“The most practical, beautiful, workable philosophy in the world won’t work – if you won’t.” – Zig Ziglar

-This system works, if you’re willing to work. Make sure that you follow the plan-

“Setting a goal is not the main thing. It is deciding how you will go about achieving it and sticking with that plan.” – Tom Landry

WELCOME

To achieve success in all that you do, you must plan correctly. Planning lays the foundation for this program. We have all heard this- If you fail to plan, you plan to fail.

You will use a journal and a daily tracking sheet to help you record and monitor your progress throughout the program. These tools will allow you to track your progress and accomplishments. You need to be aware that both your micro-accomplishments and major accomplishments matter.

I’m not going to waste any time discussing theory and principles; rather, we will concentrate on techniques and methods proven to work.

I do not believe that one diet is for everyone; but I now believe that everyone can lose fat, look amazing and achieve a level of health we all desire should we DECIDE to rise up to the challenge. It is now clearly apparent to me that anyone who wants to achieve health will do so when they really want it. I know that many of you who are on this program need it because you’re in a state of disease and devastation. Unfortunately, many more of you may not realize how sick and devastated your body really is.

Regardless, this program is going to get you on right track and will certainly give you an opportunity to transform life, the lives of those around you, and ultimately your legacy.
Getting Started

The absolute first thing you’ll have to do is prepare for your first week. The first two days will be easy because you will literally eat as much as you can and not worry about what you’re eating.

About the only thing you have to do is prepare yourself mentally for eating over and over. I would recommend that you clean out your pantry of anything bad by consuming it within these 2 days. It will be a lot easier if you do not have anything unhealthy in your house.

However, after those two days of gorging — you will need to be prepared to stay on target.

This includes groceries, food containers, meals and any moments where you will be exposed to eating out (lunch meetings, parties, outings, etc.)

Here are a few things to consider:

- Do not substitute pork, other poultry, fatty fish, or heavily marbled beef for the lean protein.

- Balsamic vinegar is to be avoided during phase two due to its high sugar content. Always check the sugar content if you plan on experimenting with other vinegars choices and note the fluctuations of your weight and how it relates to changes in your diet.

- Get some Bragg’s Liquid Aminos or Coconut Aminos. This is a replacement for traditional soy sauce.

- Although Melba toast and breadsticks are allowed (1 piece per meal) you should try to avoid eating if possible.

- Try to keep meals simple – single ingredient foods (ie chicken, steamed broccoli and spinach).

- Pick out a favorite water container and know how much water it holds so you can measure intake.

- One way to remove and reduce fat from ground beef is to add water and simmer until the fat floats on top. Pour off the excess liquid, add spices, and enjoy.

- Any variety of fresh white fish can be substituted in any of the fish recipes.

- READ ALL LABELS and be on the lookout for olive oil, butter, cheese, and half and half.

- Drink half your body weight in ounces every day.
• Purchase healthy condiments—mustard, salsas in place of ketchup, spices and seasonings

• Chop onions and garlic in advance and store in baggies to add to meats and vegetables easily. Keep in the refrigerator or freeze for later use.

• Use a large deep frying pan and cook 3 or more servings at a time. This saves time, allows you to prepare meals in advance, and allows you to share the spices and sauces with multiple servings.

• Weigh out individual servings of meat, chicken or fish, put in plastic bags and freeze for later use. You can even freeze individual servings pre-seasoned with marinades or spice blends for added flavor. This can save you a lot of time when preparing meals.

• Cook meats and measure into plastic bags or containers to take to work or social events. Carry a cooler in your car with fruit, vegetable, or protein servings so that you aren’t tempted to sample a friend’s barbeque or eat inappropriate foods at a restaurant. You must always be prepared.

• Carry tea bags of the recommended teas in your purse, pocket, or car for on the go drinks. Just add hot water for hot tea, or carry iced versions of the recommended teas in a cooler or chiller bottle.

• Mix teas such as green tea, mint, or vanilla Yerba Mate, Brew very strong and serve over ice with a lemon slices and stevia for a cool treat during summer. You can also make them into ice pops in your freezer for a refreshing dessert treat.

• Serve your Stevia lemonade, iced tea, or other beverages in a fancy glass like a martini glass when at a party or out to dinner. Garnish with lemon, mint, or a slice or two of strawberry. No one will know you aren’t imbibing and you will blend into the crowd without anyone the wiser that you are on a diet.

• Make home made sparkling virgin martinis or other mixed drinks with allowed fruit juice and sparkling mineral water. See recipes for flavor ideas. Serve them in a martini glass with a wedge of lemon or other garnish and enjoy.

• Cook a roast in advance. Divide the roast into individual servings at the end of the cooking process.

• Use small amounts of garlic or onion powder as a slight thickening agent for dressings and sauces. Check the label to avoid added starches and sugars in any spices.
Getting Started – Helpful Tips for Preparing Ahead

- Prepare vegetable and fruit servings the day before. Store chopped vegetables and fruits in plastic baggies for meals on the go.

- Store single serving soups, chili, stews in disposable containers for taking to work or a quick meal.

- Take a weekly shopping trip to pick up wonderful, fresh, organic produce at your local farmers market or co-op. If you go to your local Food Market or Whole Foods stores, try to buy your veggies as fresh as possible for optimum nutritional value.

- Check out online sites for organic meats and vegetables if you have a difficult time finding them locally. Many of these companies will ship organic produce and meats to your door.

- Look for sales at Whole Foods, Sprouts, Costco or local health food stores on organic meats and fish and stock up. Look for items in bulk and freeze what you can’t use immediately.

- Grind your own hamburger and chicken breast using a grinder or food processor set to pulse. This allows you to control the fat content of the meat better and allows you to make entrees using ground meats without compromising the fat restrictions of the diet.

- Enjoy the fresh, natural taste of whole foods and spices. Allow your tastes to change and new habits to form. Notice how healthy your body feels when eating natural foods without the processed sugars and additives. Try to eat more fruits and vegetables in your daily diet when you progress to phases three and four of the diet. This will help you to maintain your new weight for life.

- Buy live basil, rosemary, mint, oregano, and parsley plants etc. You can grow your own herb garden for fresh flavors at your fingertips.

- Add spices like ground cinnamon, cocoa and pumpkin pie spice to coffee grounds for naturally flavored brewed coffee.

- Try some of the flavored varieties of liquid stevia for when you want something sweet. Enjoy with fresh fruit, coffee, or tea. Vanilla, dark chocolate, English toffee, peppermint, orange, and other flavors are available. Check your local health food store or shop online for additional flavor options.

- Carry packets of powdered stevia in your bag or pocket when dining out at restaurants. You can use these to flavor your iced tea or make your own homemade lemonade by asking the waiter for a plate of lemon wedges on the side.
• Use cinnamon to spice up your meals or add it to coffee grounds for wonderful flavored coffee. Cinnamon is a healthful spice that is believed to help decrease blood sugar levels. It tastes wonderful with fruits and adds spice to chicken and vegetable dishes.

• Freeze fresh strawberries, grapefruits or oranges to puree with ice and make smoothies for a refreshing treat.

• Freeze ice cube trays with fruit juice or pureed strawberries to add to drinks or recipes as needed.

• Try crock-pot cooking. Add vegetables such as celery, tomatoes, and onion, garlic, and spices etc to a full size roast (weighed in 100 gram increments) or individual chicken breast pieces to cook while you are at work.

• Save the juices from roasting beef, chicken, or crock-pot recipes to make tasty dressings and sauces. Refrigerate, then skim off the fat and prepare delicious sauces or dressings for salad by adding spices and vinegar. You can use these in some of the recipes when it calls for beef or chicken broth. You can also freeze the broth for later use.

• Make bundles of fresh herbs to add to soups or create herb infusions by immersing them in lemon juice or vinegar. You can use these on salads or as a marinade.

• Experiment with unusual flavor combinations so you don’t get bored. This cookbook should help and hopefully inspire you to create some of your own recipes.
Program Summary
## Month 1

*Optional* - Beginning Day 10, you can drink 2 burns/day, but you must purchase additional bod-e burn 24 pack otherwise you will run out.

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<thead>
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<th>Day 1</th>
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### Phases

- **Phase 1: Load**
- **Phase 2: Cleanse**
- **Phase 3: Burn + Rest**
- **Phase 4: Burn Only**
- **Phase 5: Transition**
- **Phase 6: Metabolic Reset**

### Notes

- **Day 28**: Both Drops x3
- **Day 29**: Both Drops x3
- **Day 30**: Dream Drops x3
- **Day 31**: Dream Drops x3
- **Day 32**: Dream Drops x3
- **Day 33**: Dream Drops x3
- **Day 34**: Dream Drops x3
# Month 2

**Optional** - While bode shakes and burns are recommended during the Metabolic Reset phase, it is optional and you must purchase additional product to do so.

## Phase 6: Metabolic Reset: Minimum 3 months but can follow this plan indefinitely

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Program Summary

PHASE 1 – Gorging Phase

First Two Days:
- Tap bottom of bottle on the palm of your hand a few times to activate the formulas
- Place 10 drops of BLUE Dream Drops under your tongue and hold for 1 minute then swallow what is left
- Take Dream Drops Blue formula three times per day. 10 Drops under tongue for 1 minute each dosage.
- GORGE yourself each meal / each day with high fat and high carbohydrate foods. Have fun and eat out at all your favorite restaurants and eat dessert! Women shoot for 4000 calories/day and Men shoot for 5000 calories/day.
- This is mandatory! If you do this phase correctly, you will gain weight…don’t worry it will come right off.
- This helps reset a specific hormone in your body as well as mentally gets you ready for reduced calories. If you do this correctly, by the end of the second day, you will be so sick of food

Phase 2 - Cleanse

Morning/Breakfast:
- Get out of bed & Empty your bladder
- Weigh yourself on digital scale measuring at least .2 pound increments & Record your weight
- Take Dream Drops Blue and Pink formulas (separately) and wait 15 minutes to eat or drink
- **Drink 1 Bod-E Burn for breakfast (8.3oz CAN or mix 3.0oz concentrate with water)**

AM Snack: 1 serving of fruit or vegetable snack

Lunch Time:
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- **Drink 1 Bode Cleanse (2oz concentrate)** – mix with at least 12 oz of cold water
- Lunch: 1 serving of lean meat or fish – see list for options
- 1 serving of vegetables – see list for options
- 1 melba toast (optional)

