

Dietary Recommendations

1. You must eat three meals (small) and 2 snacks a day.
2. No fruit after 6pm. If you must eat after dinner, have it be a lean source of protein (egg white omelet, chicken breast, tuna etc) or a protein drink.
3. Do not eat carbohydrates on their own. Always include a protein or fat to slow down the rate of absorption to keep your blood sugar from spiking.
4. Do not eat rice, potatoes, bread, pasta or alcohol.
5. Sip water all day (80–100 oz/day). Drink additional 8–16 oz for every 20 min of exercise.
6. Make sure you have a lean protein and a low glycemic carbohydrate with each meal
7. Best veggies are broccoli, cauliflower, spinach, celery, carrots, lettuce, radish, asparagus, onions, garlic, green beans, zucchini, peppers, sweet potatoes, tomatoes, peppers & cukes
8. The best oils to use are olive oil and canola oil

Breakfast:

- *3-egg omelet (2 whole egg & one egg white) with vegetables cooked with olive oil
- *Scrambled eggs (2 whole egg & 1 egg white) with Canadian bacon & sliced tomatoes
- *Smoked Salmon, sliced tomato, sliced cucumbers
- *Low-fat PLAIN yogurt: add berries, nuts/flaxseed or chopped apple, nuts/flaxseed, cinnamon
- *Oatmeal: after cooking add a scoop of vanilla protein powder, skim milk, tablespoon (tbsp) ground flaxseeds, tbsp chopped nuts, fruit (either chopped apples, blueberries, blackberries, raspberries, strawberries, peaches, orange, grapefruit or tangerines) & cinnamon

Snack:

- *1-2 tablespoon of nuts (all nuts except peanuts)
- *fruit with nuts
- *hummus on celery or other vegetables
- *almond butter on apple or celery
- *Hard boiled egg
- *Protein shake with ground flaxseeds

Lunch:

Lean source of protein (size should be no more than the palm of your hand) (turkey, chicken, fish, eggs, veggie burger, tofu) with vegetables and salad with oil & vinegar

Snack: *can not be carbohydrate alone – carbs must be eaten with protein, fat or both*

- *1-2 tablespoon of nuts (all nuts except peanuts)
- *fruit with nuts
- *hummus on celery or other vegetables
- *almond butter on apple or celery
- *Hard boiled egg
- *Protein shake with ground flaxseeds

Dinner:

Lean source of protein (size should be no more than the palm of your hand) (turkey, chicken, fish, eggs, veggie burger, tofu) with vegetables and salad with oil & vinegar

NO fruit after 6pm. If hungry after dinner eat lean protein (omelet, tuna, chicken or protein drink)

******Cook twice as many vegetables for dinner so you can have them at lunch the next day******

Fruit Choices:

blackberries, raspberries, cherries, blueberries, strawberries, peaches, plums, apples, pears, orange, grapefruit or tangerines

Vegetable Choices (organic if possible):

Broccoli, cauliflower, spinach, celery, carrots, lettuce, radish, onions, garlic, asparagus, green beans, zucchini, peppers, sweet potatoes, tomatoes, cucumbers, sprouted beans, kale, collard greens

Nuts: all except for peanuts

Other:

*Dried Apricots – unsulfured

*Dried Goji Berries (to mix with the nuts and seeds as a trail mix)

Recipes

SNACKS - CREAMY

1. Plain yogurt 2% plain & organic: add chopped apples, lots of cinnamon, 1 tbsp slivered almonds, 1 tbsp ground flaxseed
2. Low fat whipped cottage cheese: add cinnamon and stevia as a sweetener
3. Plain yogurt 2% plain & organic: add tsp of unsweetened Hershey's Cocoa powder and add stevia as a sweetener. Put it in the freezer for 15 – 20 minutes.
4. Protein Drink: in a blender combine either skim milk, unsweetened soy or almond milk or water. Add a scoop of vanilla protein powder (we suggest Jay Robb Whey Protein), tbsp of ground flaxseeds and 8 – 10 ice cubes. Blend until thick and creamy

SNACKS - FRUIT

1. Apple slices coated with almond butter
2. Sliced pear and low fat cottage cheese with slivered almonds
3. Dried unsulfured apricots with almonds or almond butter
4. Fruit salad: oranges, apples and strawberries tossed with a little lemon juice and stevia and a tbsp of shredded coconut
5. Dried goji berries with mixed nuts
6. Sliced pear topped with goat cheese

SNACKS – Salty & Crunchy

1. Spiced popped pumpkin seeds: put pumpkin seeds onto a cookie sheet coated with olive oil. Sprinkle with cayenne pepper, cumin, paprika or any spice to your liking. Toss the seeds until lightly coated. Bake at 375 for 8 minutes.
2. Zucchini Chips: On a baking sheet coated with 2 tbsp of olive oil put thinly sliced zucchini. Bake at 400 degrees until crispy and brown. Add sea salt to taste.
3. Dry roasted Edamame with or without wasabi
4. Toasted Almonds: toss unskinned almonds in tamari sauce. Then bake in a toaster oven at 350 degrees until brown

SNACKS – Veggie

1. Celery with almond butter
2. Dip raw or blanched veggies (see below for blanching instructions) in a mix of toasted sesame seeds and ground sea salt
3. Dip raw or blanched veggies in hummus, guacamole or dips made with low fat sour cream
4. Whole radish topped with goat cheese

BLANCHING INSTRUCTIONS: To blanch a vegetable like broccoli, cauliflower or green beans drop into a pot of boiling water for 1 minute and remove and drain immediately. If you rinse with cold water it will stop the cooking and the veggies will remain crispy.

