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# I. INTRODUCTION TO THE MAINTENANCE PROGRAM

## WELCOME TO THE NEW YOU!

You're probably reading this because you've reached your goal weight or because you're getting close. If so, congratulations! You made it. You worked hard, and it paid off. Now that you're thinner and healthier, you have so many new possibilities in life. With all of your newfound energy, you may feel like taking up a new hobby, furthering your education, or doing something else that you've always dreamed of doing. Being thinner and healthier makes it possible to do things you'd never thought possible before. Don't be afraid to dream big and make your goals a reality! Finding new, productive things to do will keep you excited about your new body and away from unhealthy foods. When challenges come your way, food will be your bastion of support – the thing that keeps you energetic and healthy – rather than your downfall.

### ***THE PURPOSE OF THIS PROGRAM***

Here at Club Reduce, we're committed to making sure that you keep your weight off for life. We want you to become the happy, healthy, vibrant person you've always wanted to be. Our program isn't just a diet – it's a set of information, resources, and invaluable tools that you can use to stay thin for a *lifetime*. Our doctors have spent over 20 years researching and testing methods with thousands and thousands of patients. The Maintenance 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, you'll be able to keep your weight off and maintain optimal health for a lifetime!

### ***SHIFTING GEARS FROM WEIGHT LOSS TO WEIGHT MAINTENANCE***

Did you know that 95% of Americans gain their weight back after they lose it? When most people go on a “diet,” they follow strict (and sometimes unhealthy) rules, focusing only on losing weight. Once they reach their goal weight, they stop following any guidelines at all! It's easy to see how this plan would fail. On our Maintenance Program, this won't happen to you. We'll give you all of the information you need to transition safely from weight loss to weight maintenance. We'll stand by you every step of the way to make sure that you stay on the right track!




For the most part, your diet will remain the same. You'll still want to center your meals around fresh salads, brightly colored vegetables, fruits, and lean meats. However, maintenance does come with a few perks – you'll be able to branch out and try a few new foods, potentially adding some variety to your diet! Because everyone will respond differently to these new foods, *your maintenance program will be different than anyone else's*. Rather than adding foods back into your diet all at once – and risk gaining weight – we'll help you find a “custom fit” for your diet by reintroducing new foods one step at a time! This will mean listening to your body to determine what's best for YOU. As you settle into your vibrant, healthy diet for the long-term, you'll have all of the tools you need to succeed.

## 10 TOOLS FOR WEIGHT MAINTENANCE

Your journey into wellness is really just beginning. You're in this for life. By committing to a Maintenance Program, you've taken the first step to ensure your success. The tools that we offer with your Maintenance Program should supplement and facilitate your healthy lifestyle – not replace it! Eating nutritionally rich foods is the core of this program. These tools will make it easier to eat the right foods and make the necessary lifestyle changes to banish your extra pounds for good.

<b><i>WEIGHT LOSS TOOLS</i></b>	<b><i>HOW TO USE</i></b>	<b><i>WHY IT'S IMPORTANT</i></b>
<div>1</div> <b>ALL-ACCESS PASS TO CLUB REDUCE MEMBERSHIP SITE</b>	Track your weight using graphs and statistics, access exciting new recipes, track your calories, and log your exercise. Check out our FAQ page for help with basic questions.	With your exclusive membership, you'll be able to access multiple tools to maintain your goal weight. Tracking your progress will keep you mindful of each food that you put into your body! It's easier to moderate your intake and make healthy choices when you know exactly how your choices will affect you. You'll also be able to share stories, ideas, and support with other members on our private Facebook page!
<div>2</div> <b>THE SOLUTIONS4 NUTRITIONAL SHAKE</b>	Replace one meal each day with the Nutritional Shake.	Nutritional shakes save you time, money, and calories. They're packed with vitamins and minerals that will give you an energy boost without a mid-afternoon crash! They have all of the healthy proteins, probiotics, digestive enzymes, and omega-3 fatty acids that your body needs. Replacing one meal each day with the Nutritional Shake is the one of the very best tools you have to maintain your weight.
<div>3</div> <b>SOLUTIONS4 SUPPLEMENTS</b>	Take whole-food herbal supplements each day to maintain your weight and health.	All of your Solutions4 supplements are 100% pure and highly potent. Based on the results of your Symptom Assessment, we can create a custom-made list of personalized supplement recommendations. This personalized approach will ensure that you get the most out of each product that you're taking. Many of these supplements will help to curb your appetite and maintain your energy without adding excess calories!

<p><b>4</b></p> <p><b>SELF-MASTERY TECHNOLOGY (SMT)</b></p>	<p>Listen to the SMT sessions available on your Club Reduce membership site on a daily basis OR purchase a MindFit device (with guided visualization) to use at home.</p>	<p>Right now, you're probably going through some major life changes. SMT sessions ensure that these changes are positive – and permanent! With SMT, you'll learn to overcome emotional eating, tune out the stress in your life, and develop better lifestyle habits. You'll learn to take advantage of your mind's full potential and find creative solutions for the challenges you face. For more information about SMT and emotional eating, see pg. 18.</p>
<p><b>5</b></p> <p><b>SOLUTIONS4 SKINCARE</b></p>	<p>Use non-toxic skincare and inch-loss lotions as a part of your daily routine.</p>	<p>You shouldn't put on your skin what you wouldn't put in your mouth. When you use lotions or skincare products, the ingredients are absorbed into your skin – and some of them make it into your bloodstream! Most facial products are loaded with toxic additives and chemicals that will hinder any weight management program. Inch-loss products like Solutions4 Exercise Gel and Anti-Cellulite Lotion help continue toning, tightening, and sculpting problem areas between in-office treatments.</p>
<p><b>6</b></p> <p><b>MONTHLY IN-OFFICE TREATMENTS</b></p>	<p>Come in once a month for a one-on-one evaluation and a series of inch-loss treatments!</p>	<p>Our in-office treatments give you an opportunity to pamper, renew, and recharge yourself on a regular basis. Each month when you come in, we'll track your progress in a one-on-one meeting to make sure that everything is going well. If you're ever struggling with anything, we'll help you get to the bottom of your problem. These monthly in-office treatments will ensure that you stay on track and continue making healthy lifestyle choices.</p>
<p><b>7</b></p> <p><b>WEEKLY LEARN &amp; LOSE CLASSES</b></p>	<p>Watch each week's brand new Learn &amp; Lose lesson and complete your homework assignment.</p>	<p>Knowledge is power – the more you learn about <i>why</i> you should live a healthy lifestyle, the more committed you will be! Each lesson will expand your knowledge of nutrition and lifestyle, providing you with the tools you need to become your own expert. We want you to become so nutritionally-savvy that you never gain weight again!</p>

 <p><b>QUARTERLY SYMPTOM ASSESSMENT</b></p>	<p>Take a Symptom Assessment every three months.</p>	<p>This allows a personalized approach to maintenance that is sure to address any lingering or new symptoms. Taking a regular Symptom Assessment will keep you aware of how your lifestyle choices – eating, sleep, stress, and exercise – are affecting your progress. The results will be sent to our clinic, and you’ll be invited in for a free one-on-one evaluation! When you sit down with us, we’ll go over your progress and determine whether adjustments need to be made to your diet or lifestyle.</p>
 <p><b>QUARTERLY DETOXIFICATION</b></p>	<p>Detoxify your body with a three-day cleanse every three months.</p>	<p>Regular detoxification will help your body cleanse itself of any accumulated toxins – from the environment, in medications, or in your food – that eventually contribute to weight gain. If you’ve made any food choices that you regret, detoxification will be even more valuable! Each time you detoxify, you cleanse your body and reset your hormones back to “fat burning” mode.</p>
 <p><b>VITAL SUPPORT TO ASSIST YOU ALONG THE WAY</b></p>	<p>As a Club Reduce member, you can contact us at any time to get the help that you need.</p>	<p>We helped you lose weight, and now we’ll help you keep it off! We won’t abandon you or let you fail – we’ll stand by you every step of the way. Whenever you need help, we’re always just a phone call, email, or visit away. You’ll also have access to an entire community of Club Reduce members in the forum on your Club Reduce membership site.</p>

## CLUB REDUCE STRATEGY BREAKDOWN

Making small, healthy choices every day can make big things happen in your life. Each of your little choices eventually add up! When you choose a salad over a plate of pasta for lunch, you determine how you'll feel – how much energy you'll have, what your emotional state will be like, etc. – for *days*. Making one poor choice can cause an avalanche effect that leads to everything else going wrong. Fortunately, good choices have the opposite effect! Making the right decisions on a daily basis will ensure that you keep your weight off. To make things easier for you, we've created a fail proof plan complete with daily, weekly, monthly, and quarterly strategies for weight maintenance. These strategies should supplement and facilitate your nutritional strategy for weight loss.

<b>YOUR DAILY MAINTENANCE PLAN</b>	<ul style="list-style-type: none"><li>▪ <i>Replace one meal a day with a Nutritional Shake</i></li><li>▪ <i>Take all recommended supplements</i></li><li>▪ <i>Apply Anti-Cellulite Lotion on problem areas to maintain inch loss</i></li><li>▪ <i>Apply Exercise Gel to problem areas before working out</i></li><li>▪ <i>Utilize the tools on your Club Reduce membership site to track your calories and log your exercise</i></li><li>▪ <i>Use Self-Mastery Technology to deal with stress and emotional eating</i></li></ul>
<b>YOUR WEEKLY MAINTENANCE PLAN</b>	<ul style="list-style-type: none"><li>▪ <i>Watch weekly Learn &amp; Lose classes on your Club Reduce membership site</i></li><li>▪ <i>Do the homework for each Learn &amp; Lose class – knowledge is power!</i></li></ul>
<b>YOUR MONTHLY MAINTENANCE PLAN</b>	<ul style="list-style-type: none"><li>▪ <i>TANITA body composition assessment</i></li><li>▪ <i>One-on-one evaluation</i></li><li>▪ <i>In-office inch-loss treatments</i></li></ul>
<b>YOUR QUARTERLY MAINTENANCE PLAN</b>	<ul style="list-style-type: none"><li>▪ <i>Complete an online Symptom Assessment</i></li><li>▪ <i>Come in for a free one-on-one Health Assessment to ensure that you are on the right track</i></li><li>▪ <i>Do a 3-day detoxification to rid your body of the toxins that cause you to gain weight</i></li></ul>

## II. FINDING A CUSTOM FIT FOR YOUR DIET

### YOUR BODY KNOWS BEST

Now that you're on a Maintenance Program, you might want to try some foods that you've kept out of your diet so far. This process can be both rewarding and challenging! As you try new foods, you'll find that you may or may not be able to tolerate certain foods that others can eat in moderation. Though everyone will benefit from eating more leafy greens (and everyone will suffer consequences from drinking soda), *not everyone will be able to handle all of the "grey area" foods*. Though these foods should only be eaten sparingly anyway, you may find that your body doesn't handle them very well *at all*.