PM Snack: 1 serving of fruit / veggie

Dinner Time:
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- Dinner: 1 serving of lean meat or fish
- 1 serving of vegetables
- 1 melba toast (optional)

30 minutes before bed: **Drink Bode Rest (3oz concentrate)** – mix with 5oz or more of cold water
*This is optional and only if you ordered the REST*
Phase 3 – Burn + Rest (*2 servings of Burn is Optional, Rest is optional)

Morning/Breakfast:
- Get out of bed & Empty your bladder
- Weigh yourself on digital scale measuring at least .2 pound increments & Record your weight
- Take Dream Drops Blue and Pink formulas (separately) and wait 15 minutes to eat or drink
- **Drink 1 Bod-E Burn for breakfast (8.3oz or mix 3.0oz concentrate)**

AM Snack: 1 serving of fruit or vegetable as a snack

Lunch Time:
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- **Enhanced Burn Optional (must purchase additional burn) Drink 1 Bod-E Burn (8.3oz or mix 3.0oz concentrate)**
- Lunch: 1 serving of lean meat or fish – see list for options
  1 serving of vegetables – see list for options
  1 melba toast (optional)

PM Snack: 1 serving of fruit or vegetable as a snack

Dinner Time:
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- Dinner: 1 serving of lean meat or fish
  1 serving of vegetables
  1 melba toast (optional)

30 minutes before bed: **Drink Bode Rest (3oz concentrate)** – mix with 5oz or more of cold water
*This is optional and only if you ordered the REST

Phase 4 – Burn (*2 servings of Burn is Optional – Ask us to order more)

Morning/Breakfast:
- Get out of bed & Empty your bladder
- Weigh yourself on digital scale measuring at least .2 pound increments & Record your weight
- Take Dream Drops Blue and Pink formulas (separately) and wait 15 minutes to eat or drink
- **Drink 1 Bod-E Burn for breakfast (8.3oz or mix 3.0oz concentrate)**

AM Snack: 1 serving of fruit or vegetable as a snack

Lunch Time:
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
**Program Summary**

- **Enhanced Burn Optional** (must purchase additional burn) Drink 1 Bod-E Burn (8.3oz or mix 3.0oz concentrate)
- Lunch: 1 serving of lean meat or fish – see list for options
  1 serving of vegetables – see list for options
  1 melba toast (optional)

**PM Snack:** 1 serving of fruit or vegetable as a snack

**Dinner Time:**
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- Dinner: 1 serving of lean meat or fish
  1 serving of vegetables
  1 melba toast (optional)

**30 minutes before bed:** Drink Bode Rest through Day 26 (3oz concentrate) – mix with 5oz or more of cold water

**Phase 5 – Transition**

**Morning/Breakfast:**
- Get out of bed & Empty your bladder
- Weigh yourself on digital scale measuring at least .2 pound increments & Record your weight
- Take Dream Drops Blue and Pink formulas (Blue and Pink separately)
- **No Breakfast unless you are drinking Extra Burn that you ordered!**

**AM Snack:** 1 serving of fruit or vegetable as a snack

**Lunch Time:**
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- Lunch: 1 serving of lean meat or fish – see list for options
  1 serving of vegetables – see list for options
  1 melba toast (optional)

**PM Snack:** 1 serving of fruit or vegetable as a snack

**Dinner Time:**
- Make sure you have not had any food or drink in the past 15 minutes
- Take the two Dream Drops formulas (Blue and Pink separately)
- Wait 15 minutes to eat or drink
- Dinner: 1 serving of lean meat or fish
  1 serving of vegetables
  1 melba toast (optional)
Allowable Foods List during Phase 2 - 5

**You get two servings of each of the following category items each day.**

**Fruits:** One serving per meal or may be eaten as snacks (2 total for the day)
- One large apple (not two small apples)
- One orange
- Handful of strawberries
- ½ Grapefruit

“Free Vegetables” — You can as much of the following: Lettuce, tomato, cucumber, red onion, cabbage, celery, bell peppers, banana peppers, jalapeno peppers, unlimited salads

**Approved Vegetables:** Can be mixed together. The general rule is one handful, however, if you’re going to over eat one item, do it with vegetables. ***Potatoes, Sweet Potatoes, & Corn are not allowed.
- Cucumbers
- Celery
- Broccoli
- Cabbage
- Tomatoes
- Onions
- Spinach
- Lettuce
- Cauliflower
- Asparagus
- Beet Greens
- Carrots (3oz portion)
- Green Beans
- Squash
- Peas (2oz portion)
- Zucchini
- Black beans
- Brussels Sprout

**Meats/Proteins:**
100 grams of lean meat: 4 oz. (about the size of your hand) of lean beef, veal, chicken breast, fresh white fish, lobster, crab, or shrimp. Avoid Tuna & Salmon as they are fattier fish. Examples of lean white fish are Cod, Tilapia, and Sole (these aren’t quite as fishy tasting either).
- Lean lunch meat of any type
- Filet Mignon (trim visible fat)
- Sirloin Strip Steak
- Ground Sirloin
- Bison/ Buffalo
- Skinless white chicken
- Cornish Game Hen
- Skinless white turkey
- Pork Loin (trim visible fat)
- Shrimp
- Scallops
- Mahi Mahi
- Tilapia
- White or Orange Roughy
- Swordfish
- Walley

Substitutions: You may use 4 eggs (1 whole plus 3 whites) or ½ cup fat free cottage cheese occasionally as your protein.

**Bread:** Melba Toast or Grissini Bread Stick
**Snacks**
- Snack on the “Free Veggies” and increase your “water” intake if you are getting hungry.
- Jell-sugar free/fat free (not the whole box!)

**Beverages**
- Coffee, Tea, Water. Avoid any sugar sweeteners; use Stevia or Truvia. Flavor water with fresh lemon or lime juice.

**NOTE:** Fat, Starches, & Sugar are the enemies during your program. Your body has no reason to use its fat stores for fuel if you’re giving it fat from the outside.

***You may drink water, tea & coffee. Be sure to drink at least 96oz of water each day. No regular soda and try to avoid too much artificial sweeteners such as Splenda, Nutrasweet, Sucralose, Sweet n Low, etc. Liquid STEVIA works best and has no negative effect on your program. If you must have a soft drink, try to limit to one per day and you may want to consider the Vemma product Verve – a healthy alternative to soda.***

***If You Plateau:***

1. First make sure that you are drinking plenty of water. This will slow down and prevent weight loss.
2. Increase your portion of protein by 50% at every meal and if you are still hungry fill up on the allowed vegetables.
3. Make sure that your salads consist of spinach leaves or romaine lettuce.
4. Eat single vegetables with your protein. In other words eat Chicken w/Asparagus or Chicken w/Broccoli
Phase 6 – Maintenance Phase

Morning/Breakfast:
- Get out of bed & Empty your bladder
- Weigh yourself on digital scale measuring at least .2 pound increments
- Record your weight

*Notice: When you begin the Metabolic Reset or Maintenance phase of this program you will begin using the BODE Trainer system created by Chris Powell and Vemma. The BODE TRAINER SYSTEM can be accessed via the web at [http://vemmabode.com](http://vemmabode.com). Please follow the protocols outlined above until you reach Day 40. The usage of BODE Shakes and BURN during this phase of the program is highly recommended, but completely optional.

Weekly Carb Cycle Schedule – Followed for 3 months

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<th>LOW-CARB DAYS</th>
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<td>Enhances your body’s burning potential*</td>
<td>Boosts your body’s metabolism into high gear*</td>
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<td>BREAKFAST (within 30 minutes of waking)</td>
<td>BODE Shake Or Burn</td>
<td>Bod•e Shake</td>
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<td>MORNING SNACK</td>
<td>Smart Protein, Fat and Veggies</td>
<td>Smart Protein, Carb and Veggies</td>
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<td>LUNCH</td>
<td>Smart Protein, Fat and Veggies</td>
<td>Bod•e Shake</td>
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<td>AFTERNOON SNACK</td>
<td>BODE Shake Or Burn</td>
<td>Bod•e Burn (with Smart Carb and Veggies)</td>
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<td>DINNER</td>
<td>Smart Protein, Fat and Veggies</td>
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Weeks 1 to 3 (of each 4-week cycle)

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Week 4 (of each 4-week cycle)

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**Program Summary**

**Allowable Foods List during Phase 6 – Metabolic Reset or Maintenance Phase**

**SMART PROTEINS**

**Dairy:** cottage cheese (low fat), eggs, egg substitutes, Greek yogurt (nonfat plain), yogurt (low carb/high protein); **Poultry:** chicken, duck breast, ostrich, turkey breast (low sodium); **Red Meat:** beef (lean cuts), buffalo (ground), elk, roast beef (low-sodium deli), venison; **Seafood:** catfish, clams, cod, crab, halibut, lobster, mussels, salmon, scallops, shrimp, snapper, tilapia, trout, tuna; **Vegetable Protein:** tempeh, texturized vegetable protein, tofu; **White Meat:** pork (lean)

**SMART VEGETABLES**

Artichokes, arugula, asparagus, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, endive, green beans, kale, lettuce, mixed greens, mushrooms, mustard greens, okra, onions, peppers, radicchios, radishes, rhubarb, romaine, rutabaga, snow peas, spinach, sprouts, squash, tomatoes, turnips, zucchini

**SMART CARBOHYDRATES**

**Dairy:** milk (1% or skim), coconut milk; yogurt (low fat) with fruit; **Bread:** corn tortillas, whole grain breads, whole grain English muffins, whole grain tortillas; **Fruit:** apples, apricots, bananas, berries, grapes, kiwi, melons, nectarines, oranges, peaches, pears, pineapple, plums, tangerines; **Grain:** amaranth, barley, bran cereals, buckwheat, corn, couscous, long grain brown rice, oatmeal, popcorn, quinoa, spelt, whole grain cereals, wild rice; **Pasta:** brown rice pasta, whole grain pasta; **Root Vegetables:** potatoes (russet, red, gold; small 1-1/2” diameter), sweet potatoes/yams (small 2” diameter, 4” long); **Legumes:** beans (boiled or low-sodium canned), edamame, lentils (boiled or low-sodium canned), peas

**SMART FATS**

**Dairy:** cheese (low fat), feta cheese, cream, mozzarella (low fat); **Dressings:** balsamic vinaigrette, creamy salad dressing (low fat), mayonnaise (regular); **Fruit:** avocado, olives (large); **Nuts & Seeds:** almond butter, almonds (raw, whole), peanut butter (natural), peanuts (raw, chopped), pecans (raw, chopped), pumpkin seeds, sesame butter/tahini, sunflower seeds, soy nuts (roasted, lightly salted), walnuts (raw, chopped); **Oils:** canola oil, fish oil, flaxseed oil, olive oil, safflower oil, coconut oil

**SMART BEVERAGES**

Water, almond milk (unsweetened), tea, brewed coffee with noncaloric sweeteners (if desired), Bodē Thirst and Verve® Zero Sugar. Limit specialty coffees, creamers and sugars, as they are a source of refined carbohydrates.

