



New You Challenge

Advanced Nutrition Plan

The challenge starts now:

Take a look at the calendar. How would you like to have your clothes fit better, sleep like a baby, decrease inflammation and pain, and be more alert and energized than you were 10 years ago? Does that sound too good to be true? ***We have seen thousands of people do all of that in 30 days with the plan you have in front of you.*** The eating and mindset plan in this challenge is so powerful because it combines the true science of weight loss and de-flaming with a plan that people can actually DO! We aren't asking you to eat Melba toast and celery sticks or starve yourself. We aren't asking you to join an expensive gym or spend hours on the treadmill. No more counting calories or footsteps! The meals on the plan are filling and delicious, and the fat-burning exercise can be done in the time it takes to make a cup of coffee. The best part is that you will regulate your hormones so that you build muscle and burn fat around the clock, not just while you're exercising.

You'll get daily tips to win the biggest battle of all—the one that goes on between your ears. Science shows that it only takes 21 days to form a new habit, so the healthy habits you form in the next month will be with you for the rest of your life.

OPTIONAL: Green Smoothie Cleanse

Want a kickstart to recharge your system before diving into the Advanced Nutrition Plan? Here is an *optional* Green Smoothie Cleanse you can use for 3-5 days before starting. Some of the benefits you can expect:

- Resets your digestive system
- Eliminates food cravings and prepares yourself to eat cleaner
- Stabilizes blood sugar and makes for an easier transition to burn fat faster

Each of these makes 3 servings. Drink one for breakfast, and then divide the rest into 2 mason jars for lunch and dinner!

You can snack on crunchy vegetables, nuts, hard-boiled eggs, and apples between smoothies. Make sure you drink plenty of water. You will probably lose a few pounds, but more importantly, you will recharge your system.

Green Smoothie Cleanse Recipes

<p style="text-align: center;">Apple Berry</p> <ul style="list-style-type: none">➤ 1 handful spring mix greens➤ 2 handfuls spinach➤ 2 c. water➤ 1 ½ c. frozen blueberries➤ 1 banana, peeled➤ 1 apple, cored and quartered➤ 1 packet stevia➤ 2 T. ground flaxseeds➤ Optional: 1 scoop protein powder	<p style="text-align: center;">Pineapple Berry</p> <ul style="list-style-type: none">➤ 2 handfuls spring mix greens➤ 2 handfuls spinach➤ 2 c. water➤ 1 banana, peeled➤ 1 ½ c. pineapple chunks➤ 1 ½ c. mango chunks➤ 1 c. frozen mixed berries➤ 3 packets stevia➤ 2 T. ground flaxseeds➤ Optional: 1 scoop protein powder
<p style="text-align: center;">Pineapple Spinach</p> <ul style="list-style-type: none">➤ 2 c. fresh spinach, packed➤ 2 c. water➤ 2 bananas, peeled➤ 1 c. pineapple chunks➤ 2 c. frozen peaches➤ 1.5 packets stevia➤ 2 T. ground flaxseeds➤ Optional: 1 scoop protein powder	<p style="text-align: center;">Apple Mango</p> <ul style="list-style-type: none">➤ 3 handfuls spinach➤ 2 c. water➤ 1 apple, cored and quartered➤ 1 ½ c. mango chunks➤ 2 c. frozen strawberries➤ 1 packet stevia➤ 2 T. ground flaxseeds➤ Optional: 1 scoop protein powder