Now that your body is healthy and clean, you'll be better able to distinguish between foods that you can and can't handle. Listen to your body – if you don't feel well after eating gluten-containing grains, cut them out! As you try each new food, pay close attention to how you feel. Reactions may be *physical* (symptoms like indigestion, fatigue, inflammation, etc.) or *psychological* (addiction, craving, overeating, etc.). What counts as "healthy" for you may be different from what others around you can eat. Don't let others discourage you from pursuing your own personal health goals.

### HEED YOUR "GUT" FEELING

Your body is unique. You have a totally different genetic makeup than *any other person that has ever existed!* Because your body is unique, it reacts to food differently than other people's bodies do. Some people don't produce the enzymes necessary to adequately digest "grey area" foods like grains, legumes, or dairy. Enzymes are the chemical helpers that your body uses to break down food into nutrients your body can use. If your body doesn't produce these enzymes, food doesn't get fully digested in your gut.

Your body's ability to produce enzymes is influenced by your previous diet, your lifestyle choices, and your genetics. The foods that damaged your gut – and hence, your enzyme production – have been removed from your diet, but your body is still healing. Some people take longer than others to fully recover from their previous diet and lifestyle choices. Others don't produce certain enzymes in the first place! The best way to find out where you fall on this spectrum is to reintroduce "grey area" foods in your diet, one at a time, cutting out any that cause a poor reaction (inflammation, fatigue, weight gain, digestive distress, etc.).

Because reactions aren't always physical, they aren't always obvious. Psychological symptoms of addiction often go unnoticed. As you begin your reintroductions, you may realize that certain foods trigger strong cravings that make it difficult to limit your intake. If you're addicted to a "grey area" food, you may find yourself thinking about it often, turning to that food in times of emotional distress, or eating far more than you know you should. If you're experiencing any of these symptoms – especially when it comes to grains or dairy – you would be wise to cut that "grey area" food out of your diet completely.



**Warning:** *The Solutions4 Digestive Enzyme supplement can help with hard-to-digest foods, but it can't do all the work for you. You'll still suffer if you eat a cheesy bean burrito.*

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## THE REINTRODUCTION PROCESS

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Reintroductions are a slow process, and for good reason. With each new food that you try, you'll want to carefully monitor your body's response. When you eat a new food, your body will let you know how it feels about it! If you try too many new things at once, you won't be able to tell which foods you're reacting to.

### ***REACTIONS: WHAT TO WATCH FOR***

Symptoms to watch for include:

- Strong food cravings or overeating (for sugar, fat, or carbs)
- Specific medical conditions flaring up (blood sugar spike, psoriasis flare, acne breakout, etc.)
- Digestive distress (gas, bloating, tummy aches, diarrhea, nausea, heartburn, etc.)
- Fatigue or low energy
- Aches and pains in muscles, tendons, or joints
- Difficulty sleeping (sleeping too much or too little)
- Headaches or "brain fog"
- Emotional distress: depression, anxiety, stress, etc.

If you reintroduce a new food and experience any of these symptoms, *your body is telling you to stop*. Continuing to eat it – despite your body's warning signs – could cause you to gain weight or develop health problems. If you react badly to a food, it's not the end of the world! If you can't reintroduce a food right now, you can always try again later. Wait a few months and see how your health improves.

### ***ONLY REINTRODUCE ONE NEW FOOD AT A TIME***

When you try one new food at a time, you can tell exactly how each food affects you. If you have a bad reaction, you'll know exactly which food is to blame! If you try multiple foods together – dairy with new grains, for example – you won't be able to tell which food you're reacting to. Keep it simple and take things one step at a time.

### ***REINTRODUCE "EASIER" FOODS FIRST***

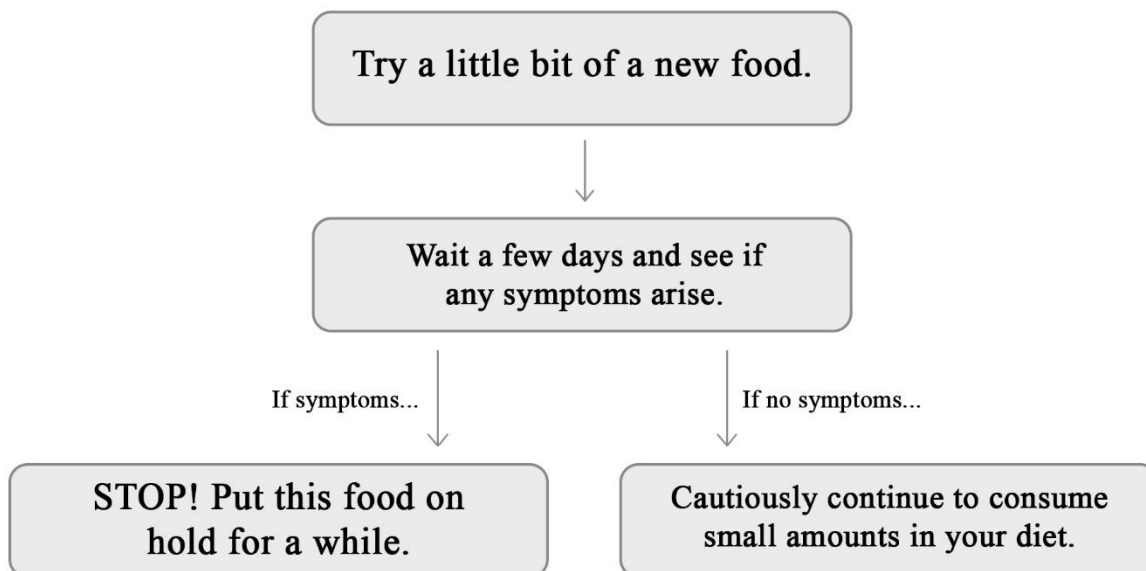
Start by reintroducing small amounts of foods that are least likely to be problematic. For example, you will be more likely to tolerate starchy fruits and vegetables than whole grains containing gluten. You'll also be more likely to tolerate fresh, homemade fruit juice than dairy or red meat. Though everyone is different, you probably have a pretty good idea of how your body handles these foods. If you've had a bad experience with dairy or gluten-containing grains, don't feel pressure to reintroduce them at all! If you do want to try them, put them off and experiment with them last. For each food, remember to keep your serving size small. Specific guidelines on portion sizing can be found on pg. 43.

If you try to reintroduce a new food and it doesn't work out, don't give up hope! Your gut may need more time to heal before it can process foods of a higher "difficulty level." Some individuals just don't produce the enzymes necessary to digest certain foods and should avoid them altogether.



## ***TAKE YOUR TIME: WAIT AND WATCH FOR SYMPTOMS***

Reintroductions are pretty simple, once you get the hang of it:



As you wait and watch for symptoms, be especially wary of strong cravings for a new food. Some foods – especially grains and dairy – can be easy to overeat. When you overeat these foods, you usually eat fewer vegetables too. This is a double whammy – you add calories and subtract nutrients! This is one of the most common reasons why people gain their weight back. If you find it difficult to control how much you eat, keep that food out of your diet for now.



**Warning:** With “grey area” foods like dairy, grains, and red meat, quality matters. You’ll be more likely to tolerate grass-fed beef, sprouted grains, and raw organic dairy. More information about grass-fed beef can be found on pg. 41.

### III. TIMELESS GUIDELINES FOR HEALTHY EATING

Though everyone's body is a little different, there are certain guidelines that apply to everyone. A serving of potato chips is going to be unhealthy no matter who you are. Even if you have an incredible metabolism, you won't escape the long-term consequences of eating fast food or junk food! To help you transition into long-term weight maintenance, we've prepared a set of guidelines that you can use to structure your meals for a lifetime. No matter where you find yourself in life, you'll be able to refer back to these guidelines and continue making healthy choices. You'll always have everything you need to succeed!

Some foods should never be reintroduced into your diet, and others should only be eaten in moderation. The foods that you'll be reintroducing on your Maintenance Program are foods that should only make up a very small part of your diet. *For the most part, your diet will remain unchanged.* You'll keep eating lots of leafy greens and brightly colored vegetables as the foundation of your healthy diet. Though you'll be able to tweak a few things to customize your diet for the long haul, you shouldn't stray too far from your original program. Being able to eat a few new foods can make your life a little easier, but don't get ahead of yourself! *These new foods should only be eaten moderately or sparingly.*

#### ***HOW TO STRUCTURE YOUR MAINTENANCE PROGRAM***

<b>Never</b>	<ul style="list-style-type: none"><li>▪ <i>All fast food and junk food (anything heavily processed and refined)</i></li><li>▪ <i>Refined grains (white bread, pastries, cookies, crackers, etc.)</i></li><li>▪ <i>Refined sugar (soda, candy, ice cream, etc.)</i></li></ul>
<b>Sparingly</b>	<ul style="list-style-type: none"><li>▪ <i>Whole grains and legumes</i></li><li>▪ <i>Refined oils</i></li><li>▪ <i>Organic dairy</i></li><li>▪ <i>Small servings of red meat</i></li><li>▪ <i>High-calorie natural sweeteners</i></li></ul>
<b>Moderately</b>	<ul style="list-style-type: none"><li>▪ <i>Lean meats (fish and poultry)</i></li><li>▪ <i>Unrefined and cold-pressed oils</i></li><li>▪ <i>Fruits</i></li><li>▪ <i>Nutritious starchy fruits and vegetables (yams, squash, plantains, etc.)</i></li><li>▪ <i>Organic eggs</i></li><li>▪ <i>Nuts and seeds</i></li><li>▪ <i>Low-calorie natural sweeteners</i></li></ul>
<b>Often</b>	<ul style="list-style-type: none"><li>▪ <i>Dark leafy greens</i></li><li>▪ <i>Brightly colored vegetables</i></li></ul>

## NEVER: FOODS TO ALWAYS AVOID

### FAST FOOD AND JUNK FOOD



Did you know that a single McDonald's Big Mac contains almost 600 calories? And that's only if you don't order a soda or a side of fries! For all of those calories, the Big Mac contains very little nutritional value. Though you might feel full, your body won't be fully satisfied. Because a hamburger contains so few nutrients, your body will go into "starvation" mode and begin storing all calories as fat! Unfortunately, other options on a fast food menu aren't much better. A large serving of French fries contains almost 400 calories, and a McDonald's parfait contains a whopping 50 grams of refined sugar. Some options that you might think of as "healthy" pack a calorie-punch too. Many fast-food salads are loaded with toppings that bring the calorie count to over 700! If you're ordering off the menu at a fast food establishment, you're going to gain a little weight. You'll probably feel sluggish and bloated for a few days while your body tries to process your meal. If this happens, it's not the end of the world, but it is difficult to recover and get back on track.