**SMART CONDIMENTS**

Vinaigrettes, barbeque and wine sauces, as well as herbs and spices are recommended; however, any condiment of choice should be used sparingly. Choose lower sodium options when possible.

**EXERCISE** - We encourage you to exercise beginning with 5 min / day working up to 45 minutes per day.
Measurements
"Measurement is the first step that leads to control and eventually to improvement. If you can't measure something, you can't understand it. If you can't understand it, you can't control it. If you can't control it, you can't improve it."
- H. James Harrington

Use this section to keep track of your daily weight, food intake and any other notes that might be important to understand your progress.

Keeping a good log will help us determine how to address any weight loss plateau's or compare similarities between those of you who are “super successful” vs “successful” in weight loss.

Keep all biometric data in this section including pictures, measurements, body fat analysis and body composition tests.

Take this part of the program seriously. This is data collection and all about you!
“Every day do something that will inch you closer to a better tomorrow.” ~Doug Firebaugh

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| 27  |  PH 4 |         |           |           |         | Snack: Lunch: Snack: Dinner: | Day 27 – 34 (2 Burns are optional)
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|     |      |         |           |           |         |                  | Dream Drops Pink
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| 29  |      |         |           |           |         | Snack: Lunch: Snack: Dinner: |        |
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Product Descriptions
Please Note

The Dreamdrop and Bod-E Weight Loss Systems are two separate systems developed by two separate companies. We have provided this section with original materials from each company to allow for proper representation of each.

Combining these two programs has demonstrated greater results in weight loss and maintenance of weight loss. Please use the following information as a guide for helpful tips and additional information. But follow the protocols listed in your quick start guide, calendar and daily log.

Dreamdrops and Vemma Bod-e are not endorsing each other.
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DREAM DROPS™- WEIGHT LOSS SYSTEM

Welcome to a weight loss system where you can lose 10-30 lbs of unwanted fat in about 40 days with no required exercise, expensive pre-package foods, or starvation. These numbers are the average amount of pounds lost in about six weeks on the Dream Drops™ Weight Loss System. Age, gender, or lifestyle doesn’t matter, as long as you are ready to make your dream weight loss come true.

The Dream Drops™ Weight Loss System was “originally” based on some of the protocols mentioned in Dr. Simeon’s “Pounds and Inches- A New Approach to Obesity”. Our natural program is not based on an HCG product. This program was previously only available in medical weight loss clinics and only available to an exclusive wealthy clientele due to the high medical costs of the program.

The good news is that the doctor supervised Dream Drops™ Weight Loss System is now available to everyone to use at a very affordable cost. This simple system uses only a safe and easy proprietary blend of Dream Drops™ supplements instead of the questionable medical HCG injections along with appetite suppressant drugs used in past. You can now lose the pounds and inches you only “dreamed” of losing at your own pace in your own home and with our professional guidance.

The regimen for this program is quite simple and easy to do, no matter who you are or what your daily schedule may require. You have the potential to lose .5 to 1.0 pounds of fat per day while preserving muscle mass with our safe and effective system that over a thousand Dream Drops™ clients have already enjoyed.
HOW THE SYSTEM WORKS

This weight loss system is based on the following:

- A portion-controlled eating plan
- Two Dream Drops™ liquid supplement components

EATING PLAN

There are three phases of the eating plan:

- Load Phase (Days 1-2)
- Reduction Phase (Days 3-40)
- Maintenance Phase (Days 41 – patient maintains same weight ±1 pound for 7 days)

SUPPLEMENTS

There are a few liquid supplement components to this weight loss system:

- Dream Drops™
- Dream Drops™ brand Raspberry Ketones

These supplements, along with the portion-controlled meal program, are the basis for this program. Because the drops are taken sublingually (under the tongue), maximum absorption into the body can occur naturally.

Dream Drops™ [Dream Drops] (Blue Bottle)

These have a direct effect on our body to aid in appetite suppression, reducing cravings, burning excess fats, and increasing energy. By reducing cravings, the body avoids starvation symptoms while consuming fewer calories than being burned throughout a day. This is critical due to the fact that when the body enters a starvation mode, your metabolism will begin to slow down and start to burn protein (your muscles) for the energy it needs to survive. This would be very harmful to your health. Our professional supervision will guide you to a new level of weight loss success and a lifestyle change to break bad habits that have been preventing people from keeping the weight of permanently.

The Dream Drops™ brand Raspberry Ketones [Dream Drops RK]

These are included in our weight loss system and act synergistically with the Dream Drops™ to help burn fat “easier” as the RKs “slice” into the fat cell. The RKs “trick” the body into acting like it’s thin.

How To Take The Supplements

As mentioned earlier, the Dream Drops™ are taken “sublingually” or under the tongue for maximum absorption due to the increased blood supply and permeability of this area of the mouth. To achieve maximum absorption of the Dream Drops™, avoid eating, drinking, or brushing your teeth at least 15 minutes before taking your scheduled drops.

Administer the Dream Drops™ by keeping the dropper at a 45 degree “vertical” angle to the tongue to keep the drops at a consistent size to avoid running out. Place the 10 drops under your tongue while looking into a mirror, lower and hold the tongue gently over the drops for a minimum of at least 1 minute, but not more than 2 minutes, before gently “swishing” the fluids in your mouth and then swallowing.
**Do not** miss taking your **Dream Drops™** supplement(s) as scheduled. This will cause your metabolism to slow down and could cause uncomfortable fluctuations in your blood sugar. You may then begin to experience ‘hunger’ because your body does not know how to burn unwanted body fat for fuel instead of muscle.

**WATER INTAKE**

A key component to the eating plan is the amount of water you drink. You should be drinking a minimum of **one-half your body weight in ounces per day** to remove fats and toxins.

**EXERCISE**

Strenuous exercising is not required for this system. The portion-controlled program cannot support the extra physical activity of strenuous workouts while it is mobilizing the irregular fat storages out of your body. Light exercise is recommended in order to avoid putting your body into a starvation mode while on our portion-controlled meal program. Walking or biking at a normal pace will actually enhance your weight loss.

If you insist on exercising, expect a slower rate of fat loss and you also must increase your daily caloric intake of “lean protein” by the precise amount of extra calories burned to balance your system.

**Protein: 1 gram = 4 calories / 1 ounce = 28.3495231 grams**

100 g = 3.53 oz of lean protein required/ 100 calories

(www.metric-conversions.org/burned)

Please avoid any type of intense cardio regimen or heavy workouts. Due to your lowered carbohydrate intake, you body will burn up all the available carbs rapidly to meet its immediate caloric demand. **Dream Drops™** help your body from burning proteins for energy, so it will shift to the fat storage for needed calories. This will cause you to fatigue at a much higher rate decreasing your stamina and putting you at risk for injury. You do **NOT** want to place your body into a “starvation mode” that will not allow it to lose the unwanted weight. Your discipline in not trying to overwork your body during this short “restricted exercise” protocol will be worth the effort and your energy for future exercise regimens will be greatly enhanced.
BEFORE YOU START

There are a few items you will be responsible for during this program:

- So that you can see just how much weight and inches you’ve lost on this program, take “before” pictures from 3 views (front, back, side). When you reach your new maintenance weight (see 3rd phase), take a second set of these for comparison.

- Daily tracking. Complete the tracking sheet on a daily basis to log your weight, check-off for taking drops, and make any comments regarding that day. You will be using this sheet for all three phases.

Sample:

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>AM Drop 1</th>
<th>PM Drop 1</th>
<th>Wt (lb)</th>
<th>Food</th>
<th>Notes:</th>
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</thead>
<tbody>
<tr>
<td>PH1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lunch:</td>
<td>Dinner:</td>
</tr>
</tbody>
</table>

The most important weight measurement for you is the Day 3, which is the 1st day of your calorie “Reduction” Phase. This is the weight that is to be used to calculate your BMI and set the pace for your amazing weight loss over the 40 day period. Be sure to consistently enter your daily weight and food intake on the “Tracking Sheets” provided with the Dream Drops ™ Weight Loss System.
Phases – Food and Supplement Intake

The eating plan, based on portion-control, is made up of three phases:

- **Load Phase** - during which a high calorie level is consumed to create a dietary base for the main phase. *Only The Dream Drops™ are taken during this phase.*

- **Reduction Phase** – a controlled eating plan made up of lean meats, non-starch vegetables, salad, fruit, and limited bread starches. *Both supplements are taken during this phase through Day 40 (Days 41 & 42 no drops).*

- **Maintenance Phase** – uses the guidelines from the Reduction phase but at an increased caloric count. *No drops are taken during this phase.*

**PH1. LOAD PHASE**  [Days 1 and 2]

- Supplements: Start taking Dream Drops™ (blue bottle only).

  The recommended schedule of consumption is 10 drops 3 times/day on Days 1 and 2 of the Loading Phase. (approximately every 7 hours, such as 7am, 2pm, 9pm)

- Large calorie food intake
  - daily goal of 4000 calories/day for females and 5000 calories/day for males.

Your goal is to literally eat as many fat “calories” as possible in a 48 hr period in a “grazing” all day manner, while taking the sublingual Dream Drops™. The more calories you can eat during this phase the better the program works. This phase tricks the body into thinking that this high fat calorie diet will be normal for you as it prepares to metabolize this excessive intake.

The “Load” phase is very important to make sure you set the body up to lose weight at a good pace and avoid hunger during the “Reduction” phase to follow.

**PH2. REDUCTION PHASE**  [Days 3-42 (40 days total)]

- Supplements: Start taking “both” Dream Drops™ & Dream Drops™ Raspberry Ketones. ***These are only to be taken through Day 40 (38th day of Reduction Phase).***

  10 drops of each bottle individually. Take 10 drops of one supplement, hold for 1 minute, then take 10 drops of the second bottle, hold for 1 minute, swallow and repeat 3 times/day (approx. every 7 hrs)

  ***5 drops/ 3x/day for those looking for minimal weight/body fat loss is optional

- Portion-controlled meals: reduce the amount of calories that you will be ingesting, so your body will begin to burn away the irregular “fat” from your body to make up for your daily caloric needs.
It is important to follow the protocols on food portions and food types to assure yourself of achieving the average daily weight loss of .5 to 1.0 lbs/day fat weight loss others are consistently enjoying.