New You MEAL PLAN (Week 1 & 3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	Cheesy scrambled eggs with cheddar cheese and almond milk	1 c. Greek yogurt with fresh berries and coconut; Xylitol or stevia to taste	Perfect French Vanilla Smoothie	Berry Blast Smoothie	Chocolate Power Smoothie	Perfect French Vanilla Smoothie	Scrambled eggs with 2 slices turkey bacon
<i>Snack</i>	½ c. raw almonds	3 to 5 celery sticks with ½ c. hummus	3 to 5 celery sticks filled with almond butter	½ c. pumpkin seeds	Vegetable sticks of your choice with ½ c. hummus	½ c. raw nuts and seeds	1 c. Greek yogurt with 2 T. chopped pistachios and 2 T. cacao nibs (soften in yogurt); monk fruit or stevia to taste
<i>Lunch</i>	Green salad with grilled or baked chicken breast with ¼ c. olive oil and 3 T. balsamic or white vinegar	Leftover Easy Advanced Plan Chili	Green salad with grilled or baked salmon with ¼ c. olive oil and 3 T. balsamic or white vinegar	Leftover Black Bean Fiesta Soup	Leftover Vegetable Beef Soup	Chicken Salad	Grilled chicken breast; black beans and salsa
<i>Snack</i>	3 to 5 celery sticks with ½ c. hummus	½ c. raw walnuts	8-10 celery, carrot, and pepper sticks with ½ c. guacamole	1/2 c. Greek yogurt with fresh berries and sliced almonds; Xylitol or stevia to taste	Granny Smith apple with ¼ c. almond butter	Boiled egg	Granny Smith apple with ¼ c. almond butter
<i>Dinner</i>	Easy Advanced Plan Chili	Grass-fed steak; Steamed or roasted broccoli and cauliflower (can add Brussels sprouts or other veggies)	Black Bean Fiesta Soup	Mom's Vegetable Beef Soup	Jamie's Chicken Stir Fry	Southwestern Mahi Mahi; Mashed Faux-tatoes; Green Salad	Tasty Teriyaki Salmon; Broccoli

New You MEAL PLAN (Week 2 & 4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Perfect French Vanilla Smoothie (optional: add greens)	Chocolate Power Smoothie (optional: add greens)	Berry Blast Smoothie (optional: add greens)	Perfect French Vanilla Smoothie (optional: add greens)	Unsweetened Greek yogurt and blueberries with 2 T. sliced almonds; Xylitol or stevia to taste	Chocolate Power Smoothie (optional: add greens)	Berry Blast Smoothie (optional: add greens)
Snack	½ c. raw almonds	1 or 2 boiled eggs	3 to 5 celery sticks filled with almond butter	½ c. pumpkin seeds	Carrot, celery and bell pepper strips with ½ c. hummus	½ c. walnuts	5 celery or broccoli sticks with ½ c. hummus
Lunch	Green salad with grilled or baked chicken breast with ¼ c. olive oil and 3 T. balsamic or white vinegar	Leftover Classic Pot Roast	Chicken Salad	Leftover Black Bean Fiesta Soup	Green salad with grilled or baked salmon with ¼ c. olive oil and 3 T. balsamic or white vinegar	Leftover Shepherd's Pie	Chinese Cabbage Salad with chicken or sliced beef
Snack	3 to 5 celery sticks with ½ c. hummus	½ c. raw almonds	½ c. walnuts	1 or 2 boiled eggs	5 celery sticks with ½ c. hummus	1 or 2 boiled eggs	½ c. raw almonds
Dinner	Classic Pot Roast with Sauerkraut and optional green salad	Grass-fed steak with Bernaise sauce ; Sauteed spinach, kale, or broccoli (save some beef if you want for lunch)	Black Bean Fiesta Soup	Jamie's Chicken Stir Fry	Vivian's Shepherd's Pie	Baked Mahi Mahi ; Mashed Faux-tatoes ; Green salad	Coconut Curry Chicken

Shopping Success Tips:

- ☑ Most ingredients used in the recipes can be found at your local grocery store in the organic or natural section. Check online too!
- ☑ While organic fruits and vegetables are best, they are not necessary if you have budget constraints.
- ☑ For some items like quality grass-fed or free-range meat or raw cheeses, you may have to locate your nearest health food store or find a local farmer.

	Use This	Not This
Oils	Coconut, olive, avocado oil	Pam, Crisco, vegetable oils (corn, soy, canola, safflower, sunflower, canola, etc.)
Dressings	- Vinegar, olive oil, and seasonings - Primal Kitchen with no sugar	Store-bought salad dressings (high in sugar)
Sauces	Bragg's Liquid Aminos, coconut aminos, or tamari	Soy sauce
Sweeteners	Stevia, monk fruit, xylitol	- Sugar (any form, including honey and syrup) - Artificial sweeteners (aspartame, sucralose, saccharin, etc.)
Condiments	- <u>Primal Kitchen Avocado Mayo</u> - <u>Primal Kitchen Unsweetened Ketchup</u> - Primal Kitchen Sauces (unsweetened)	- Mayo/Miracle Whip - Ketchup with sugar or HCFS - Any sauce with sugar or HCFS
Flours	Flax, almond, coconut, cassava, tapioca, arrowroot flour	- Wheat flour - Most gluten-free 1-1 flours (made with rice or other grains)
Beverages	- <u>Zevia Soda</u> - Green/black/herbal tea (can add Stevia) - Sparkling waters (can add Stevia) - Black coffee (can use Lakanto or Nutpods creamer) - Vitamin Water Zero	- Regular sodas - Diet sodas - Sweet tea - Any drinks that include sugar or the artificial sweeteners above