### REFINED GRAINS: BREAD, PASTA, CRACKERS, ETC.



The saying that "the whiter the bread, the sooner you're dead" isn't far off. When it comes to weight gain, refined grains are the real culprit. These empty calories end up directly on your body as fat! If you eat refined grains, you'll see this fat on your arms, your thighs, your stomach, or maybe even your chin. And refined grains are everywhere! It's no wonder that America is suffering an obesity epidemic. 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. For more information about processed grains, see pg. 32.

### REFINED SUGAR: SODA, CANDY, COOKIES, ETC.



Your favorite bar of chocolate – your Snickers, Twix, or Milky Way – is not your friend. Chocolate bars and other high-sugar foods lack nutritional value and cause a dramatic spike in blood sugar. You crave these foods because the sugar is *actually addictive* and stimulates opioid receptors in your brain – the same receptors stimulated by drugs like heroin! When you eat foods high in refined sugar, your body transitions into "fat storing" mode and holds onto all excess calories. Though the calories in your Snickers bar won't kill you, the sugar will alter your ability to keep your weight off. As if that weren't enough, sugary foods will make you sick, too. The ingestion of only 100 grams of refined sugar reduces the immune system's function by 50% within two hours of eating. Though sugary foods may be tempting, *they'll make you both sick and fat!*

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## SPARINGLY: THE “GREY AREA” FOODS

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### ***FRUIT JUICE AND HIGH-CALORIE NATURAL SWEETENERS***



If you're in the habit of making fresh vegetable juice, adding some fruit can allow you to make a variety of new and exciting recipes! Pineapple, for example, can be a delicious addition to your favorite green juice. The downside is that fruit juice can be quite high in sugar, and it's easy to drink too much. If you overdo it, you could gain weight! When you start reintroducing fruit juice, you should be aware that store-bought varieties are usually pasteurized (and thus, less nutritious). They can also contain ingredients that you want to stay away from. It is possible, however, to find juice that is *cold-pressed* and full of nutrients, but that doesn't contain additives. These types of juices can be found at some health food stores if you know where to look (Suja, for example, is an excellent brand).

You can also continue to use small amounts of natural sweeteners like pure maple syrup and honey. Just be careful – a single tablespoon of honey contains 64 calories! It's very easy to let high-calorie natural sweeteners crowd out healthier options in your diet. Don't forget that these aren't everyday foods.

### ***RED MEAT***



Red meat is not for the faint of heart – it's an inflammatory food that can leave you feeling bloated and uncomfortable for days. You'll live a perfectly healthy life if you never eat red meat again! However, when eaten in smaller servings on a very occasional basis, these symptoms can be largely avoided. Though red meat isn't as healthy as fish or chicken, you may find that you are able to tolerate it without gaining your weight back. Just don't overdo it! Don't forget that a serving of meat should be no larger than the size of your palm. If you choose to eat red meat on occasion, don't forget to choose options that are organic and grass-fed. Your body will thank you later! More information on grass-fed beef can be found on pg. 41. If you're wondering about processed meats like hotdogs and hamburgers, check out pg. 33.

### ***DAIRY***



Dairy is another “grey area” food that should be eaten very sparingly, if at all. Many people will find that they don't tolerate dairy products at all, even in small quantities. If you choose to reintroduce small amounts of dairy on your diet, don't forget to choose options that are free of preservatives and other chemical additives. For better results, go organic – it'll be free of the pesticide, antibiotic, and hormone residues in regular dairy that can interfere with weight maintenance. For even better results, look for dairy that is raw and unpasteurized! Raw dairy contains the milk's original enzymes, making it much easier to digest and absorb the nutrients. When you fully absorb all of the nutrients, you feel fuller faster and are less likely to overeat. Though raw, farm-fresh dairy can be difficult to find, it's well worth the effort.

### ***WHOLE GRAINS***



On your previous program, you may or may not have included small amounts of rice, quinoa, or lentils in your diet. At this point, you may want to branch out and try new whole grains. But that doesn't mean that you're free to go ahead and eat plate of pasta! Processed grains like bread and pasta should still be avoided (more information can be found

on pg. 32). Of all of the “grey area” foods that you will be experimenting with on maintenance, grains can be the trickiest. Many people can’t properly digest certain proteins in grains like gluten. They’re also extremely easy to overeat and high in calories. You might not want to reintroduce any new grains at all! Even though you might end up eating a more diverse selection of grains, don’t eat any more than you were eating before (less than 1 cup – cooked – per day).

If you’re thinking of adding new grains into your diet, start with grains that are gluten-free. You’ll have a better chance of tolerating these grains than their gluten-containing counterparts. Gluten-containing whole grains should rarely be reintroduced on maintenance. However, if you are able to successfully reintroduce gluten-free grains in your diet, you may be tempted to experiment with small amounts of grains that contain gluten (still within the 1 cup limit). *Most people will be unable to successfully reintroduce grains that contain gluten.* Gluten irritates the lining of the gut, causing inflammation and contributing to weight gain. If you experience any negative symptoms when you eat these grains, that’s your body telling you to stop!

## **LEGUMES**



Legumes cause notorious (and often embarrassing) digestive problems. They are also very calorie-dense foods that can be easy to overeat at the expense of other, healthier options. Your level of gut health will determine your ability to handle new legumes. If you can’t eat them, don’t worry! Your diet is just fine as it is. If you find yourself craving beans – or have difficulty sticking with a small portion size – you should remove them from your diet for now. To make portion control easier, try adding beans to a big salad. You’ll get more greens in your meal too!

## **REFINED OILS**



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 refined oil is stripped of all nutrients. It’s also very high in omega-6. Though other types of vegetable oil – soybean, peanut, etc. – don’t come from poisonous plants, they are still heavily processed and contain empty calories. They’re highly inflammatory foods that lead to Alzheimer’s disease and other degenerative conditions. Refined oils are commonly found in salad dressings and other condiments. The best way to avoid them is to make your own! It’s okay to eat refined oils occasionally, but you don’t want them to crowd out healthier, unrefined oils in your diet.

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# **MODERATELY: NOT TOO MUCH**

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## **WHOLE FRUIT**



Eating a diet rich in whole, healthy fruits will satisfy your sweet tooth and make it easier to keep your weight off. Fruits are naturally low in fat, sodium, and calories. They’re full of essential nutrients like potassium, vitamin C, and folic acid! Though fruit is extremely nutritious, it’s also high in sugar. In dried fruit and fruit juice, the sugar content is very dense. In fruit smoothies, the sugar content is less dense due to lots of healthy fiber. Feel free to have a fruit smoothie, but don’t drink an entire blender full! Try to stick with mostly whole, fresh fruits that haven’t been processed. Whole fruits also have a lower glycemic index than processed fruits and other

sugary foods. The fiber in the fruit moderates the flow of sugar into the bloodstream and causes a less dramatic spike in blood sugar. This makes whole fruit a much healthier alternative to other sweets!

## **STARCHY FRUITS AND VEGETABLES**



Some starchy fruits and vegetables are more nutritious than others. Sweet potatoes, for example, contain significantly more vitamin A than regular potatoes. They're also higher in potassium! Less nutritious starchy vegetables like regular potatoes should be eaten less often than more nutritious starchy vegetables like squash (i.e. butternut, acorn, delicata, kabocha, etc.), sweet potatoes, and yams. One advantage of starchy vegetables is that they can leave you feeling full for a very long time. The downside is that they're also easy to overeat! We recommend that you aim for 1 cup or less of starchy vegetables each day. To facilitate digestion, try eating starchy vegetables in combination with high-water content vegetables (greens, tomatoes, cucumber, radishes, etc.). Pairing lighter, fiber-rich vegetables with heavier, calorie-dense starches will speed up your digestion and make it easier to moderate your intake!

## **FISH**



Fish like salmon, tuna, herring, mackerel, and sardines are rich in omega-3 fatty acids. You've probably been told that you need to eat enough omega-3, but you probably don't realize how important it is. Omega-3 reduces inflammation, reduces your risk of heart disease, and can even improve your mental health! Eating fish several times a week reduces your risk of developing dementia or Alzheimer's in old age. This is huge! Most Americans eat far too little omega-3 and instead eat foods rich in inflammatory omega-6. Eating fish is an important part of a balanced diet, but it *can* be overeaten. When you eat too much meat, you usually eat fewer of the dark leafy greens and vibrant veggies that your body needs. It's important to eat fish – just not too much! Choose lower-mercury options like salmon whenever possible (more information on pg. 40).

## **POULTRY**



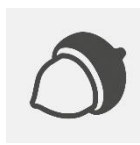
Poultry products – chicken, turkey, etc. – are a source of complete protein that can help satiate your appetite and make it easier to maintain a healthy weight. As with other meats, you just don't want to overdo it! Even lean meats like chicken and turkey can feed the bad bacteria in your gut if you eat too much. However, unlike red meat, poultry products don't increase your risk of cardiovascular disease. They're also lower in inflammatory omega-6 and are free of the steroid hormones found in red meat. That's a huge plus when it comes to weight maintenance! Hormone residues can interfere with your body's metabolism. More information can be found on pg. 39, where we discuss high quality animal products.

## **EGGS**



Organic eggs are a nutritious (and delicious!) source of protein. Eating just one egg will provide you with 23% of your daily recommended intake of selenium! Organic eggs also contain plenty of the B vitamins that provide you with energy. Continue eating up to two each day throughout your lifetime for vibrant health.