The daily "portion controlled meals” consist of approximately 4.0 ounces each of proteins, vegetables, fruits, and salads per meal at lunch and dinner time. Your additional daily caloric intake can be eaten as needed in between the lunch and dinner meals or before bedtime. Notice that we have removed a “scheduled” breakfast meal to avoid any external caloric intake until lunch time, if possible, to maximize you’re a.m. fat burning opportunity. You are allowed to eat as many calories daily as necessary from the free foods list to avoid starvation and add additional “lean protein” if you experience any type of true hunger.

**Reduction Phase Menu**

See the Approved Food List (follows this section) for a detailed list of permitted foods for the Dream Drops ™ Weight Loss System.

**Breakfast**

- No Food. Prolong any breakfast meal as close to lunchtime as possible.
- Coffee & Tea - unlimited daily with a non-fat/non-dairy creamer ONLY and sweetened with Stevia “in-the-raw” or Truvia (Stevia derivative).

**Lunch and Dinner** (Same protocol for each)

- 4.0 oz (pre-cook weight) of lean meat. This includes beef (ground sirloin or bison), pork, Cornish game hen, & non-fatty fish.
- 4.0 oz (pre-cook weight) of fresh vegetables. Steamed or grilled. Avoid corn, carrots, peas, beans, and all high starch vegetables.
- Salad of leafy greens (preferred) and/or iceberg lettuce. **Salads are free and unlimited daily foods** if it only includes lettuce, tomatoes, red onions, cucumbers, and a low calorie, low fat, no oil dressing like a red wine vinaigrette. Remember to limit fats, oils, and calories to be safe.
- 4.0 oz of fresh fruit. (also can used for between meal snacks) Includes average sized apples, pears, oranges, plums, nectarines, raspberries, strawberries, blueberries, etc and ½ of a grapefruit. Avoid high sugar fruits like bananas, grapes, and pineapples.
- “Flat Out” flatbread (Harris Teeter grocery), ½ flap okay to create a wrap for any of the recommended meats and veggies. Low fat spicy mustards and/or jalapeños or zesty peppers make this a real tasty lunch treat.

Melba toast (1 piece) or grissini bread stick (1 piece) are also allowed as an alternative.
Typical Results During the Loading and Reduction Phases:

- During the Loading Phase (Days 1 & 2), you should expect to see a 2 - 5 lb increase in body weight due to higher than normal caloric intake. If you don’t see a weight gain, then you probably didn’t eat enough “calories” for the program to work properly.

- During the immediate 1-3 days of the Reduction Phase (Days 3-6), it is very common to lose the recently acquired 2-5 lbs gained as you have properly regulated your daily caloric intake to a safe and proper amount. Good job !!!

- After Days 5-6, your daily weight loss should begin to stabilize to a steadier pace of about .5 to 1.0 pounds/day average range. Many women (and some men) might begin to “plateau” for a few days, and then resume a steady daily weight loss range again. Most men & women will experience periodic plateaus of “no daily weight loss”, followed by a sudden loss that re-sets the normal daily weight loss average. These “plateaus” are normal and will occur. At this “plateau” time, please call us by the second plateau day so we can coach you through this temporary and common condition.

- Plateaus are more common with women, while men have shown to have a much more consistent weight loss.

- Water retention and elimination variations are more prevalent in women and are the primary cause of the weight loss fluctuation cycles.

PH3. MAINTENANCE PHASE

- **Dream Drops ™ Supplements**: None Taken

- **Increase** caloric intake as discussed below.

  **Men**: Immediately add breakfast to your daily meals. Increase your total daily calories to a minimum of about a 400-500/meal calorie average. Continue to eat your same lean protein, low starch vegetable, fruit, salad, and bread ratios per meal while you were on our program.

  **Breakfast Goal**: 400-500 cal. minimum/ lean proteins and fruits

  **Lunch and Dinner Goal**: 400-500 cal. minimum/ 7-8 oz of lean proteins, low starch vegetables, fruits, 1 full “Flat Out” flatbread or 2 pieces of Melba toast/ grissini bread sticks
**Women:** Immediately add breakfast to your daily meals. Increase your total daily calories to about a 300-400/meal calorie average. Continue to eat your same lean protein, low starch vegetable, fruit, salad, and bread ratios per meal while you were on our program.

**Breakfast Goal:**
300-400 cal. minimum/ lean proteins and fruits

**Lunch and Dinner Goal:**
300-400 calorie min. / 6-7oz of lean proteins, low starch vegetables, fruits,
1 full “Flat Out” flatbread or 2 pieces of Melba toast/ grissini bread sticks

- **Exercise:** Light to Moderate

- This final phase is where your body begins a long term “r” period for your newly acquired metabolic changes, which sets this program apart from any other type of basic diet and exercise regimen. Continue to monitor your weight closely with the tracking sheets until you see an average of about 7 days of < 1.0 lb or less fluctuation of your body weight. This should occur within 30 days or less and is indicative that your body has a different metabolic set point. If you feel like you would like to lose more pounds or inches, now is the appropriate time to restart the **Dream Drops ™ Weight Loss System** protocols beginning with the “Load Phase” and progressing in the same sequence as before all the way to the next “Maintenance Phase”.
## APPROVED FOODS LIST

### Meat & Seafood
- Lean lunch meat of any type
- Filet Mignon (trim visible fat)
- Sirloin Strip Steak
- Ground Sirloin
- Bison/ Buffalo
- Skinless white chicken
- Cornish Game Hen
- Skinless white turkey
- Pork Loin (trim visible fat)
- Shrimp
- Scallops
- Mahi Mahi
- Tilapia
- White or Orange Roughy
- Swordfish
- Walleye

### Vegetables
- All veggies EXCEPT corn or potatoes are allowed.
- Avoid peas due to high carb content. Eat in 2 oz. portions only if you must.
- Avoid carrots if possible due to high carb content. Eat 3 oz portions if you must.

### “Free” Vegetables
These water based veggies can be eaten unlimited during meals.
- Lettuce, tomato, cucumber, red onion, cabbage, celery, & all peppers (bell, banana, jalapeño, etc.)
- Between meal “veggie snacks” should be limited to cucumber or celery
- Unlimited salad portions at meals which do NOT count against your 4 veggie ounces
- Spice up your meals by making a salsa or Pico de Gallo to simmer or eat on meat.

### Fruits
- October 15th – May 15th, ALL fruit is allowed except pineapple, bananas & grapes.
- May 15th – Oct. 15th, NO pineapple, bananas, grapes, nectarines, peaches, pears, or plums.
- TIP: Eat apples moderately (use as “plateau breakers”) to avoid slowing weight loss.

### Breads
Choose any one of these.
- “Flat Out” flat bread- any flavor cut in ½, and it’s found in most grocery stores.
- Melba toast and Melba toast snacks in any flavor
- Grissini bread sticks

### Snacks
- Snack on the “Free Veggies” and increase your “water” intake if you are truly hungry.
- Jell-O - sugar free/fat free is a tasty choice

### Beverages
- Coffee, Tea, Water. Avoid any sugar sweeteners; use Stevia or Truvia. Flavor water with fresh lemon or lime juice sweetened in same way.
Healthy Hints :

- Order deli meats and/or steaks cut into 3.5 to 4 ounce portions for convenience.
- Fish- look for "flash frozen "fish that’s pre- packaged in 4 ounce portions.
- Meats: “marinate” meats by soaking for 24 hours in refrigerator.
- Before cooking, rinse meat to remove the marinade fats and sugars on the surface.
- Add unlimited seasonings and sauces that are listed as “0” calories.
- Flavor your foods up. This is not a no salt, no seasoning diet.
- Avoid adding fats, oil, sugars or carbohydrates to any of your foods.
- Avoid “dairy” completely at all cost.

- If the food is in doubt ... Keep it out !!!
Here are some tips on how you can make your meals more satisfying and tasty.

- **Quinoa**: Use as a complete protein source for Dream Drops Program (Cook it in organic chicken broth; then add 4 oz/veggies and 4 oz/lean meat.)
  
  Limit Quinoa to about 2x/week due to carb content or if it slows down your weight loss.

- **Add lemon or lime juice to water and sweeten with Stevia.**

- **La Croix**: Flavored Sparkling Water

- **Try frozen blueberries. These are great for snacking late in evening, creates fullness feeling and tasty.**

- **Use "Pam":** fat free spray for grilling meat or sauté recipes, and roasting veggies in the oven.

- **Use organic chicken broth, "Pam" or oil substitute are great for steaming veggies and adding flavor to any dish, especially greens, cabbage, and quinoa.**

- **Your "Free" Veggies (Lettuce, Tomato, Red Onion, Peppers of all types, Cabbage, Cucumber, Celery) do not have to count as your 4 oz/veggie. You can also use some of these, such as onions, peppers and tomatoes, to spice up your meals.**

- **Beef will be the most "filling" protein for most people, so if you're feeling hungry, make "lean" beef your primary protein source.**

- **Salsas**: make them your new "ketchup"

- **Mustard**: all types, are great on anything to add a little flavor.

- **Make a "bean-less" chili - with steak, tomatoes, and onions.**
PLATEAU BREAKERS

It is common to plateau at some point during the Reduction Phase, especially for women. Here are some suggestions on how to break this plateau and continue the weight loss. Please discuss these with the supervising doctor to decide which may work best for you.

• Drops dosage. Increase from 10 drops min / 3x per day to 12 drops/3x- day. If still hungry or if plateau continues, add 3 drops between meals if needed.

• Change your Protein/ Carb/ Veggie ratio from 4oz/4oz to 5oz/3oz or 6oz/2oz.

• Exercise. Walk a minimum of 2 miles/day, 20 min range goal.

• Water intake. Increase from minimum 1/2 body wt in oz/day to 2 - 3 quarts per day. Recommended minimum intake is half your body weight in ounces per day to remove fats and toxins.

• Cut American beef down or out completely due to fat content.

• Check all condiments for any form of sugar. Garlic Salt may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.

• Stop mixing vegetables.

• Don’t eat breadsticks or any bread products.

• Steak and Apple Day: 4 oz of steak for lunch and dinner, 1 apple with each meal, 1 apple between meals and 1 apple before bedtime, for a total of 4 apples that day.