Approved Products

- Siete tortillas (frozen), grain-free chips, grain-free taco shells, enchilada sauce, taco seasoning, and more (just verify there is no added sugar!)
- Outer Aisle sandwich rounds and pizza crusts (frozen section)
- Primal Kitchen sauces, dressings, condiments (verify there is no added sugar!)
- Simple Mills Almond Flour Crackers
- Chomps grass-fed jerky sticks
- Nutpods creamers (avoid oatmilk)
- Lakanto monk fruit sweetener, maple syrup, sunflower chocolate spread, chocolate chips, and more (verify each product's ingredients)
- Lily's chocolate bars and chocolate chips

Making the Meal Plan Work for You:

- Lunches and dinners are interchangeable (and most freeze well!), so feel free to use something else on the plan if you don't like a particular dish (but always use breakfast as breakfast). This is not a diet! It's the basis of an eating plan that will keep you healthy and trim to your 100th birthday!
- A good snack is canned chickpeas. Rinse well and salt to taste with good salt and eat like peanuts. Don't overdo it—just twice a week.
- You can also add spinach or kale to any smoothie. You can't taste it, but you get all that good, raw nutrition. Buy fresh organic chopped kale or spinach in a bag, freeze it, and throw a handful into the blender!
- Make a pitcher of lemonade to keep in your refrigerator. Just squeeze lemons, add water, and add monk fruit or stevia to taste. This will help curb any "sweet tooth" cravings.

"Eating Out" Tips & Ordering Ideas:

- Order water. Almost all other options likely contain sugar.
- Always order, "Sauce on the side." Again, many/all will contain sugar.
- Take stevia or monk fruit packets with you if you order tea or coffee.
- Most meals are 2-3 times bigger than a normal serving size. Save half for lunch the next day or split the meal with someone else.
- Ask your server to not bring bread and butter to your table.

Breakfast:

- Vegetable omelets with a cup of berries (hold hashbrowns/breads)

Lunch:

- Salads! (replace the salad dressing with salsa or oil/vinegar)
- Burrito place: Build your own burrito bowl; hold the tortilla and rice; get extra beans or greens for the base.

Italian:

- Order grilled chicken (hold the pasta); double the veggies.
- Order the entrée with chicken, beef, etc., hold the starch, and double the veggies. Salad with olive oil and balsamic vinegar.

Mexican:

- Order fajitas without tortillas. You still get all the flavor without the grains. Ask if the restaurant has sliced jicama to dip in salsa/guacamole (as an alternative to chips) or take your own Siete brand grain-free tortilla chips (we do it all the time!).

Asian:

- Order steamed vegetables in place of stir-fried vegetables.
- Hold the rice; try a seaweed salad!
- Sushi is a great option. Just hold the rice or do lettuce wraps.

Bar/Grill:

- Order a burger with a lettuce wrap bun or no bun. Veggies instead of fries.
- Add black beans and avocados for a more filling side salad.
- Order 2 sides of vegetables instead of 1 starch and 1 vegetable.

BMI Chart

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.8	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight	Healthy					Overweight					Obese					Extremely obese							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

Day 1

Your Assessment: *The Man or Woman in Your Mirror*

So, here is your action step: Don't read another sentence until you find a mirror and answer these questions. Man or woman in the mirror, what's your number? The first step to change is finding out where you are. Take the following test to find out how close you are to the cruise ship or nursing home. You will retake the test after 28 days to see your progress.