## ***NUTS AND SEEDS***



Nuts and seeds are rich in protein and other nutrients that make them healthy when eaten in moderation. Though they're healthy, nuts and seeds are very calorie-dense foods. You don't want to overeat them at the expense of dark leafy greens or brightly colored vegetables! To get the maximum amount of nutrients, we recommend that you always choose nuts that are raw instead of roasted and salted. You can also soak and/or sprout them to make them easier to digest! For information about soaking and sprouting, see pg. 41.

## ***UNREFINED OILS***



Eating fat doesn't make you fat, as long as you're eating healthy fats. Healthy fats like olive, coconut, and flaxseed oil can actually help you stay thin! Olive and coconut are the two best, though unrefined flaxseed oil also works great in dressings. These healthy fats can improve your body composition, your mood, and even reduce your risk of heart disease! The healthiest types of fats are cold-pressed, extra virgin, unrefined oils. These oils contain all of the valuable nutrients, enzymes, and antioxidants contained in the original plant. Though unrefined oils are good for you, you don't want to let them crowd out healthier options in your diet.

## ***LOW-CALORIE NATURAL SWEETENERS***



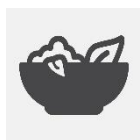
Low-calorie natural sweeteners like stevia and the Solutions4 Fiber Sweetener should be used more often than high-calorie sweeteners like honey and maple syrup. The Solutions4 Fiber Sweetener contains a variety of plant-based sugar alternatives, xylitol, and lots of gut-healthy soluble fiber!

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## **OFTEN: THE BEST FOODS FOR MAINTENANCE**

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### ***DARK LEAFY GREENS***



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

If you've been eating lots of leafy greens on your program, you're probably starting to understand why they're so valuable! They keep you full, help control your appetite, and moderate your blood sugar by slowing the absorption of carbs into your bloodstream. The high water content helps keep you hydrated and feeling fresh. As your diet improves, your body will begin craving healthy foods instead of junk food. Dark leafy greens will sound better than your old favorite bar of chocolate!

## ***BRIGHTLY COLORED VEGETABLES***



Eat a rainbow of vibrant, brightly colored vegetables! Bright colors – red, orange, yellow, green, blue, or purple – indicate the presence of valuable nutrients. Red vegetables like tomatoes and peppers are rich in lycopene, a nutrient that can reduce your risk of cancer and heart disease. Orange vegetables like carrots and sweet potatoes are packed with carotene – a nutrient that keeps your eyes and skin luxuriously healthy! Brightly colored vegetables pack a huge bang for their buck – the nutrients supply you with lots of energy, and they keep you feeling full and satisfied. When you eat lots of brightly colored vegetables, your body stays in “fat burning” mode, keeping you lean and healthy! Like leafy greens, brightly colored vegetables should be eaten in abundance. If you want to maintain your weight, don’t skimp on the veggies.



## IV. STAYING ON THE WAGON

### LIFESTYLE STRATEGIES: SLEEP, STRESS, AND EXERCISE

#### *SLEEP YOUR WAY SKINNY*

**Myth:** It doesn't matter how much sleep you get as long as you eat pretty healthy and live an active lifestyle.

**Myth busted:** Sleep is essential for weight loss and weight maintenance. Getting enough sleep helps you make better decisions and keeps your hormones in check.

If your body isn't ready for a new day, you'll have difficulty making wise decisions. For example, not getting enough sleep might tempt you into one (or several) cups of coffee! You might eat something too sugary for a quick rush of energy to get you through a meeting or stressful situation. When you're tired, you're more likely to skip the gym. You're also much more likely to eat something prepackaged or processed when you're too tired to cook. At the end of the night when you get in bed, you're probably too stressed to sleep well. It's a vicious cycle!

Your body releases "fat burning" hormones between 12 and 2 am each night. If you're not deeply asleep during these hours, you miss out on the benefits that your body can naturally offer. Your metabolism won't function correctly, making you hungrier and more likely to eat comforting foods that aren't nutritious. You'll eat more and you'll burn less! That's a potent recipe for weight gain. Fortunately, the opposite is true when you get plenty of sleep. Each time you sleep for at least 7-8 hours, you kick-start your metabolism into better function and make it easier to maintain your weight.

#### *SHUN STRESS TO STAY SLIM*

Did you know that stress can make you fat? Chronic stress raises levels of the stress hormone *cortisol* in your body, increasing the rate at which you store fat. Cortisol also raises your blood sugar levels, makes you hungry, and increases the storage of fat around your stomach and liver. Stress also inhibits digestion and makes it difficult to absorb all of the nutrients from your food. This can cause weight gain too. 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.

#### *THE MANY BENEFITS OF EXERCISE*

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.

Throughout your Maintenance Program, we recommend that you practice High-Intensity Interval Training (HIIT) for 20 minutes a day, three times each week (Mon/Wed/Fri). HIIT training involves short bursts of running (about 30 seconds) intermixed with periods of slow walking (1-2 minutes). Though this only adds up to one hour each week, the high-intensity sessions will dramatically increase your production of fat-burning hormones and make it easy to maintain your goal weight! At this point, you may want to take up strength training as well. If you want to learn more about strength training, you can find a series of exercises through your Club Reduce membership site! Older adults can try low-impact forms of exercise like swimming, walking, or yoga. You can always talk to us about customizing an exercise program that works best for you.

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## OVERCOMING EMOTIONAL EATING

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### *WHAT CAUSES 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 and maintain our weight, we must unlearn the habit of emotional eating.

### *HOW DO I STOP?*

There are a variety of tools and techniques you can use to get your habit of emotional eating under control. Some tools – like Self-Mastery Technology – are available through Club Reduce! Other tools and techniques can be utilized at home with a little bit of time and effort. Taking advantage of all of these techniques, on a regular basis, will make it much easier to resist the temptation to eat for emotional reasons.

1. **One of the best tools at your disposal is Self-Mastery Technology (SMT).** SMT sessions stimulate brainwave activity and help you to develop better self-control. The next time that you're offered a Big Mac or a bowl of ice cream, you'll find it easier to resist. Over time, these foods will lose their appeal and you'll begin to crave healthy foods instead! SMT works by activating the alpha and theta brainwaves that promote creativity, relaxation, imagination, and awareness. Alpha is known as a "super-learning" state in which you are able to find creative solutions to the obstacles you face. Theta is the "inventive mind" that is associated with inspiration and goal-realization. Each time you use SMT, you'll feel less stressed and less inclined to turn to food for comfort!
2. **Take time to self-care.** It's okay to schedule time that's just for you! It'll help you develop a healthy relationship with yourself and make you better able to care for and support those around you. Read a book, go for a walk, or take a relaxing bath.
3. **Plan your meals in advance.** Be aware of situations in which you could find yourself without healthy options! For example, you might have a busy week ahead of you and little time to cook. In these situations, the "old you" might stop and buy a pizza or takeout for a quick, easy, and comforting meal. The "new you" needs to think ahead – if you've got something big going on during the week, cook a large batch of healthy food a day or two in advance. You can always

freeze the extras to have on hand in a pinch! If you have children, involve them in the planning and cooking process. Kids are more willing to try new foods when they help pick them. Planning your meals ahead won't just keep you on track – it'll save you time and money!

4. **Keep your stress levels under control.** Identify specific stressors and write them down, so you remember what they are. Find ways to deal with these stressors without turning to food. This can take some experimentation. You may find that you need to call a friend, go for a walk, or work it off with a session of High-Intensity Interval Training (HIIT).
5. **Keep a journal and write about how you feel.** This will help you to better understand your motivations and identify the root cause of your feelings. We've left space in your daily checklists for you to write about what you're feeling. This may seem like a small task, but it can add up to a world of difference in your eating habits.
6. **Eat mindfully.** Take at least 30 minutes to finish a meal, taking pleasure in the delicious, healthy, vibrant veggies that nourish your body. To stay excited about your food, try new recipes regularly and look for new ways to spice up your diet. This will be easier if you surround yourself with positive influences that reinforce your new lifestyle. This may mean keeping healthy snacks available and trigger foods out of sight.
7. **Continue to challenge yourself with new goals.** Setting small, achievable goals on a regular basis can help you to maintain your focus. Achieving these goals will keep you feeling confident and optimistic! Feeling confident about your lifestyle will help prepare you to handle life's challenges *without* turning to food for comfort.

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## EATING OUT

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Eating out can be tricky when you're trying to maintain your weight! It isn't easy to find healthy options in restaurants, and it's even harder to find "healthy" options that are really as good as they claim. Most salad dressings, sauces, and condiments contain ingredients that you would normally want to avoid. For example, ranch dressing is usually made with refined vegetable oil, heavily processed dairy, and a variety of scary preservatives and "emulsifiers." So what can you do?

A salad is usually the best choice, even though 100% healthy dressings are hard to come by. You can usually ask your server to leave off any toppings you don't want (croutons, cheese, or unhealthy dressings, etc.) and add more veggies. For your dressing, you can ask for olive oil and a sliced lemon to squeeze over your greens! If this doesn't appeal to you, you can almost always bring your own dressing from home.

### **GOOD**

Choose something healthy like a salad or a plate of veggies with a side of meat.

### **BETTER**

Check with your server to find out what's in your food (salad dressing, condiments, sauce, etc.). Though your server won't know everything, he or she will be able to help you make an educated choice.

### **BEST**

Call ahead and check ingredients. The chef always knows best. Call around and find a handful of places in your area that you can count on.



**Warning:** *Avoid fast food chains like the plague. Fast food salads are usually nothing more than unhealthy toppings and less-nutritious iceberg lettuce.*

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## **VACATIONS AND SPECIAL OCCASIONS**

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You'll probably take a vacation sometime this year. You might travel to see family, to sight-see, or to hang out at the beach! When you're traveling, it can be challenging to find healthy options along the way. If you're in an area you're not familiar with, it can be tough to locate restaurants with healthy options or find ways to prepare your own food. To always have healthy options available in a pinch – and ensure that you don't gain weight – we recommend that you plan ahead and/or pack your own meals. Don't forget your Nutritional Shake! Replacing one meal a day with a nutritional shake will make your vacation so much easier. This will leave you free to enjoy your trip without constantly worrying about what you'll eat next! You can come home feeling relaxed, rejuvenated, and operating at 100% capacity, rather than weighed down with a gut full of junk food.