• Apple ONLY Day: 6 apples that day only, starting at lunchtime and ending before bedtime.
OTHER USEFUL INFORMATION

Because of the specific nature of this program, there are many items you use every day that could affect your weight loss progress. You will still lose pounds and inches if you do NOT follow these guidelines, but your weight loss may be slowed down and will not be “optimized” in the same time frame.

**Dream Drops - Soaps, Oils, and Make-Up**

**Soaps:** Use bar soap only, no body wash products.
- Dial, Zest, Ivory

**Lotions:** baby oil or gel (Johnson & Johnson), mineral oil, any “oil free” lotion.

**Facial Products Recommendations:**
- Neutrogena oil free lotion
- Almay oil free eye make-up remover
- Any mineral or powder make-up
- Mascara, eyeliner, lip pencil, and lipstick are okay
- Do not use Chapstick, use Carmex instead during the program

**Pedicures and Facials:** if you get any one of these regularly, please treat yourself “before” you start the Dream Drops program because most salon products are NOT oil free.
Get ready for a transformation
BURN BABY BURN

A crucial part of the Vemma Bodē 12-Week Transformation Plan, Bodē Burn kicks your body into high gear upon waking and throughout the day to maintain insulin levels already in the normal range.* With a first-of-its-kind ingredient combination, it helps manage your weight by:

- Enhancing your body’s burn potential*
- Curbing your appetite*
- Increasing your energy*
- Providing your nutritional support*

For maximum results, enjoy Bodē Burn twice a day in either a lightly carbonated, 8.3-oz refreshing beverage or noncarbonated, 3-oz concentrate option for on-the-go. If you are caffeine-sensitive, opt for Bodē Burn zero caffeine, available in the 3-oz concentrate size.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
A CLEAN SWEEP

There’s nothing better than a clean slate to enhance your results by removing the impurities weighing you down.* An integral part of the Bod•ê 12-Week Transformation Plan, Bod•ê Cleanse is a pure and gentle way to prepare your body for a transformation, and it works to:

- Support healthy liver and digestive function*
- Cleanse impurities at the cellular level*
- Nourish your body for overall health*

For regular cleansing, mix the Bod•ê Cleanse 2-oz concentrate with 12 fl oz or more of cold, purified water and take one for seven consecutive days per month.

If you are cleansing for the first time, or prefer a deeper cleanse, take one Bod•ê Cleanse for two 7-day cycles, with a minimum 7-day break in between.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Your body is doing amazing things, even when you’re sleeping. Bod•ē Rest feeds your body with the same weight loss blend of ingredients in Bod•ē Burn zero caffeine, along with a proprietary restorative blend of key nutrients that:

- Prepares your body for rest*
- Enhances your body’s natural restorative processes*
- Nourishes your body for overall health*

To maximize results, take Bod•ē Rest 30-to-60 minutes before bedtime, by mixing the 3-oz zero caffeine, noncarbonated concentrate with 5 fl oz or more of cold, purified water.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
### VF
**VEMMA FORMULA**
One ounce of the clinically studied blend of vitamins, minerals and antioxidant phytonutrients enhances immunity and overall health*

### MS
**MANGOSTEEN SUPERFRUIT**
An abundant supply of wildcrafted whole fruit mangosteen and beneficial pericarp (rind) extract that provide some of the highest quantities of phytonutrients found in nature.

### Re
**RESVERATROL**
Contains the equivalent of 20 glasses of red wine; this naturally occurring compound is found in the skin of grapes and other fruits, and is thought to promote antiaging and have strong, restorative antioxidant properties*

### Fe
**FENNEL**
Helps enhance digestion*

### SL
**SENNNA LEAF**
Promotes intestinal regularity*

### 100
**100 MG OF NATURAL CAFFEINE WITH EGCG**
Fires up your energy level*

### L-T
**L-THEANINE**
Enhances mental alertness and focus*

### BR
**BURDOCK ROOT**
Provides antioxidant support*

### DR
**DANDELION ROOT**
Assists with liver and digestive function*

### 7
**GRAMS OF SOLUBLE FIBER**
A dietary fiber source to help you feel fuller and satisfied longer, while maintaining insulin levels already in the normal range*

### MR
**MARSHMALLOW ROOT**
Supports healthy digestive function*

### Pe
**PEPPERMINT**
Assists with the digestive process*

### 20
**GRAMS OF PROTEIN**
A proprietary protein blend of hydrolyzed collagen, with pea and rice, works to suppress your appetite and protects against muscle loss*

### CLA
**CONJUGATED LINOLEIC ACID (CL A)**
Supports healthy muscle mass*

### MR
**MARSHMALLOW ROOT**
Supports healthy digestive function*

### MR
**MARSHMALLOW ROOT**
Supports healthy digestive function*
“Success is the sum of small efforts, repeated day in and day out.” ~Robert J Collier

### menu plan

<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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### shopping list

<table>
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<tr>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</table>
“Success is the sum of small efforts, repeated day in and day out.” ~Robert J Collier

menu plan

for the week of

monday  tuesday  wednesday  thursday

shopping list  friday  saturday  sunday
### Menu Plan

for the week of

<table>
<thead>
<tr>
<th>Monday</th>
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### Shopping List

- [ ] Friday
- [ ] Saturday
- [ ] Sunday
“Success is the sum of small efforts, repeated day in and day out.” ~Robert J Collier

**menu plan**

for the week of

<table>
<thead>
<tr>
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shopping list

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<table>
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<tbody>
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<td>monday</td>
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<tbody>
<tr>
<td>friday</td>
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SALADS AND APPETIZERS

**Arugula Salad with Chicken and Fruit**

**Ingredients**
- 100 grams of chicken
- 2 or more cups of arugula greens
- Your choice of apple, orange, strawberry or grapefruit slices
- Dressing made from your choice of compatible fruit
- 1 tablespoon chopped red onion
- MCT OR COCONUT oil (for browning)
- Salt and pepper to taste

**Directions**
Cook chicken with a little lemon juice and water until slightly browned. Prepare and wash arugula. Lay chicken slices on top of arugula salad and top with fruit and a dressing made from your fruit of choice. Examples: Strawberry vinaigrette, grapefruit vinaigrette, spicy orange dressing etc. See recipes for dressings, sauces, and marinades. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

**Cerviche**

**Ingredients**
- 100 grams chilled cooked white fish or shrimp
- 3 tablespoons lemon or lime juice
- Diced tomatoes
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- Fresh chopped cilantro
- Dash hot sauce
- Salt and pepper to taste

**Directions**
Steam the shrimp or fish. Add lemon, onion, garlic and chopped cilantro. Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in the refrigerator. Traditionally cerviche is not cooked. The citric acids “cook” the fish. This is an alternative to cooking the shrimp or fish. Makes 1 serving (1 protein, 1 vegetable) Modifications: Add diced jalapeno, add additional types of seafood.

**Chinese Chicken Salad**

**Ingredients**
- 100 grams chicken breast
- Cabbage
- 3 tablespoons Bragg’s liquid aminos
- 1 tablespoon apple cider vinegar
- 1 tablespoon minced green onion
- 1 clove of garlic crushed and minced
- Fresh grated ginger or a dash of powdered
- Pinch of red pepper flakes MCT OR COCONUT or Coconut oil (for browning)
- Stevia to taste
- Salt and pepper to taste

**Directions**
Brown the chicken with MCT OR COCONUT or Coconut oil and lemon juice, 1 tablespoon Bragg’s, garlic, and onion. Slice cabbage into fine strips. Steam lightly until cooked. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill. Sprinkle with additional Bragg’s Makes 1 serving (1 protein, 1 vegetable) Modifications: Add additional vegetables such as bell pepper and mushrooms.
**Coleslaw/Apple slaw**

**Ingredients**
- ½ head cabbage
- 1 apple diced (optional)
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon garlic powder
- Dash of mustard powder
- Dash of cinnamon (optional)
- Salt and pepper to taste
- Stevia or Lakanto to taste

**Directions**
Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw. Makes 1-2 servings (1 vegetable coleslaw) (1 vegetable, 1 fruit apple slaw)

**Crunchy Sweet Apple Chicken Salad**

**Ingredients**
- 100 grams chicken cooked and diced
- 1 apple diced
- 3 stalks celery diced
- 3 tablespoons lemon juice
- 1/8 teaspoon cinnamon
- Dash of nutmeg Dash of cardamom Dash of salt
- Stevia or Lakanto to taste
- Wedge of lemon

**Directions**
Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

**Shrimp Cocktail**

**Ingredients**
- 100 grams raw shrimp (approximately 10-12 medium shrimp steamed)
- Cocktail sauce
- 3 ounces tomato paste
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon hot sauce
- 1/8 teaspoon of horseradish or to taste
- Dash of mustard powder
- Stevia or Lakanto to taste
- Salt and pepper to taste
- Water as needed for desired consistency

**Directions**
Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce. Makes 1 serving (1 protein, 1 vegetable)

**Spicy Crab Salad**

**Ingredients**
- 100 grams crab
- Celery diced (optional)
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
• 1 tablespoon Bragg’s liquid aminos
• 1 tablespoon finely minced red or Walla Walla onion
• Dash of garlic powder
• Dash of onion powder
• Cayenne pepper to taste
• Salt and black pepper to taste
• You may substitute 1 teaspoon of Old Bay seasoning for the powdered ingredients.