OTHER VEGGIE IDEAS

Roasted Cauliflower:

Break a head into florets and toss in a mixing bowl with a tbsp of olive oil and a little sea salt. Place on a baking sheet at 400 degrees for 30 – 40 minutes until crispy brown. Serve immediately.

Roasted Asparagus:

Sprinkle with lots of Italian herbs, a little olive oil and a little parmesan cheese and wrap up in a foil packet. Put in a toaster oven for 10 – 12 minutes at 350 degrees.

Grilled Vegetables:

Zucchini (sliced length-wise), eggplant (peel & slice ½ inch thick, red/green and yellow peppers (in wide slices), onions (thick slices) and asparagus - brush with olive oil and sprinkle with salt & pepper and Italian herbs. Grill on hot grill long enough to make nice brown stripes on them. You can drizzle some balsamic vinegar on them after cooking.

Spinach with Garlic: Sautee sliced garlic in olive oil and add spinach stirring until cooked

Italian Zucchini:

Sautee sliced garlic in olive oil and add sliced onions and cook until limp. Add one can of diced tomatoes with Italian herbs and slice zucchini. Sautee for a few minutes until zucchini begins to get soft...but not too long so it gets mushy.

Steam Fresh Green Beans: until they are bright green (just a couple minutes) and toss with grated orange rind. Sprinkle toasted slivered almonds on top.

Chinese Stir Fried Vegetables:

Slice an assortment of vegetables on an angle. Use twice the quantity as you think because they will reduce in size by 50%. Some cook faster than others. Slice them up in different piles and put them

aside while you saute' a couple cloves of chopped garlic in olive oil on your wok (you might like to grate a tablespoon of fresh ginger in the oil). Don't let the garlic get too brown before adding onions, carrots, celery, peppers, zucchini, broccoli and scallions. Stir constantly for a couple minutes. After a minute or two add green beans or asparagus tips. Pour in some organic chicken broth and continue to stirring. Add fresh spinach and keep stirring. When the spinach is reduced I size it should be cooked. Sprinkle some toasted sesame seeds and maybe a little sea salt.

Quinoa:

In a saucepan saute' diced onion in olive oil for a few minutes. After it is soft and clear, stir in one cup of dry Quinoa – stir for a couple minutes until it is slightly brown. Add 2 cups of low sodium chicken broth. Put a lid on the pot and cook for 15 minutes until all liquid is absorbed (in the last 5 minutes you can choose to add fresh or frozen chopped vegetables).

Mustard Vinaigrette Salad Dressing:

3 tablespoons water

½ packet stevia

5 teaspoons Olive Oil

2 tablespoons Balsamic vinegar

1 ½ teaspoon ground pepper

Shake up in a small jar

Tofu-Carrot Ginger Dressing with Miso: Similar to the dressing served on iceberg lettuce in Japanese restaurants, this is equally good on salads and as a marinade. Any silken tofu will work in this recipe and provide a smooth consistency. Yields 1 ¼ cups (serving size: 2 tablespoons)

½ cup grated carrot

2 tablespoons yellow miso (soybean paste)

½ cup silken tofu

2 teaspoons chopped peeled fresh ginger

2 tablespoons fresh lemon juice

1 packet stevia

1 tablespoon rice vinegar

¼ teaspoon sea salt

1 tablespoon olive oil

1 garlic clove, crushed

Preparation - Place all ingredients in a blender or food processor; process until smooth.

Carrot Ginger Dressing: Ingredients - Servings: Makes about 2 cups.

½ lb

carrots (3 medium), coarsely chopped

¼ cup chopped peeled fresh ginger

¼ cup chopped shallots

¼ cup seasoned rice vinegar

1 tablespoon soy sauce

1 tablespoon Asian sesame oil

1/8 teaspoon salt

½ cup vegetable oil

¼ cup water

Preparation

- Pulse carrots in a food processor until finely ground (almost puréed). Add chopped ginger, chopped shallots, rice vinegar, soy sauce, sesame oil, and salt and pulse until ginger and shallots are minced.

With motor running, add vegetable oil in a slow stream. Transfer mixture to blender. Add ¼ cup water & blend until smooth, 2 to 3 minutes. Thin with water if desired.

SHOPPING LIST ORGANIC IF POSSIBLE

Produce

Fruit: *apples *blueberries *blackberries *raspberries *cherries *grapefruit *oranges *pears
*strawberries *tangerines *peaches *plums *dried apricots *dried goji berries to mix in with seeds and
nuts for a trail mix

Vegetables: *broccoli *cauliflower *spinach *asparagus *kale *collard greens *celery *carrots *lettuce
*radish *onions *garlic *green beans *zucchini *peppers *sweet potatoes *tomatoes *cucumbers
*sprouts

Protein

*Jay Robb Whey Protein – vanilla *Skim or 1% milk *Almond Breeze Unsweetened Almond Milk
*Eggs *Hummus *Plain 2% yogurt *Low Fat cottage cheese *tofu *fish *turkey *chicken *grass fed
beef

Fats

*olive oil (try Lucini) *canola oil (expeller cold pressed) *unsalted nuts (except peanuts) *flaxseeds
(ground or grind your own in a coffee grinder – keep refrigerated) *fresh ground almond / cashew
butter *unsweetened wheat germ

Grains & Legumes

*Ezekial Sprouted Grain Bread (frozen food section) *Quinoa (grain that cooks like rice but has more
protein) *beans (edamame, garbanzos, black beans, pinto beans) *Rolled oats or steel cut oats
*tabouleh

Miscellaneous:

*stevia (NuNaturals –packets in box in vitamin section or Truvia in the sweetener section)
*Egyptian Licorice Tea (yogi teas) *unsweetened cocoa powder