### **PACKING MEALS TO GO**

If you're driving to your destination, you probably have room for a cooler in your car. Just add ice and you have a portable fridge ready to go! If you prepare meals in advance, you can store them in tupperware (glassware, preferably) and have them ready to heat up at a moment's notice. Most gas stations, grocery stores, and hotels have microwaves that you can use to heat up your food! If you don't want to use a microwave, you can always bring cold meals (salads, etc.) to eat on-the-go. Packing meals to go is an excellent way to dine healthfully throughout a vacation.

### **PLANNING AHEAD**

If you can't prepare meals to-go, you can always plan ahead by calling restaurants to find out what's on the menu. Many restaurants even have their menus available online. If you find a few options that seem promising – healthy salads or vegetable dishes, for example – you can always talk to the chef to find out what's *really* in the food. You'd be surprised at what you might eat if you didn't check first! You can also take advantage of salad bars at local grocery stores. Just add a bit of olive oil and a squeeze of lemon and you've got a super-nutritious salad to eat on-the-go!

## ***NAVIGATING FOOD-CENTERED SOCIAL SITUATIONS***

Birthday parties, holidays, and other special occasions bring people together to celebrate – usually with food. It can be tough to be the only one eating healthy, nutritious food! Whether you're having a birthday party or having Thanksgiving dinner with your family, be aware that unhealthy options will be available to you. Plan in advance what you want to eat, and stick with your plan. If you want to indulge a little, that's okay. Consider putting together healthier versions of traditional desserts (whole-grain apple pie and coconut ice cream, for example) and allowing yourself a small portion. It's always okay to politely decline unhealthy options or maybe even offer to share some of your healthier treats! Don't be afraid to do what's best for YOUR body.

## V. FOOD LIST

# Often: The Best Foods for Maintenance

### LETTUCE AND GREENS

Arugula  
Belgian endive  
Butter lettuce  
Cress  
Collard greens  
Dandelion greens  
Endive

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

Oakleaf  
Radicchio  
Red leaf  
Romaine  
Spinach  
Swiss chard  
Watercress

### BRIGHTLY COLORED VEGETABLES

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

Eggplant  
Fennel  
Garlic  
Green beans  
Green onions  
Jicama  
Kohlrabi  
Lima beans  
Leek  
Mung bean sprouts  
Mushrooms  
Okra  
Olives  
Onion  
Parsley  
Parsnips  
Peas  
Peppers, green

Peppers, red  
Pimentos  
Radishes  
Rhubarb  
Rutabaga  
Shallots  
Snap beans (edible pods)  
Snow peas (sugar peas)  
String beans  
Sprouts  
Sunflower sprouts  
Squash (sparingly)  
Tomatillos  
Turnips  
Water chestnuts  
Wheat grass  
Zucchini

# Moderately: Not Too Much

## FRUITS

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

Grapes  
Guava  
Honeydew  
Kiwi  
Lemon  
Limes  
Mango  
Melons  
Mulberries  
Nectarines  
Oranges  
Papaya  
Peaches

Pears  
Persimmon  
Pineapple  
Plums  
Pomegranate  
Raspberries  
Strawberries  
Tangelos  
Tangerines  
Tomatoes  
Watermelon

## STARCHY FRUITS AND VEGETABLES

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Acorn squash  
Butternut squash  
Delicata squash

Kabocha squash  
Pumpkin  
Spaghetti squash

Sweet potatoes  
Yams

## FISH AND POULTRY

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Chicken  
Cod  
Duck  
Halibut  
Mahi Mahi

Pheasant  
Salmon  
Sea bass  
Shellfish  
Sole

Tilapia  
Trout  
Tuna  
Turkey  
Quail

## **EGGS**

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Free-range (pastured) eggs  
Omega-3 eggs  
Organic eggs

## **NUTS & SEEDS**

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Almonds  
Brazil nuts  
Cashews  
Chia seeds  
Flaxseeds

Hemp seeds  
Macadamia nuts  
Pecans  
Pistachios  
Pumpkin seeds

Sesame seeds  
Sunflower seeds  
Walnuts

## **UNREFINED AND COLD-PRESSED OILS**

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Extra virgin coconut oil  
Extra virgin olive oil  
Unrefined flaxseed oil

## **LOW-CALORIE NATURAL SWEETENERS**

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Solutions4 Fiber Sweetener  
Stevia



# Sparingly: The “Grey Area” Foods

## WHOLE GRAINS AND LEGUMES

### *Gluten-free grains*

Amaranth  
Buckwheat  
Millet  
Oats  
Quinoa  
Rice  
Sorghum  
Teff

### *Gluten-containing grains*

Wheat  
Barley  
Rye  
Triticale  
Spelt  
Kamut  
Faro  
Semolina

### *Legumes*

Adzuki beans  
Black beans  
Black-eyed peas  
Garbanzo beans  
Edamame  
Kidney Beans  
Lima Beans  
Pinto Beans  
Lentils

## HIGH-CALORIE NATURAL SWEETENERS

Raw honey  
Pure maple Syrup

## REFINED OILS

Canola oil  
Peanut oil  
Soybean oil  
Sunflower oil

## ORGANIC DAIRY

Butter  
Cheese  
Milk  
Sour cream  
Yogurt

## RED MEAT

Beef  
Lamb  
Pork

# Never:

## Foods to Always Avoid



### **FAST FOOD, JUNK FOOD, REFINED GRAINS, REFINED SUGAR**

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Fast food: burgers, fries, etc.

Junk food: potato chips, frozen dinners, etc.

Refined grains: white bread, pastries, crackers, etc.

Refined sugar: soda, candy, ice cream, cookies, etc.

## VI. QUARTERLY 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. Even though you're eating much healthier foods now, you're still exposed to toxins in the environment (pesticides, contaminants in tap water, etc.). If you've ever "slipped up" and eaten something you shouldn't have, you've exposed yourself to foodborne toxins as well. Your body needs a rest from these harmful substances so that it can 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 renew your body on a regular basis!

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### DETOXIFICATION 101: HEALING YOUR BODY NATURALLY

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Body cleansing for health is a concept that has been in use for thousands of years. Historically, it has been used to treat illness, to decrease body weight, and even to increase spirituality. The detoxification program that you will experience is more than just a fast track to 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 makes it easy to maintain your weight.

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.

### ***QUARTERLY DETOXIFICATION FOR WEIGHT MAINTENANCE***

At this point, you've experienced the benefits of detoxification for yourself on one of our programs. You know that it's worth it! To maintain your progress, you'll want to continue cleansing your body regularly through *quarterly detoxification*. A quarterly detoxification (every three months) will help your body rid itself of accumulated toxins from the environment or from your food. When you come off a quarterly detoxification, it will be much easier to go forward and continue maintaining your weight. It's like pressing a refresh button and starting over with a clean slate!

### ***ANOTHER REASON TO DETOXIFY: FALLING OFF THE WAGON***

Though you'll detoxify on a quarterly basis if everything goes smoothly, you should know that detoxification is also a tool you can use when you slip up or fall off the wagon. If you go on a cruise and end up eating a few things you regret, a detoxification is a great way to "repent" of your poor choices and get back on the wagon. Though you certainly don't want to plan to fail, detoxification can help your body cope with occasional slip ups and special occasions. Come in and talk to us about how to customize a detoxification program for these types of situations.

### ***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**

When you do your quarterly detoxification, 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." Because you're eating much healthier foods now, any healing crisis you have will most likely be less severe. You won't have as many toxins to eliminate, so your body will primarily focus on healing and repairing areas that need attention. You may find that you have a much more pleasant experience with detoxification at this point! It is normal, however, to experience both "highs" and "lows" as a part of your quarterly 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 goes above and beyond what you experience in your day-to-day life. You'll find that cravings for habit-forming substances (such as refined sugar, caffeine, nicotine, alcohol, or drugs) are greatly diminished. Bad eating habits are broken. You'll find that your desire for 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***

Exposure to toxins in your food and in the environment contributes to your need to detoxify regularly. Even if your diet is squeaky clean, you're still exposed to environmental toxins (through air pollution, water pollution, pesticides, etc.) that can build up in your body over time. If you're using symptom-alleviating drugs (like pain medications, antihistamines, or other suppressive medications), you're more likely to have a build-up of toxins in your body. Though your diet is much cleaner now, there are still plenty of reasons to do a quarterly detoxification.

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! 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 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.

If you have a severe healing crisis on a Maintenance Program, take an honest look at what you've been eating. You might be surprised by what you find! Seemingly small choices – the choice to use a less healthy salad dressing, to eat a few bites of cake, or to drink an occasional cup of coffee – can really add up! Make an appointment with us to sit down and discuss what you can do differently. We'll get you feeling better in no time! Your quarterly detoxification will be the first step in the right direction.

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!

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## **TRANSITIONING BACK TO SOLID FOODS**

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

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## FREQUENTLY ASKED QUESTIONS

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

## VII.MAXIMIZING YOUR NUTRITIONAL INTAKE

### PROCESSED FOOD: WHERE TO DRAW THE LINE

Now that you're on a Maintenance Program, you're ready to graduate from "Healthy Eating 101"! Congratulations on your success – you're ready to take it to the next level! Now that you're here, we'll teach you all about processed foods like bread, crackers, condiments, and chips. You'll learn about what they are and what role they play in a healthy diet. This will help you to make wiser choices each time you're in the grocery store, successfully transitioning into a lifetime of healthy eating!

Many different types of food preparation methods can be classified as "processing." In general, foods that have been processed are less nutritious than their whole food counterparts. In your kitchen, you "process" food at a low level when you cook it, blend it, freeze it, or juice it. In industrial food production, processing is much more complicated. To make whole grain flour, grains have to be rolled, crushed, sifted, and pulverized into powder. This reduces nutrient content and creates a more addictive final product. The same is true for many other "healthier" processed foods – whole grain crackers, vegetable chips, processed meats, and other foods that come pre-packaged. As a general rule, you'll want to avoid anything that has been extensively altered from its original form.

#### WHAT ABOUT WHOLE GRAIN BREAD?



"Whole grain" doesn't guarantee that a product is healthy. A single slice of whole grain bread can contain up to 100 calories – very little of which is nutritionally valuable! Even the best whole grain breads are heavily processed, high in sugar, and loaded with calories. The grains have been pulverized into a very fine flour that gets digested very rapidly. This means that even whole grains can lead to rapid spikes in blood sugar. The average whole wheat bread has the same glycemic index as regular white bread. Even if you don't have diabetes, eating high glycemic products like processed grains can lead to weight gain, future diabetes, and even cancer.