Directions
Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery. Makes one serving (1 protein, 1 vegetable)

DRESSINGS, SAUCES, AND MARINADES

Barbeque Sauce
Ingredients
• 3 ounces tomato paste
• ¼ cup apple cider or red wine vinegar
• 3 tablespoons lemon juice
• 1 tablespoon hot sauce
• 1 tablespoon minced onion
• 3 cloves garlic crushed and minced
• ¼ teaspoon chili powder
• Liquid smoke hickory flavoring to taste
• ½ teaspoon Worcestershire sauce
• ½ teaspoon garlic powder
• ½ teaspoon onion powder
• 1 teaspoon chopped parsley
• Stevia to taste
• Cayenne pepper to taste
• Salt and pepper to taste
• Water as needed to achieve desired consistency

Directions
In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn’t burn. Use as a barbeque sauce for chicken or beef. Makes 1-2 servings (1 vegetable)

Citrus Ginger Dressing/Marinade
Ingredients
• 1 tablespoon lemon juice
• 2 tablespoons orange juice
• 1 teaspoon apple cider vinegar
• 1 tablespoon Bragg’s liquid aminos
• Ginger fresh or ground to taste
• Salt and fresh black pepper to taste
• 1 teaspoon MCT OR COCONUT oil
• Stevia to taste

Directions
Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as a marinade. Warm slightly to enhance the flavors. Makes 1-2 serving (1 fruit) Serve with additional orange slices to complete a fruit serving

French Dressing
Ingredients
• ¼ cup low sodium beef broth
• 2 tablespoons apple cider vinegar
• 2 tablespoons lemon juice
• 1 clove garlic crushed and minced
• ¼ teaspoon horseradish or to taste
• ½ teaspoon paprika
• 1/8 teaspoon mustard powder Cayenne pepper to taste Stevia or Lakanto to taste

Directions
Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables. Makes 2 servings

**Salsa**

**Ingredients**
- 1 cup fresh chopped tomato
- 3 tablespoons lemon or lime juice
- 1 tablespoon apple cider vinegar (optional)
- 2 cloves garlic crushed and minced
- 2 tablespoons finely chopped onion
- ¼ teaspoon chili powder
- ¼ teaspoon fresh or dried oregano
- Cayenne pepper to taste
- Fresh chopped cilantro
- Salt and pepper to taste

**Directions**
Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend. Makes 1-2 serving (1 vegetable) Modifications: Add chopped jalapeno or chipotle peppers.

**Spicy Orange Sauce**

**Ingredients**
- ½ orange rolled and slightly juiced with rind
- ½ lemon slightly juiced and with rind
- ½ cup water
- 1 tablespoon minced green onion
- 1 clove crushed garlic
- ¼ teaspoon ginger powder
- ¼ teaspoon garlic powder
- Pinch of orange and lemon zest
- Pinch of cayenne pepper
- Stevia or Lakanto to taste

**Directions**
In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds. Continue stirring and reducing down the liquid by half until desired consistency is reached. Add onion, stevia and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein. Serve with remaining orange slices for garnish. Makes 1-2 servings (1 fruit)

**Strawberry Vinaigrette**

**Ingredients**
- Strawberries
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 tablespoon MCT OR COCONUT oil
- Dash of salt
- Dash of cayenne (optional)
- Fresh ground black pepper to taste
- Stevia or Lakantoto taste

**Directions**
Combine all ingredients in food processor. Puree until smooth. Pour over fresh green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken. Makes 1 serving (1 fruit)

**Teriyaki Sauce**

**Ingredients**
- ½ cup beef or chicken broth (Depending on your protein choice)
- ½ cup Bragg’s liquid aminos
- 2 tablespoons apple cider or red wine vinegar
- Orange juice (Juice from 3 segments)
- ¾ cup lemon juice
- 1 tablespoon finely minced onion
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon powdered ginger or grated fresh ginger
- 1 clove finely minced garlic
- Lemon and/or orange zest to taste
- Stevia or Lakanto to taste

**Directions**

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer the richer the flavors. As the liquid reduces, deglaze the pan with a little MCT OR COCONUT oil or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef. Makes 1-2 servings (1 fruit)

**SOUPS**

**Asparagus Soup**

**Ingredients**
- 4-5 stalks asparagus
- 2 cups chicken or vegetable broth (or substitute)
- 1 cup water for 1 cup broth
- 3 tablespoons Bragg’s liquid aminos
- 2 tablespoons chopped onion
- ¼ teaspoon thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 bay leaf
- 1 tablespoon low fat half and half milk
- Salt and pepper to taste
- Old Bay seasoning to taste

**Directions**

Trim asparagus to remove the tough ends of the stalk and steam until soft. Puree asparagus with broth and spices in a blender or food processor. Heat soup in a saucepan and enjoy. Add 100 grams diced chicken if desired. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish. Makes 1 serving (1 vegetable)

**Hot and Sour Chicken Soup**

**Ingredients**
- 100 grams chicken breast diced
- 1 cup low sodium chicken broth
- 1 cup water
- 4 tablespoons apple cider vinegar
- 4 tablespoons Bragg’s liquid aminos
- ½ lemon in quarters with rind
- 1 clove garlic crushed and minced
Lemony Spinach and Chicken Soup

**Ingredients**
- 100 grams chicken
- 2 cups low sodium chicken broth (or substitute 1 cup water for 1 cup broth)
- ½ lemon with rind
- 1-2 cup cups loosely packed spinach cut into strips
- 1 tablespoon onion chopped

**Directions**
Lightly brown the chicken in small saucepan with MCT OR COCONUT oil little lemon juice. Add onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy. Makes 1 serving (1 protein, 1 vegetable)

Thai Beef Soup

**Ingredients**
- 100 grams beef
- Celery
- 2 cups low sodium beef lo or vegetable broth
- (or substitute 1 cup water for 1 cup broth)
- 3 tablespoons Bragg’s liquid aminos
- 1 tablespoon chopped green onion
- 1 clove of garlic crushed and minced
- Fresh cilantro
- ½ teaspoon fresh grated ginger
- 1/8 teaspoon chili powder or red pepper flakes
- 1 bay leaf
- Pinch of cinnamon
- Stevia to taste
- Salt and pepper to taste

**Directions**
Heat up broth. Add dry spices, bay leaf, Bragg’s, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes until soft. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro. Makes 1 serving (1 protein, 1 vegetable) Modifications: Add a few bean sprouts to the soup. Top with fresh very small amount of sliced mushrooms.
**Baked Apple Chicken**

**Ingredients**
- 100 grams cubed chicken
- ½ finely chopped apple
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1/8 teaspoon cinnamon
- Salt and pepper to taste
- MCT OR COCONUT oil (for browning chicken) Dash of cayenne

**Directions**
Lightly brown the chicken in lemon juice. Add chopped apple and evenly coat with a mixture of apple cider vinegar, lemon juice, stevia, cinnamon, cayenne and pinch of salt. Put in small baking dish and add additional vinegar and lemon juice. Serve with the rest of the apple in thin slices on the side. Makes 1 serving (1 protein, 1 fruit)

**Chicken Cacciatore**

**Ingredients**
- 100 grams diced chicken breast
- 1-2 cups chopped tomatoes
- ¼ cup low sodium chicken broth
- 2 tablespoons tomato paste
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Bragg’s liquid aminos
- 2 tablespoons chopped onion
- 2 cloves crushed and minced garlic
- ¼ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 bay leaf
- MCT OR COCONUT oil (browning chicken)

**Directions**
Brown the chicken with garlic, onion, and lemon juice in a small saucepan. Deglaze the pan with the chicken broth. Add tomatoes, tomato paste, vinegar and spices. Simmer on low heat for 20 minutes stirring occasionally. Remove the bay leaf and serve hot. Makes 1 serving (1 protein, 1 vegetable)

**Chicken Pesto**

**Ingredients**
- 100 grams thinly sliced or whole chicken breast
- 3 tablespoons lemon juice
- Salt and pepper to taste
- Pesto
- 3 cloves raw garlic
- ¼ cup fresh basil leaves
- 2 tablespoons apple cider vinegar
- ¼ cup low sodium chicken broth or water
- 2 tablespoons lemon juice
- ¼ teaspoon dried oregano
- Salt and black pepper to taste

**Directions**
Marinate chicken in lemon juice, salt and pepper. Fry with MCT OR COCONUT oil in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto
mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options. Makes 1 serving (1 protein) Makes 2-3 servings of pesto sauce.

**Chicken Tacos**

**Ingredients**
- 100 grams finely chopped or ground chicken breast
- ¼ cup low sodium chicken broth or water
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon oregano
- Cayenne pepper to taste
- Pinch of cumin
- Fresh cilantro chopped
- 2-4 large lettuce leaves
- MCT OR COCONUT oil

**Directions**
In a small frying pan cook chicken in broth and MCT OR COCONUT oil. Add onion, garlic and spices. Deglaze pan with lemon juice or a little water. Serve chicken taco style in butter lettuce or romaine leaves or top with salsa (See recipe) Makes 1 serving (1 protein, 1 vegetable)

**Mexican Style Cilantro Chicken**

**Ingredients**
- 100 grams cubed or sliced chicken
- Chopped tomatoes
- ½ cup chicken broth or water
- 2 tablespoons lemon juice
- Fresh chopped cilantro
- ¼ teaspoon dried oregano
- ¼ clove fresh garlic minced
- ¼ teaspoon chili powder
- Cayenne to taste
- Pinch of cumin
- Salt and pepper to taste

**Directions**
Lightly brown the chicken with a little lemon juice. Add spices, additional lemon juice, and chicken broth. When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for 5-10 more minutes. Makes 1 serving (1 protein 1 vegetable)

**Oriental Ginger Chicken**

**Ingredients**
- 100 grams chicken
- ¼ cup low sodium chicken broth or water
- 4 tablespoons lemon juice
- ¼ teaspoon lemon or orange zest
- ½ teaspoon fresh ginger
- 4 tablespoons Bragg’s liquid aminos
- 1 tablespoon chopped onion
- MCT OR COCONUT oil (for sauté)
- Salt and pepper to taste
- Cayenne pepper to taste

**Directions**
In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned. Add spices, ginger, salt, lemon and stevia. Add Bragg’s liquid aminos and cook thoroughly. Deglaze the pan periodically by adding a little water. Serve hot and garnish with lemon or orange slices. Makes 1 serving (1 protein)
**Stuffed Chicken Rolls**

**Ingredients**
- 100 grams chicken breast
- Spinach
- ½ cup low sodium chicken broth
- 1 tablespoon chopped onion
- 1 clove of garlic crushed and minced
- 1 tablespoon lemon juice
- Dash of onion powder
- Dash of garlic powder
- Pinch of cayenne pepper
- Salt and pepper to taste

**Directions**
Tenderize chicken manually by pounding until flat. Cook spinach lightly with garlic, onion and spices. Strain out excess liquid from the spinach and place mound of spinach in the center of the pounded chicken. Roll up the spinach mixture inside the chicken breast. Place rolls in baking dish and add chicken broth to the pan. Bake the rolls in 350 degree oven for about 15 minutes or until chicken is cooked completely. Variations: Top with marinara sauce recipe. Makes 1 serving (1 protein, 1 vegetable) Modifications: Brush chicken with MCT OR COCONUT oil, add marinara sauce. Bake until brown and bubbly.

