14: Transition Day 1

**Breakfast:** Meal Shake

**Snack:** Snack Shake

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

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

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

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

## DAY 17

**Breakfast:** Stir-Fried Vegetable Scramble

**Snack:** Fresh veggies dipped in salsa

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

**Snack:** Snack Shake

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

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

## DAY 15: Transition Day 2

## DAY 18

**Breakfast:** Chocolate Dream  
**Snack:** Snack Shake  
**Lunch:** Mediterranean Salad (add protein if wanted)  
**Snack:** Fresh veggies dipped in mashed avocados  
**Dinner:** Veggie Kabobs & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

**Breakfast:** Meal Shake  
**Snack:** Fresh veggies dipped in salsa  
**Lunch:** Confetti Salad with Italian Marinade (add protein if wanted)  
**Snack:** Snack Shake  
**Dinner:** Heavenly Marinated Vegetables & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 19

**Breakfast:** Meal Shake  
**Snack:** Fresh veggies dipped in mashed avocados  
**Lunch:** Confetti Salad with Classic Guacamole (add protein if wanted)  
**Snack:** Snack Shake  
**Dinner:** Vegetable Delight & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 22

**Breakfast:** Meal Shake  
**Snack:** Snack Shake  
**Lunch:** Guacamole & Salsa Lettuce Wraps (add protein if wanted)  
**Snack:** Fresh veggies dipped in mashed avocados  
**Dinner:** Tomato Cups & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 20

**Breakfast:** Veggie Scramble  
**Snack:** Snack Shake  
**Lunch:** Vegetable Rice Soup (add protein if wanted)  
**Snack:** Fresh veggies dipped in salsa  
**Dinner:** Heavenly Marinated Vegetables & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 23

**Breakfast:** Meal Shake  
**Snack:** Apple  
**Lunch:** Confetti Salad (add protein if wanted)  
**Snack:** Snack Shake  
**Dinner:** Melted Tomato & Zucchini with a side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 21

## DAY 24

**Breakfast:** Meal Shake

**Snack:** Orange  
**Lunch:** Broccoli Pilaf (add protein if wanted)  
**Snack:** Fresh veggies dipped in salsa  
**Dinner:** Layered Zucchini & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

**Lunch:** Melted Tomato & Zucchini Wraps (add protein if wanted)  
**Snack:** Snack Shake  
**Dinner:** Carrot “Stuffing” & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 25

**Breakfast:** Meal Shake  
**Snack:** Fresh veggies dipped in salsa  
**Lunch:** Confetti salad (add protein if wanted)  
**Snack:** Grapes  
**Dinner:** Stir-Fried Cucumbers & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 28

**Breakfast:** Berry Salad  
**Snack:** Snack Shake  
**Lunch:** Confetti Salad (add protein if wanted)  
**Snack:** Fresh veggies dipped in salsa  
**Dinner:** Eggplant & Pepper Skillet with a side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 26

**Breakfast:** Veggie Scramble  
**Snack:** Banana  
**Lunch:** Picnic Lettuce Wraps (add protein if wanted)  
**Snack:** Fresh veggies dipped in mashed avocados  
**Dinner:** Stir-Fried Cabbage & side salad (add protein if wanted)  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## 29: Prep Day 1

**Breakfast:** Citrus Berry Splash  
**Snack:** Snack Shake  
**Lunch:** Confetti Salad  
**Snack:** Fresh veggies dipped in salsa  
**Dinner:** Sautéed Brussels & side salad  
**Other:** Can replace 1-2 meals with a Nutritional Shake

## DAY 27

**Breakfast:** Citrus Berry Splash  
**Snack:** Fresh strawberries

## DAY 30: Prep Day 2

**Breakfast:** Meal Shake  
**Snack:** Fresh veggies dipped in salsa  
**Lunch:** Guacamole & Salsa Lettuce Wrap

**Snack:** Snack Shake

**Dinner:** Vegetable Stuffed Green Peppers & side salad

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

**Snack:** Snack Shake

**Lunch:** Fresh Garden Salad

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

**Dinner:** Tomato Cups & side salad

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

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## DAY 31-33: Detox Days 1-3

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

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## DAY 34

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**Breakfast:** Meal Shake

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## DAY 35

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**Breakfast:** Meal Shake

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

**Lunch:** Confetti Salad

**Snack:** Snack Shake

**Dinner:** Spicy Taco Crunch Wraps & side salad

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

# CALORIE INDEX

Vegetables	Calories	Serving Size	Measurement Unit
Artichokes	42	1/2	Cup
Alfalfa sprouts	8	1	Cup
Asparagus	27	1	Cup
Bamboo shoots	42	1	Cup
Beets	59	1	Cup
Bok choy	9	1	Cup
Broccoli	31	1	Cup
Brussels sprouts	38	1	Cup
Butter lettuce	7	1	Cup
Chinese cabbage	12	1	Cup
Red cabbage	28	1	Cup
Carrots	53	1	Cup
Cauliflower	27	1	Cup
Celery	16	1	Cup
Chard	7	1	Cup
Chives	1	1	Tablespoon
Collard greens	11	1	Cup
Cress	16	1	Cup
Cucumber	8	1/2	Cup
Dandelion greens	25	1	Cup
Eggplant	20	1	Cup
Endive	4	1/2	Cup
Escarole	4	1/2	Cup
Fennel	27	1	Cup
Garlic	4	1	Teaspoon
Green beans	31	1	Cup
Green leaf lettuce	5	1	Cup
Green onions	32	1	Cup
Green peppers	18	1	Cup
Iceberg lettuce	10	1	Cup
Jicama	49	1	Cup
Kale	33	1	Cup
Kohlrabi	37	1	Cup
Leek	54	1	Cup
Mung bean sprouts	45	1	Tablespoon
Mushrooms	16	1	Cup
Mustard greens	15	1	Cup
Oakleaf lettuce	9	1	Cup
Okra	33	1	Cup
Olives	10	1	Tablespoon
Onion	46	1	Cup
Parsley	1	1	Tablespoon
Parsnips	100	1	Cup

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

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

<b>Miscellaneous</b>	<b>Calories</b>	<b>Serving Size</b>	<b>Measurement Unit</b>
Bragg's Liquid Aminos	0	1	Tablespoon
Coconut Aminos	15	1	Tablespoon
Solutions4 Fiber Sweetener	30	1	Tablespoon
Vegetable broth (Pacific)	15	1	Cup
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## IX. EXTERNAL RESOURCES

Eating natural, plant-based 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, local health food stores, or regular grocery stores are all excellent sources. If you are interested in looking beyond the grocery store, [localharvest.com](http://localharvest.com) can help you to find farms in your area.

### ***WHOLE GRAINS AND LEGUMES***

You can find whole grains and legumes in the bulk section of your local grocery store, or pre-packaged in the center aisles. If your local store does not have a diverse selection, you can also find whole grains and legumes online at [thrivemarket.com](http://thrivemarket.com).

### ***SPICES***

Most of what you need should be available at your local health food store. More options are available online at [frontiercoop.com](http://frontiercoop.com) or [thrivemarket.com](http://thrivemarket.com).