**Warning:** *Though whole grain breads contain gut-damaging gluten, gluten-free options aren't much better. Most gluten-free breads are made with refined grains and are loaded with additives and "texturizers." This makes them a source of empty calories that have very little nutritional value.*

Whole grain breads can be as addictive as regular white bread. Eating bread stimulates opioid receptors in the brain – the same receptors as drugs like heroin – causing a pleasurable feeling of satiety. When you want to eat for emotional reasons, you usually turn to bread or processed-grain products – and that's because they're *actually addictive!* This makes them extremely easy to overeat at the expense of more nutritious foods like fruits and vegetables. For these reasons, we recommend that you do not eat processed whole grain products (bread, crackers, cookies, etc.) on your Maintenance Program. If you do choose to eat bread at any point in the future, sprouted grain breads like the "Ezekiel" brand will be your best bet.



## WHAT ABOUT “HEALTHIER” CRACKERS AND CHIPS?



If you’ve been spending time at your local health food store, you’ve probably found a few processed products that may seem healthy – whole grain crackers, bean-based chips, vegetable chips, etc. While these options are healthier than regular crackers or chips, they contain a lot of the same harmful additives. Sweet potato chips, for example, are healthier than regular potato chips, but they’re still deep fried in refined vegetable oils. Some brands contain preservatives and flavoring agents that you’d also want to avoid.

## WHAT ABOUT “NATURAL” CONDIMENTS?



Because you’re in this for the long haul, every little choice matters. So far, you’ve avoided condiments like ketchup, mustard, and barbeque sauce. At this point, you might be thinking about trying the “healthier” versions of these products. Though you’ll be able to find condiments that don’t contain preservatives or fillers, you won’t be able to find many products that aren’t high in sugar. Even the “natural” versions of condiments that you can find at the health food store contain regular refined sugar. Though these products – Annie’s organic ketchup, for example – are much better than other options, you’ll have to decide what role you want them to play in your diet. You may choose to use them *very sparingly* or keep them out of your diet altogether.

## WHAT ABOUT DELI MEAT, HOTDOGS, OR HAMBURGERS?



What you don’t know *can* hurt you. Have you ever tried reading the ingredients list on a pack of hot dogs? If you haven’t, you may not realize that processed meats are loaded with cancer-causing ingredients! Processed deli meats and hotdogs contain deadly preservatives, lots of refined sugar, and a variety of “texture-enhancing” chemical additives that any sane person would want to avoid. Though it’s *possible* to find deli meats that don’t contain these ingredients, it’s very difficult. Watch out for sodium *nitrate*, sodium *nitrite*, and sodium phosphates. Though these preservatives are common in processed foods, they’ve been linked to higher rates of kidney disease, osteoporosis, and cancer!

In general, red meat should be kept to an absolute minimum. It takes longer to digest than other types of meat and ends up feeding harmful bacteria in the gut. Processed red meats (hamburgers, sausages, etc.) should be kept out of the diet altogether because they contain chemical additives and fillers. If you really want an *occasional* hamburger patty (without the bun!) or sausage, you can always make it yourself! Just be careful – these are “high difficulty level” foods for weight maintenance because they’re so easy to overeat.

## SUPPLEMENTATION



Taking nutritional supplements is essential if you want to maintain your weight and stay 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 freeze-dry, heat-dry, or chemically-dry any of its ingredients. Everything is fully active and nutritionally available! We want the very best for your body.

On the Maintenance Program, the following Solutions4 supplements are recommended for everyone. Additional supplements may be added based on the results of your quarterly Symptom Assessment.

### ***SOLUTIONS4 SUPPLEMENTS FOR DAILY HEALTH***

**Daily Essentials** — *Quick and easy dose of everything your body needs!*

These convenient grab-and-go packs have been formulated to address the broad nutritional needs of post-program maintenance. They provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs. These are a must-have for anyone balancing great health and a busy life!

### ***SOLUTIONS4 DETOXIFICATION KIT***

**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!

### **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!

### **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!

## **SOLUTIONS4 NUTRITIONAL SHAKE**

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

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

## **SOLUTIONS4 INCH-LOSS LOTIONS**

### **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!

### **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.

## ***SOLUTIONS4 NON-TOXIC SKINCARE (THE BASICS)***

**Apple Stem Cell Moisturizer** — *Hydrates, heals, and restores skin to a youthful glow!*

Apple stem cells are revolutionizing the skincare industry in ways you never would have imagined! Our product combines these plant-derived stem cells with other anti-aging actives like antioxidants, anti-inflammatory botanicals, and UV protectors! We are able to rejuvenate your skin's DNA and literally give aging skin a fresh new start.

**Apricot Exfoliator** — *A deep cleaning scrub that removes impurities and brightens the skin!*

The Apricot Exfoliator is a grapeseed oil-based scrub that combines a perfect blend of nutrients, antioxidants, UV protectors, and moisturizers to provide superior protection and gentle exfoliation! Apricot seed gently stimulates the skin, leaving your face feeling smooth and refreshed. It contains collagen and elastin builders that prevent the appearance of wrinkles and fine lines.

**Green Tea Cleanser** — *Detoxifies the skin with anti-aging antioxidants!*

This super-potent cleanser creates a rich, foamy lather that heals and softens the skin. This impressive product is a powerhouse of antioxidants that prevents premature aging and restores your skin to a youthful vibrancy. Super-antioxidants like green tea leaves, CoQ10, and vitamin C fight the free radicals that give your skin a dull and lifeless appearance. It's also packed with the extracts of healing plants like aloe vera, red algae, chamomile, and comfrey!

## ***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. Never take the Appetite Appeaser or Cellulite Cleanse products after 6 pm. They can increase your energy and keep you awake at night if taken too close to bedtime.

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

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## EATING ORGANIC PRODUCE

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

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

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

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

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

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

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

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

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

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

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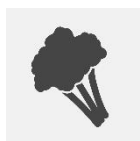
## **EATING RAW, FRESH PRODUCE**

### ***COOKING KILLS NUTRIENTS***



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

## ***RAW FOODS CONTAIN ENZYMES***



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

## ***HIGH-HEAT COOKING CREATES CARCINOGENS***



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

## ***CANNED FRUITS AND VEGGIES CAN BE TOXIC***



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

## ***TWO OPTIONS: FREEZING AND DEHYDRATING***



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

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## **HIGH QUALITY ANIMAL PRODUCTS**

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

## ORGANIC POULTRY



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

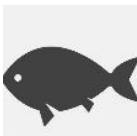
## EGGS: ORGANIC, FREE-RANGE, OR OMEGA-3



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

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

## WILD-CAUGHT VS. FARM-RAISED FISH



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

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



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

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

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

### **GRASS-FED BEEF**



If you choose to eat a little bit of red meat occasionally, make sure that the beef you choose is grass-fed. Cows that have fed on grass – rather than grain – are not treated with antibiotics and have lower rates of *E. coli* contamination. They're also free of the steroid hormones used in conventional dairy farming! Meat from grass-fed cows contains about four times more omega-3 than meat from grain-fed cows. It also contains far less inflammatory omega-6 and provides a rich source of anti-inflammatory CLA (conjugated linoleic acid).

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## **JUICING, SOAKING, AND SPROUTING**

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

### **FRESH VEGETABLE JUICE**



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

If you want to make vegetable juice yourself, you'll probably need a juicer. If you don't have one, that's okay! You can always blend high water content vegetables (like tomatoes, cucumbers, and spinach) with more water in a high-speed blender. One advantage of this method is that the juice is complete with all of its original fiber! If you blend other types of vegetables (carrots, turnips, etc.), you'll end up with more of a smoothie.

If you do want to get a juicer, there are two types 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.

### ***SOAKED AND SPROUTED NUTS, SEEDS, AND LEGUMES***



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

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



***Warning:*** Though sprouts (a vegetable) may be eaten in abundance, the actual nut, seed, or legume (still attached to the sprout) must be eaten in moderation. The same goes for soaked nuts and seeds.

## VIII. STRUCTURING YOUR PROGRAM

### DIET COMPOSITION AND PORTION SIZING

Your Maintenance Program is designed to help you maintain your weight 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 would eat on a standard American diet. Now that you're on Maintenance, we'll recalculate your calorie needs based on your new BMR (Basal Metabolic Rate). This customized approach will ensure your long-term success! 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.

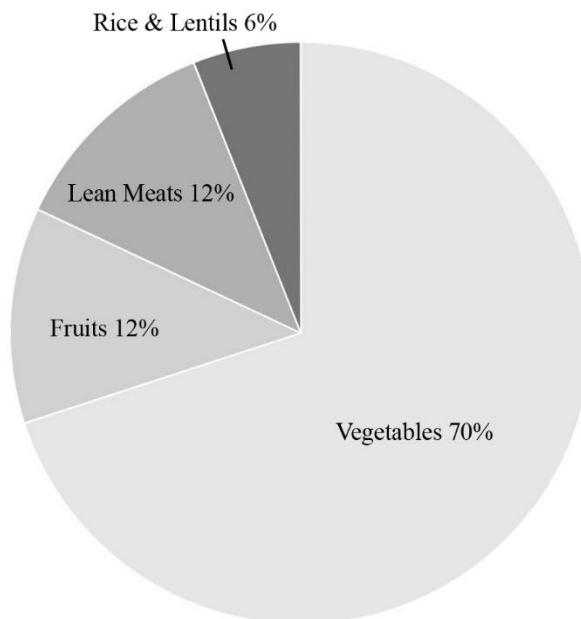


**Warning:** When you're eating fresh fruits and vegetables, you may find that you actually tend to fall short of your guidelines. Don't let that happen! If you don't eat enough food, your body will go into "starvation mode" and will stop burning fat. Stay near your calorie recommendations, but focus 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 on fresh vegetables 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.

#### Maintenance Program



## **VEGETABLES (70%)**



On your Maintenance Program, continue to center your diet around fresh, vibrant vegetables. You don't want to eat fewer vegetables just because you've reached your goal weight! Try to eat at least half of these vegetables raw or lightly cooked. The best way to do this is to use salads to structure your meals. Use these tips to get the maximum amount of leafy greens in your diet:

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

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. For maximum nutrient retention, vegetables may be steamed for four minutes or stir fried over low heat.