**BEEF ENTREES**

**Cabbage Rolls**

**Ingredients**
- 100 grams lean ground beef each serving
- 1 cup beef broth
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- Dash of garlic powder
- Dash of onion powder
- MCT OR COCONUT oil (for frying)

**Directions**
Preheat oven to 375. Lightly blanch large cabbage leaves and set aside. In small frying pan combine ground beef, onion, garlic and spices and cook until brown. Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style). Put cabbage rolls in a baking dish and add broth to the bottom of the pan. Brush lightly with beef broth and bake in oven for 20-30 minutes. Spoon sauce over cabbage rolls periodically to keep moist. Make multiple servings at one time for best results. Makes 1 serving (1 protein, 1 vegetable)

**Gingered Beef**

**Ingredients**
- 100 grams beef cut into thin strips
- ¼ cup low sodium beef broth or water
- 2 tablespoons Bragg’s liquid aminos
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1-2 tablespoons chopped green onions
- ¼ teaspoon fresh grated ginger
- 1 clove garlic crushed and minced
- Salt and pepper to taste
- Stevia to taste (optional)
- MCT OR COCONUT oil (for sauté)

**Directions**
Sauté ginger and spices in broth and liquid ingredients to release the flavors. Add the beef and stir fry gently. Deglaze the pan periodically by adding a little water. Add the chopped green onions and serve hot. Makes 1 serving (1 protein)
**Ground Beef Tacos**

**Ingredients**
- 100 grams lean ground beef
- Lettuce leaves
- 1 tablespoon finely minced onion
- 1 clove crushed and minced garlic
- Dash of garlic powder
- Dash of onion powder
- Pinch of dried oregano
- Fresh chopped cilantro to taste
- Cayenne pepper to taste
- MCT OR COCONUT oil (for browning)

**Directions**
Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa. Makes 1 serving (1 protein, 1 vegetable)

**Spaghetti-less Meat Sauce**

**Ingredients**
- 100 grams lean ground beef (less than 7% fat)
- 8 ounces organic tomato sauce
- 2 cups chopped tomatoes
- 2 cloves garlic crushed and minced
- 1 tablespoon minced onion
- ½ teaspoon dried basil or 4 leaves rolled and sliced fresh basil
- ¼ teaspoon dried oregano
- Salt and black pepper to taste
- Cayenne pepper to taste
- MCT OR COCONUT oil (for sauté)

**Directions**
Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add tomato sauce, chopped tomatoes, onion, garlic, and herbs. Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve atop spaghetti squash. Makes 1 serving (1 protein, 1 vegetable)

Modifications: Add a little MCT OR COCONUT oil, chopped green or black olives.

**SEAFOOD ENTREES**

**Blackened Red Snapper**

**Ingredients**
- 100 grams red snapper fish
- Blackening spice mix
- 2 teaspoons paprika
- 4 teaspoons thyme
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon cayenne pepper
- 2 teaspoons oregano
- ½ teaspoon cumin
- ½ teaspoon nutmeg powder
- 2 teaspoons salt
- 2 teaspoons black pepper
- MCT OR COCONUT oil (for frying)

**Directions**
Mix spices well in shaker jar. On a paper plate remove enough of the spice mixture to coat pieces of fish thoroughly. Preheat a skillet to high heat. Add fish dry and cook quickly until spices are blackened and fish is
cooked completely. Serve hot. Garnish with lemon and fresh parsley. Save the rest of the blackened spice mixture to use later. Works well with chicken also. Makes 1 serving (1 protein)

**Citrus Fish**

**Ingredients**
- 100 grams white fish
- 1 tablespoon minced onion
- 2 tablespoons lemon juice
- Lemon and orange zest to taste
- Lemon and orange slices
- Chopped parsley
- Salt and pepper to taste
- Stevia to taste

**Directions**
Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley. Makes one serving (1 protein, 1 fruit)

**Creole Shrimp**

**Ingredients**
- 100 grams shrimp
- ½ cup low sodium vegetable broth or water
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- ¼ teaspoon horseradish
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1-2 teaspoons hot sauce
- 2 tablespoons lemon juice
- Pinch of thyme
- 1 bay leaf
- Dash of sassafras powder or root beer flavored stevia
- Dash of liquid smoke flavoring (optional)
- Cayenne pepper to taste
- MCT OR COCONUT oil (for frying)

**Directions**
Mix liquid ingredients, onion, garlic, and spices. Simmer over low heat for 10 minutes in a small frying pan. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus. Makes 1 serving (1 protein)

**Ginger Shrimp Wraps**

**Ingredients**
- 100 grams shrimp
- 1 or more cabbage or lettuce leaves
- 1 cup low sodium vegetable broth or water
- 2 teaspoons apple cider vinegar
- 1 tablespoon Bragg’s liquid aminos
- 1 clove garlic crushed and minced
- Pinch of fresh ginger
- 1 tablespoon finely minced green onion
- 1 serving spicy orange sauce
- MCT OR COCONUT oil or MCT OR COCONUT oil and Butter Buds
- Salt and pepper to taste

**Directions**
Lightly steam cabbage leaves and then set aside. Cook shrimp with spices and mince together with onion. Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce. Another alternative is to place multiple
Italian Shrimp with Tomatoes

Ingredients

- 100 grams shrimp
- 2 large tomatoes chopped
- ½ cup low sodium vegetable broth or water
- 2 tablespoons lemon juice
- ¼ teaspoon dried or fresh basil
- 2 cloves of garlic crushed and minced
- Pinch of dried or fresh oregano
- Pinch of red pepper flakes
- MCT OR COCONUT oil (for sauté)
- Salt and black pepper to taste

Directions

Sauté onion, garlic and spices in broth and lemon juice. Add spices and cook for 5 minutes. Add the shrimp and tomatoes and cook until shrimp is pink and well cooked. Makes 1 serving (1 protein, 1 vegetable)

Modifications:
- Sauté with a little MCT OR COCONUT oil. Add chopped zucchini or other vegetables.

Sautéed Snapper with Lemon Pepper Sauce

Ingredients

- 100 grams red snapper
- ¼ cup low sodium vegetable broth or water
- 2 tablespoons lemon juice
- 2 tablespoons caper juice
- Dash of garlic powder
- Dash of onion powder
- Dash of cayenne (optional) MCT OR COCONUT oil (for sauté)
- Salt and fresh ground pepper to taste

Directions

Add dry spices to broth and liquid ingredients. Sauté fish in sauce for 5 -10 minutes until thoroughly cooked. Makes 1 serving (1 protein)

Modifications: Whisk in small amount Butter Buds and MCT OR COCONUT oil mixed to create a lemon butter sauce.

VEGETABLES

Cabbage or Cauliflower Rice

Ingredients

- ½ - 1 head of cabbage or cauliflower finely chopped into rice sized or noodle size pieces. If using cauliflower chop in food processor.
- Your choice of spices
- 1 cup low sodium chicken, vegetable broth or water
- MCT OR COCONUT oil (for sauté)

Indian style

- ½ teaspoon curry
- 2 tablespoons minced onion
- 1 clove garlic crushed and minced
- ¼ teaspoon cumin
- Salt and pepper to taste
Italian style
- 1 cup chicken or vegetable broth
- ¼ teaspoon fresh or dried oregano
- ¼ teaspoon dried basil or 5 leaves fresh basil rolled and sliced
- 2 tablespoons minced onion
- 1 clove garlic crushed and minced
- Salt and pepper to taste
- MCT OR COCONUT oil (for sauté)

Mexican rice style
- 1 cup low sodium chicken or vegetable broth
- 2 tablespoons minced onion
- 1 clove of garlic crushed and minced
- ¼ teaspoon Mexican oregano
- ¼ teaspoon cayenne pepper or to taste
- Dash of cumin to taste Fresh chopped cilantro Salt and pepper to taste MCT OR COCONUT oil (for sauté)

Oriental style
- ½ teaspoon ginger
- 3 tablespoons Bragg’s liquid aminos
- 2 tablespoons lemon juice
- 3 tablespoons orange juice (optional)
- 2 tablespoons chopped onion
- 1 clove garlic crushed and minced

Directions
In a large frying pan sauté cabbage or cauliflower with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender adding water as necessary. Add ground beef or chicken to the spiced cabbage or cauliflower if desired. Makes 2 or more servings (1 vegetable)

Garlic Spinach
Ingredients
- Spinach
- ½ cup low sodium chicken broth or water
- 2 tablespoons lemon juice
- 2 tablespoons minced onion
- 2 cloves garlic crushed and minced
- ¼ teaspoon onion powder
- Pinch red pepper flakes
- MCT OR COCONUT oil (for sauté)

Directions: Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish. Makes 1-2 servings (1 vegetable)

Grilled Asparagus with Rosemary Lemon Sauce
Ingredients
- Asparagus
- Juice of ½ lemon with rind
- 1 tablespoon Bragg’s liquid aminos
- 1 clove garlic crushed and minced
- ¼ teaspoon rosemary
- Dash of garlic powder
- Dash of onion powder
- Salt and pepper to taste
- Cayenne pepper to taste

Directions
Marinate asparagus in lemon, garlic, salt, cayenne pepper and Braggs. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid
by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to
taste. Makes 1 serving (1 vegetable)

**Roasted Tomato with Onion**

**Ingredients**
- 4 thin whole slices of onion
- 4 thick cut tomato slices
- 1-2 cloves of garlic sliced
- 2 leaves fresh basil rolled and sliced
- Sprinkle of dried or fresh oregano
- Salt and black pepper to taste
- Stevia or Lakanto to taste (optional)
- Squeeze of lemon or lime juice

**Directions**
Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil
and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and
garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and
pepper to taste. Makes 4 servings (1 vegetable)

*Roasted and Steam Vegetables are easy and quick lunch and dinner veggie options as well!*

*Remember – If you are going to overeat, do it with vegetables!*
Additional Information
L-Ornithine is the most potent amino acid ever studied for stimulating the production and release of Human Growth Hormone from the pituitary gland. HGH is a powerful rejuvenator - its use has the potential to reverse aging by up to 10 to 20 years. Studies of L-Ornithine have shown the ability to regenerate the thymus gland, liver, and heart tissue, enhance muscle growth, and increase immune system function.

- "Age and Aging": A Two-centre, Randomized, Double-blind Trial of Ornithine oxoglutarate in 194 Elderly, Ambulatory, Convalescent Subjects; P. Brocker et al; July 1994
- "Journal of Nutrition"; A Randomized Controlled Trial of the Influence of the Mode of Enteral Ornithine alpha-ketoglutarate Administration in Burn Patients; J.P. De Bandt et al; June 1998

L-Carnitine is a naturally occurring amino acid which plays a vital role in the metabolism of fat. It functions as a transporter of fatty acids into the mitochondria, the metabolic furnace of the cell.