## **FRUITS (12%)**



On maintenance, go ahead and eat moderate amounts of fruit. Allow yourself a 1-3 servings each day. A serving of fruit is equal to about a single piece of medium-sized fruit (an apple, banana, orange, etc.). An easy way to incorporate fruit is to have it for breakfast or to blend it with your Nutritional Shake. For something extra creamy, try blending the chocolate shake with a frozen banana!

## **LEAN MEATS (12%)**



Aim to eat two to four small (3 oz.) servings of meat each day. A 3 oz. serving of meat is about the size of your palm or a deck of cards. One or two of these servings should be fish! If possible, eat varieties of fish that are high in omega-3 (salmon, tuna, trout, etc.). Though you might eat organic, grass-fed red meat occasionally, make sure that your diet stays centered around the meats that matter most (fish, especially).

## **LIMITED GRAINS AND LEGUMES (up to 6%)**



Whole grains and legumes (mostly rice, quinoa, and lentils) can be eaten on maintenance, if you feel they are necessary. Even then, they must be eaten very sparingly (less than 6% of your diet). Try to stick with gluten-free grains as much as possible. As a general rule, you should eat only up to *one cup* of a single grain or legume (not one of each). Try adding one of these to a green salad to get more greens in the meal!

## WATER



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

## READING LABELS AND CHECKING INGREDIENTS

Before purchasing a food item, always read your labels and check the ingredient list. Watch out for artificial ingredients that are not allowed during the program. *If you don't know what it is, don't eat it!* Because you will be eating mostly fresh foods on your Maintenance Program, you should only rarely need to check a label. When you do, this information will be essential.

### UNDERSTANDING NUTRITIONAL INFORMATION

<b>Nutrition Facts</b>	
Serving Size About ½ cup (125g)	
Servings Per Container About 5.5	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 450mg	20%
<b>Total Carbohydrate</b> 14g	4%
Dietary Fiber 4g	15%
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A 4%	• Vitamin C 20%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

#### Serving Size

At the very top of this label, you'll see the serving size and servings per container listed. If there are 5.5 servings in your container and you eat the whole thing, you'll have to multiply everything by 5.5. For example, although there are only 2 grams of sugar in one serving, you'll get 11 grams of sugar if you eat the whole package!

#### Total Carbohydrate, Dietary Fiber, and Sugars

Aim for foods that are high in fiber and low in sugar. Watch out for anything containing more than 5 grams of sugar per serving!

#### Vitamin and Mineral Content

Choose foods that meet your daily value (DV) of important vitamins and minerals. Any food that contains 20% or more of an essential nutrient is a pretty good source.

## ***READING LABELS***

### **Certified Organic**

Products labeled “certified organic” can contain up to 5% ingredients that are not organic. These products will contain small amounts of conventionally grown ingredients (potentially with pesticide residue).

### **100% Organic**

Products marketed as 100% organic are actually made with 100% organic ingredients.

### **All-Natural**

No formal rules exist to regulate branding a product as “all-natural.” Many products containing high fructose corn syrup and other harmful ingredients are marketed as “natural.” Don’t take “all-natural” at face value – check the ingredients.

### **Made with “Real Fruit”**

Foods that claim to contain “real fruit” may only contain small amounts of actual fruit. Instead, the main ingredients are often corn syrup or sugar. Check the ingredient list to make sure that all you are eating is real fruit.

## ***CHECKING INGREDIENTS***

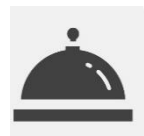
Always read the ingredient list before buying a product. Ingredients will be listed in order of descending importance. The first two or three ingredients are the primary ingredients, and the things near the end of the list are included in much smaller quantities. But don’t let this deceive you! Even though preservatives are usually listed last, they’ll affect your body even in those small quantities. For some of these food additives, larger doses could be lethal!

Common food additives to watch out for include monosodium glutamate (MSG), aspartame (Splenda), high fructose corn syrup, food dyes, sodium sulfite, sodium nitrate/nitrite, butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), sulfur dioxide, and potassium bromate. Never buy a product if you don’t know that each ingredient is safe to put into your body.

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## **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. 84 for more healthy options! When in doubt, a veggie-loaded salad is almost always one of the healthiest (and tastiest) meals you can eat.

## **Breakfast Ideas**

For breakfast, you should get the nutrients your body needs to start your day right! For something quick and easy on-the-go, try blending one of our Nutritional Shakes with ice. If you want to take a little more time, try making a fruit and vegetable smoothie or one of our egg and vegetable dishes. Vegetables should find their way into almost all of your meals, and breakfast is no exception. When you make a fruit smoothie, throw in a handful of dark leafy greens. Green smoothies give you a healthy morning energy rush without a midafternoon crash! For something a little heavier and more filling, try an egg and vegetable dish. You can make a veggie-loaded omelet, a vegetable egg scramble, or a plate of sautéed veggies topped with an egg, sunny-side up. Let your creativity run wild!

## **Lunch Ideas**

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

## **Snack Ideas**

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

## **Dinner Ideas**

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

## ***GROCERY SHOPPING STRATEGIES***

- Remember that everything you need to live can be found in the produce section.
- While shopping, ask yourself, "How will this go with a salad?" Try to consider everything as something that will go into a salad or alongside it.
- Buy your produce first. It is the most important food. If you are on a budget, shopping for produce (instead of junk food) will maximize your dollar.

- Try shopping two times a week in order to get fresh produce. Most leafy greens have a refrigerator shelf life of 4-5 days.
- Wash leafy greens by separating the leaves. Rinse well in order to remove pesticides.
- Keep your refrigerator well stocked with fresh vegetables. That way, you will always have what you need for a delicious salad.
- Many grocery stores have salad bars that serve healthy options in a pinch. For an emergency salad on-the-go, you can always buy some lettuce, veggies, olive oil, and a lemon!



## IX. YOUR PROGRAM MANUAL RESOURCES

### ***DAILY CHECKLISTS***

In the daily checklists, you'll have the opportunity to write down everything you ate for breakfast, lunch, snacks, and dinner. When you come in for your one-on-one evaluations, 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. Studies show that keeping a food journal will make you twice as successful at losing (and maintaining) your weight! That's a big benefit from such a simple task.

### ***RECIPES***

All of our recipes are 100% program approved. You can eat anything you find in our recipe section! Of course, you'll still want to stay within your calorie limit and other nutritional guidelines. We've put together some of our best recipes to help you maintain your 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.

### ***CALORIE INDEX***

We have the calorie count for all of the foods that are foundational for Maintenance. 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 (with information about foods to eat never, sparingly, moderately, or often) 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!

## DAILY CHECKLISTS

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

*What you do every day matters more than what you do every once in a while.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories


Mid-Afternoon Snack	Calories

Dinner	Calories

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

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

[illegible]

	AM:
	NOON:
	PM:

<b>Lifestyle Guidelines:</b> (✓ = 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 track your calories?	<input type="checkbox"/> Did you apply anti-cellulite lotion after showering?
<input type="checkbox"/> Did you stay within your calorie budget?	<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.	_____

## DAILY CHECKLISTS

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

*Do something today that your future self will thank you for.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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## DAILY CHECKLISTS

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

*It's the little things that add up to make big things happen.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

<b>Calories Allotted for the Day</b>	
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## DAILY CHECKLISTS

**Date:**     /     /

*You don't have to be great to start, but you have to start to be great.*

Breakfast	Calories

Mid-Morning Snack	Calories

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## DAILY CHECKLISTS

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

*If you want to fly, give up everything that weighs you down.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories


Mid-Afternoon Snack	Calories

Dinner	Calories

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## DAILY CHECKLISTS

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

*When you feel like quitting, think about why you started.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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## DAILY CHECKLISTS

**Date:**     /     /

*Eat well. Move daily. Hydrate often. Sleep lots. Love your body. Repeat for life.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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<input type="checkbox"/> Did you drink ½ your weight in oz. of water?	_____
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## DAILY CHECKLISTS

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

*If you want to fly, give up everything that weighs you down.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

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

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	AM:
	NOON:
	PM:

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

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## DAILY CHECKLISTS

**Date:**     /     /

*When you feel like quitting, think about why you started.*

Breakfast	Calories

Mid-Morning Snack	Calories

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Dinner	Calories

<b>Calories Allotted for the Day</b>	
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## DAILY CHECKLISTS

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

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## DAILY CHECKLISTS

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

*What you do every day matters more than what you do every once in a while.*

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## DAILY CHECKLISTS

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

*Do something today that your future self will thank you for.*

Breakfast	Calories

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## DAILY CHECKLISTS

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

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## DAILY CHECKLISTS

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

*When you feel like quitting, think about why you started.*

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## DAILY CHECKLISTS

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

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Breakfast	Calories

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## DAILY CHECKLISTS

**Date:**     /     /

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## DAILY CHECKLISTS

**Date:**     /     /

*When you feel like quitting, think about why you started.*

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories


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Breakfast	Calories

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Lunch	Calories


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[illegible]

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**Date:**     /     /

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

- ☐ **Lemon Mixture #1**

- ☐ **Water Bottle #1**

## 2:00 PM to 7:00 PM

- ### □ Lemon Mixture #2

- ☐ **Water Bottle #2**



**NOON:**

**PM:**

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

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

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

[illegible]



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

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

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

- AM:  
NOON:  
PM:

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

- 
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[illegible]



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

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

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

- 

AM:  
NOON:  
PM:

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

- Did you follow detox guidelines?
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# RECIPES

## SHAKES AND SMOOTHIES

### Fruit Smoothie

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

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Pina Colada

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

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Citrus Berry Splash

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

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Meal Shake

### Coconut Chocolate Delight

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

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Chocolate Dream

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

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

### Snack Shake

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

Combine all ingredients in a blender and blend well.

*Prep time: 5 minutes*

*Serves 1*

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

Combine all ingredients in a blender and blend  
well.

*Prep time: 5 minutes*

*Serves 1*

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## BREAKFAST DISHES

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### Stir-Fried Vegetable Scramble

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

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

*Prep time: 20 minutes*

*Serves 2-3*

### Berry Salad

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

Combine all ingredients in a bowl and serve.

*Prep time: 5-10 minutes*

*Serves 1*

### World's Best Omelet

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

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

*Prep time: 15 minutes*

*Serves 1*

### Veggie Scramble

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

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

*Prep time: 15 minutes*

*Serves 2*

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## SALADS AND WRAPS

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### Chicken Salad Wraps

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

1. Mix chicken, celery, eggs, onion, and Candida-Friendly Mayonnaise (see pg. 102). Use just enough mayonnaise to moisten the mixture.
2. Serve in romaine lettuce and wrap tightly.