L-arginine is converted in the body into a chemical called nitric oxide. Nitric oxide causes blood vessels to open wider for improved blood flow. L-arginine also stimulates the release of growth hormone, insulin, and other substances in the body. All together L-arginine improves metabolic function of blood vessels and cardiac health.


L-Glutamine has many functions in the body, including protein synthesis. L-glutamine is also essential to proper function of the immune system. In addition, L-glutamine appears to play a role in brain function and digestion.


Maca (Lepidium meyenii) is a root plant consumed as a food and for medicinal purposes. Maca is also known as "Peruvian ginseng" (despite the fact that it is not a member of the ginseng family), because it is used as a folk remedy to increase stamina, energy, and sexual function. It is typically taken as a pill or liquid extract or as powdered maca root.

**Niacin** is used with diet changes (restriction of cholesterol and fat intake) to reduce the amount of cholesterol and certain fatty substances in your blood. Niacin is also used to prevent and treat pellagra (niacin deficiency), a disease caused by inadequate diet and other medical problems.


**Pygeum** (*Pygeum africanum*) is a natural remedy extracted from the bark of the African plum tree. In traditional African medicine, pygeum has long been used to treat bladder-health issues and urinary disorders.


**Beta-alanine** is used for improving athletic performance and exercise capacity, building lean muscle mass, and improving physical functioning in the elderly.

Rhodiola rosea may be effective for improving mood and alleviating depression. Pilot studies on human subjects showed it improves physical and mental performance, and may reduce fatigue.

Astragalus may help protect the body from diseases such as cancer and diabetes. It contains antioxidants, which protect cells against damage caused by free radicals, byproducts of cellular energy. Astragalus is used to protect and support the immune system, for preventing colds and upper respiratory infections, to lower blood pressure, to treat diabetes, and to protect the liver.

**Rhodiola rosea**


**Astragalus**

Raspberry Ketones are chemicals derived from red raspberries (Rubus idaeus). It is most commonly used for weight loss and obesity. It is also used to increase lean body mass. Some people apply raspberry ketone to the scalp to improve hair growth. Some research in animals or in test tubes shows that it might increase some measures of metabolism. It might also affect a hormone in the body called adiponectin.

- Park KS. Raspberry ketone increases both lipolysis and fatty acid oxidation in 3T3-L1 adipocytes. Planta Med 2010;76:1654-8

African Mango Extract comes from Irvingia gabonensis, a tree native to West Africa. The fruit is similar to a mango and is used for food. The seeds are used to make medicine. There is interest in using supplements containing Irvingia gabonensis for weight loss, lowering cholesterol levels, and improving control of diabetes. Irvingia gabonensis seeds might lower cholesterol because of their high fiber content. The fiber increases removal of cholesterol from the body. Some research suggests that Irvingia gabonensis seeds might also affect fat cells, which might reduce fat cell growth and increase the breakdown of fats.

- Oben JE, Ngondi JL, Blum K. Inhibition of Irvingia gabonensis seed extract (GOB131) on adipogenesis as mediated via down regulation of the PPARgamma and Leptin genes and up-regulation of the adiponectin gene. Lipids Health Dis 2008;7:44.

Acai Fruit is a palm tree that is widely distributed in the northern area of South America. Its berries are used to make medicine. People use acai for osteoarthritis, high cholesterol, erectile dysfunction (ED), weight loss and obesity, “detoxification,” and for improving general health. Acai contains chemicals that are antioxidants. According to some research, acai has more antioxidant content than cranberry, raspberry, blackberry, strawberry, or blueberry.

**Green Tea Extract** is a product made from the Camellia sinensis plant. It can be prepared as a beverage, which can have some health effects. Or an “extract” can be made from the leaves to use as medicine. Green tea is used to improve mental alertness and thinking. It is also used for weight loss and to treat stomach disorders, vomiting, diarrhea, headaches, bone loss (osteoporosis), and solid tumor cancers.

- Dews PB, Curtis GL, Hanford KJ, O'Brien CP. The frequency of caffeine withdrawal in a population-based

**Resveratrol** is a chemical found in red wine, red grape skins, purple grape juice, mulberries, and in smaller amounts in peanuts. It is used as a medicine. People use resveratrol for "hardening of the arteries" (atherosclerosis), lowering "bad" (LDL) cholesterol levels, increasing "good" (HDL) cholesterol levels, and preventing cancer. Resveratrol might expand blood vessels and reduce the activity of cells important in blood clotting. It may also decrease pain and swelling (inflammation).

Apple Cider Vinegar contains acetic acid and nutrients such as B vitamins and vitamin C. Apple cider vinegar might help lower blood sugar levels in people with diabetes by changing how foods get absorbed from the gut. Apple cider vinegar might prevent the breakdown of some foods.


Kelp is used for weight loss, high blood pressure, as a bulk laxative for constipation, and for treating radiation sickness. It is also used for preventing cancer.


Grapefruit is used for high cholesterol, “hardening of the arteries” (atherosclerosis), cancer, a skin disease called psoriasis, and for weight loss and obesity. Grapefruit seed extract is taken by mouth for bacterial, viral, and fungal infections including yeast infections.

Ketone Raspberry (Pink Bottle) Ingredients List – Published Data


Caffeine Anhydrous may be effective for improving mood and alleviating depression. Pilot studies on human subjects showed it improves physical and mental performance, and may reduce fatigue.

- Backhouse SH, Biddle SJ, Bishop NC, Williams C. Caffeine ingestion, affect and perceived exertion during prolonged cycling. Appetite 2011;57:247-52.
Nutrient Density (ND)

Stop Counting Calories and Start Counting Nutrients!

Now that we know how a real food becomes a fake food, let’s discuss in a little more detail the “why” behind it all. It’s a simple concept called Nutrient Density, and it’s the reason why real food is ALWAYS better than fake food (for your body).

Nutrient Density (ND) is a way to classify the amount of nutrients in food, both real and fake. It’s a scale that ranges from 0 to 1000, with 1000 being the most nutritious “super foods”, and every other food falling somewhere between.

What’s surprising is that the highest ranking foods as far as nutrients are found not in whole grains, but in vegetables and fruits. For example, with an ND rating of 53 for OATMEAL (a food traditionally considered healthy) and an ND rating of 1000 for KALEB, it would literally require you to eat 20 bowls of oatmeal to match the nutrients found in 1 bowl of kale!!!

The Nutrient Density chart I have provided will show you where many of the most common foods fall in terms of nutrients. And it’s obvious who wins the battle between real and fake food. Real food is ALWAYS better because it’s packed with vitamins, minerals, antioxidants, enzymes, and a host of other nutrients that are vital for the body but still being discovered scientifically each and every day.

As the saying goes, AMERICANS ARE OVERFED BUT UNDERNOURISHED! If your cells don’t have nutrients, you are going to be sick. We obsess over counting calories, fats, carbs, weight watcher points, etc.....but never count nutrients. This makes no sense.
### top 30 nutrient dense foods

<table>
<thead>
<tr>
<th></th>
<th>Food Description</th>
<th>Nutrient Density</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Collard, Mustard &amp; Turnip Greens</td>
<td>1,000</td>
</tr>
<tr>
<td>2.</td>
<td>Kale</td>
<td>1,000</td>
</tr>
<tr>
<td>3.</td>
<td>Watercress</td>
<td>1,000</td>
</tr>
<tr>
<td>4.</td>
<td>Bok Choy</td>
<td>1,000</td>
</tr>
<tr>
<td>5.</td>
<td>Spinach</td>
<td>739</td>
</tr>
<tr>
<td>6.</td>
<td>Brussels Sprouts</td>
<td>672</td>
</tr>
<tr>
<td>7.</td>
<td>Swiss Chard</td>
<td>670</td>
</tr>
<tr>
<td>8.</td>
<td>Arugula</td>
<td>559</td>
</tr>
<tr>
<td>9.</td>
<td>Radish</td>
<td>554</td>
</tr>
<tr>
<td>10.</td>
<td>Cabbage</td>
<td>481</td>
</tr>
<tr>
<td>11.</td>
<td>Bean Sprouts</td>
<td>444</td>
</tr>
<tr>
<td>12.</td>
<td>Red Peppers</td>
<td>420</td>
</tr>
<tr>
<td>13.</td>
<td>Romaine Lettuce</td>
<td>389</td>
</tr>
<tr>
<td>14.</td>
<td>Broccoli</td>
<td>376</td>
</tr>
<tr>
<td>15.</td>
<td>Carrot Juice</td>
<td>344</td>
</tr>
<tr>
<td>16.</td>
<td>Tomatoes &amp; Tomato products</td>
<td>90-300</td>
</tr>
<tr>
<td>17.</td>
<td>Cauliflower</td>
<td>295</td>
</tr>
<tr>
<td>18.</td>
<td>Strawberries</td>
<td>212</td>
</tr>
<tr>
<td>19.</td>
<td>Pomegranate Juice</td>
<td>193</td>
</tr>
<tr>
<td>20.</td>
<td>Blackberries</td>
<td>178</td>
</tr>
<tr>
<td>21.</td>
<td>Plum</td>
<td>157</td>
</tr>
<tr>
<td>22.</td>
<td>Raspberries</td>
<td>145</td>
</tr>
<tr>
<td>23.</td>
<td>Blueberries</td>
<td>130</td>
</tr>
<tr>
<td>24.</td>
<td>Papaya</td>
<td>130</td>
</tr>
<tr>
<td>25.</td>
<td>Brazil Nuts</td>
<td>116</td>
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<tr>
<td>26.</td>
<td>Oranges</td>
<td>109</td>
</tr>
<tr>
<td>27.</td>
<td>Apple</td>
<td>72</td>
</tr>
<tr>
<td>28.</td>
<td>Beans (not canned)</td>
<td>55-70</td>
</tr>
<tr>
<td>29.</td>
<td>Seeds: Flax, Sunflower, Sesame</td>
<td>45</td>
</tr>
<tr>
<td>30.</td>
<td>Walnuts</td>
<td>29</td>
</tr>
</tbody>
</table>

*The Nutrient Density rating system was created by Dr. Joel Fuhrman to evaluate and compare the levels of vitamins, minerals, antioxidants and phytonutrients found in our food.*

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**Start focusing on eating quality, nutrient dense foods**