*Prep time: 15 minutes*

*Serves 4*

### Confetti Salad

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

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

*Prep time: 15 minutes*

*Serves 2*

### Classic Green Salad

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

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

*Prep time: 10 minutes*

*Serves 1*

### Greek Salad

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

Combine all ingredients with a desired amount of dressing.

*Prep time: 15 minutes*

*Serves 1*

### Nori and Avocado Salad

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

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

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

*Prep time: 20 minutes*

*Serves 2*

### **Mexican Salad**

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

Combine all ingredients in a bowl and mix well.

*Prep time: 20 minutes*

*Serves 2-4*

### **Mediterranean Salad**

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

Combine all ingredients in a bowl and toss well.

*Prep time: 15 minutes*

*Serves 2*

### **Chicken Salad**

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

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

*Prep time: 20 minutes*

*Serves 2-3*

### **Guacamole & Tomato Lettuce Wraps**

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

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

*Prep time: 10 minutes*

*Serves 6-8*

### **Spring Garden Salad**

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

#### Dressing:

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

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

*Prep time: 30 minutes*

*Serves 4*

### Melted Tomato & Zucchini Wraps

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

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

*Prep time: 20 minutes*

*Serves 2*

### Spicy Taco Crunch Wraps

1 ripe avocado, diced  
½ large onion, diced  
¼ cup fresh lime juice  
⅛ cup fresh parsley, chopped  
½ jalapeno pepper, diced

1 ½ tsp. sea salt  
Romaine or leaf lettuce

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

*Prep time: 10 minutes*

*Serves 2*

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## SOUPS

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### Hearty Chicken Soup

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

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

*Prep time: 1 hour*

*Serves 2*

### Cioppino

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

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

*Prep time: 30 minutes*

*Serves 3-4*



### **Creamy Celery Soup**

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

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

*Prep time: 30 minutes*

*Serves 4-5*

### **Mexican Chicken Soup**

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

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

*Prep time: 30 minutes*

*Serves 2*

### **American Vegetable Soup**

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

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

*Prep time: 1 hour*

*Serves 6*

### **Vegetable Rice Soup**

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

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

*Prep time: 10 minutes*

*Serves: 2*

## Vegetable Garden Soup

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

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

*Prep time: 45 minutes*

*Serves 8*

## Veggie Chowder

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

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

*Prep time: 20 minutes*

*Serves 4*

## Savory Vegetable Soup

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

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

*Prep time: 30 minutes*

*Serves 3-4*

## Savory Vegetable Soup with Zucchini

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

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

*Prep time: 30 minutes*

*Serves 3-4*

## White Chicken Chili

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

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

*Prep time: 30 minutes*

*Serves 2*

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## VEGETABLE-ONLY DISHES

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### Belgian Endive Delight

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

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

*Prep time: 25 minutes*

*Serves 6*

### Carrot “Stuffing”

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

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

*Prep time: 20 minutes*

*Serves 2-4*

### **Beet Greens and Chard**

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

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

*Prep time: 12 minutes*

*Serves 2-4*

### **Eggplant & Pepper Skillet**

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

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

*Prep time: 30 minutes*

*Serves: 4-6*

### **Garlic Green Beans**

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

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

*Prep time: 15 minutes*

*Serves 2-3*

### **French Garlic String Beans**

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

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

*Prep time: 35 minutes*

*Serves 4-6*

### **Heavenly Marinated Vegetables**

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

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

*Prep time: 25 minutes*

*Serves 4-6*

### **Mock “Mashed Potatoes”**

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

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

*Prep time: 10 minutes*

*Serves 2-3*

### **Italian Zucchini**

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

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

*Prep time: 25 minutes*

*Serves 4*

### **Stir-Fried Cabbage**

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

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

*Prep time: 15 minutes*

*Serves 4*

### **Grilled Asparagus**

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

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

*Prep time: 7-10 minutes*

*Serves 3-4*

### **Italian Green Beans**

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

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

*Prep time: 10 minutes*

*Serves 4-6*

### **Layered Zucchini**

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

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

*Prep time: 15 minutes*

*Serves 4*

### **Zesty Lemon Broccoli**

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

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

*Prep time: 10 minutes*

*Serves 2*

### **Bunches of Broccoli**

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

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

*Prep time: 15 minutes*

*Serves 1*

### **Sautéed Brussels Sprouts**

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

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

*Prep time: 20 minutes*

*Serves 2*

### **Marinated Tomatoes**

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

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

*Prep time: 20 minutes*

*Serves 2*

### **Parsley and Parsnips**

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

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

*Prep time: 15 minutes*

*Serves 4-6*

### **Spicy Steamed Cabbage**

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

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

*Prep time: 15 minutes*

*Serves 2*

### **Sautéed Asparagus**

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

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

*Prep time: 20 minutes*

*Serves 4*

### **Sautéed Spinach**

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

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

*Prep time: 10 minutes*

*Serves 2*

### **Classic Stir-Fry**

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

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

*Prep time: 20 minutes*

*Serves 2-3*

### **Vegetable Delight**

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

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

*Prep time: 10 minutes*

*Serves 5*

### **Stir-Fried Cucumbers**

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

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

*Prep time: 15 minutes*

*Serves 2*

### **Classic Marinated Vegetables**

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

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

*Prep time: 25 minutes*

*Serves 6*

### **Tomato Cups**

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

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

*Prep time: 15 minutes*

*Serves 6*

### **Spiced & Steamed Artichokes**

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

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

*Prep time: 50 minutes*

*Serves 4*

### **Vegetable Stuffed Green Peppers**

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

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

*Prep time: 15 minutes*

*Serves 2*

### **Veggie Kabobs**

#### Marinade

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

#### Kabob

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

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

*Prep time: 30 minutes*

*Serves 6*



## MEATS, GRAINS, AND LEGUMES

### Broccoli and Chicken Divine

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

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

*Prep time: 30 minutes*

*Serves 4*

### Brown Rice with Herbs

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

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

*Prep time: 1 hour*

*Serves 6*

### Broccoli Pilaf

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

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

*Prep time: 15 minutes*

*Serves 5-6*

### Brussels Sprouts and Chicken Delight

⅛ cup extra virgin olive oil  
5-6 Brussels sprouts  
1-2 cloves garlic, peeled and quartered  
½ an onion, diced  
3-4 oz. chicken, cubed

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

*Prep time: 15 minutes*

*Serves 1*

### Chicken with Melted Tomato & Zucchini

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

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

*Prep time: 40 minutes*

*Serves 2*

### Picnic Lettuce Wraps

¼ lb. cooked chicken or tuna  
1 stalk celery, chopped  
1 tsp. chopped fresh dill  
1 tsp. chopped fresh basil  
½ tsp. garlic powder  
2 tbsp. Candida-Friendly Mayonnaise (see pg. 102)  
1 tomato, sliced  
4 iceberg lettuce leaves

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

*Prep time: 20 minutes*

*Serves 4*

### Zesty Lemon Chicken

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

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

*Prep time: 20 minutes*

*Serves 2*

### Chicken Cacciatore

3 lbs. frying chicken pieces  
1 tsp. garlic powder, to taste  
1 tbsp. chopped fresh oregano  
1 tbsp. chopped fresh basil  
1-8 oz. homemade tomato sauce (see pg. 102)

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

*Prep time: 1 hr. 15 min.*

*Serves 4*

### **Broccoli and Rice**

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

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

*Prep time: 15-20 minutes*

*Serves 4*

### **Citrus Ginger Chicken Stir-Fry**

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

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

*Prep time: 25 minutes*

*Serves 2*

### **Chicken Lettuce Wraps**

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

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

*Prep time: 15 minutes*

*Serves 6*

### **Easy Chicken & Rice**

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

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

*Prep time: 1 hour*

*Serves 4*

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## DESSERTS

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### Banana Papaya Pudding

1 banana  
1 medium papaya, seeded and chopped

Blend papaya and banana until smooth. Serve chilled.

*Prep time: 5 minutes*

*Serves 2*

### Juice Pops

4 oranges  
2 cups berries

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

*Prep time: 5 minutes*

*Serves 6*

### Banana Ice Cream

2-3 frozen bananas  
Optional: fresh fruit toppings

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

*Prep time: 5 minutes*

*Serves 2*

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## DRESSINGS

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### Lemon Herb Dressing

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

Place all ingredients in a bowl and stir.

*Prep time: 5 minutes*

*Serves 1*

### Italian Marinade or Dressing

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

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

*Prep time: 5 minutes*

*Serves 4-6*

### **Garlic Olive Oil Dressing**

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

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

*Prep time: 5 minutes*

*Serves 2*

### **Energy Dressing**

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

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

*Prep time: 15 minutes*

*Serves 2*

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

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

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

*Prep time: 5 minutes*

*Serves 6-8*

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## **CONDIMENTS AND SAUCES**

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### **Chunky Guacamole**

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

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

*Prep time: 10 minutes*

*Serves 4-6*

### **Classic Guacamole**

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

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

*Prep time: 10 minutes*

*Serves 8-10*

### **Homemade Tomato Sauce**

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

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

*Prep time: 25 minutes*

*Serves 2-3*

### **Candida-Friendly Mayonnaise**

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

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

*Prep time: 15 minutes*

*Serves 6-8*

### **Classic Salsa**

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

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

*Prep time: 10 minutes*

*Serves 2*

### **Fresh Tomato Salsa**

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

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

*Prep time: 15 minutes*

*Serves 2-3*

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

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

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

*Prep time: 10 minutes*

*Serves 2*

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## DETOX DRINK

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### **Detox Lemonade – For Woman**

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

4 cups distilled water

1/3 cup pure maple syrup\*

### **Detox Lemonade – For Men**

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

4 cups distilled water

1/2 cup pure maple syrup\*

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

Combine all ingredients. Mix well.

**Recipe makes one bottle.**

*Prep time: 2 minutes*

*Serves 1*

## CALORIE INDEX

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



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

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

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

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

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

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

## X. EXTERNAL RESOURCES

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

### ***ORGANIC FRUITS AND VEGETABLES***

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

### ***HIGH QUALITY MEATS AND EGGS***

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

### ***OLIVE AND OTHER OILS***

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

### ***RAW, ORGANIC NUTS***

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

### ***SALT***

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

### ***SPICES***

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