	10 points	5 points	0 points
What's your BMI?	Less than 24	25-29	Over 30
What's your waist-to-hip ratio? (Waist is measured 1 in. above navel; hips at widest point of buttocks)	.95 or below for men .80 or below for women	.96 to 1.0 for men .81 to .85 for women	1.0+ for men .85+ for women
How many days a week do you eat sugar or candy?	0	1-2	More than 2
How many meals per week do you eat fast food?	0	1-2	More than 2
What is your resting pulse? (Beats per minute)	Less than 70	71-83	Over 83
How many times per week do you exercise?	More than 3	1-2	None
How many days per week do you get 5 servings of fruits and veggies or more?	More than 3	1-3	Never
How many sodas or sweetened beverages (tea, sports drinks, etc.) do you drink per week?	0	1-2	More than 2
How many hours per night do you sleep?	8 or more	7	Less than 7

How did you score?

0-20 We have some damage to undo. Let's get going!

21-40 It's time to get moving now.

41-60 Assess your weak areas and get a plan.

61-80 Stay consistent and keep improving.

81-100 Keep it up, and find someone else to mentor!

Excellent 1st step: Get an accountability partner. Twice the help equals twice the results. It can be your spouse, co-worker, or friend. Write down the goals you want to achieve for the challenge and exchange them with your partner.

Day 1 Eating Plan

Breakfast	Snack	Lunch	Snack	Dinner
Cheesy scrambled eggs with cheddar cheese and almond milk	½ c. raw almonds	Green salad with grilled or baked chicken breast with ¼ c. olive oil and 3 T. balsamic or white vinegar	3 to 5 celery sticks with ½ c. hummus	Easy Advanced Plan Chili

Dessert: A couple of squares of *Lily's brand* chocolate. It's available at most grocery stores and health food stores, Target, Amazon, etc. It's sweetened with stevia, so it has no inflammatory or blood sugar effects. You can have this every night after dinner if you get a sweet tooth craving!

Day 2

Your Big Why

It's time for you to get a bigger "why." Right now, we want you to come up with the most compelling reason you can for taking control of your health. If you want to lose weight just to look good in your bathing suit, that is not a big enough "why." If you want to lose weight because you want to be around to pass your wisdom on to your grandchildren at their weddings, now you are getting somewhere. Write down your big why so that you can refer to it every day for the next thirty days.

My Big Why:

Take time now to think about your "Big Why." What's most important to you? How do you see your future? How could an improved life, mind, body, and soul help you achieve your dreams?

Day 2 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
1 c. Greek yogurt with fresh berries and coconut; Xylitol or stevia to taste	3 to 5 celery sticks with ½ c. hummus	Leftover Easy Advanced Plan Chili	½ c. raw walnuts	Grass-fed steak; Steamed or roasted broccoli and cauliflower (can add Brussels sprouts or other veggies)

Toxicity Tip: Read food (and gum) labels, and eliminate all artificial sweeteners, including aspartame and sucralose, and switch to stevia or xylitol.

Day 3

Changing Your Beliefs: *The Fast Track to Success*

The biggest reason why you may have failed in the past is because you don't believe you can actually reach your goals and live the life you've always dreamed about. You try something new, then an old limiting belief shows up and decides, "I'll never be able to really have that anyway, so I might as well go back to how I was living before." The reality is, change scares us and others around us.

So how do you get over your limiting belief and move in the direction of your dreams? First, you have to identify the limiting belief and create a new belief. The following is an exercise to help you do that.

1. Write down a belief that is holding you back.

Some examples of limiting beliefs are: "I'm too old to lose weight," "I have bad genes, so I have to be on this medication forever," "I don't have enough time to workout," "I'm too lazy," or "I never win at anything."

2. Now cross out that old belief and write a new empowering belief below.

For example, cross out "I'm too old to lose weight" and change it to "I can lose weight easily and quickly." Cross out "I don't have enough time to work out" and change it to "I make time to work out every day because I'm worth it." Cross out "I hate health food" and change it to "I'm constantly finding easy ways to prepare delicious foods that taste better than junk food and make me feel good instead of sick when I eat them."

In order to retrain your brain, you need to say this new affirmation three times in the morning and three times before bed for thirty days. It takes that long

to program a new belief. So once you've identified your limiting belief, as soon as that old belief comes up, stop in the middle of thinking it and say the new empowering belief. For example, "I'm too old... No, I am *not* too old. I *can* lose weight easily and quickly!" The stronger and more dominant the new picture of yourself is in your mind, the faster the new belief forms and the more powerful the process is.

Once this new belief becomes a part of you, your mind will start "correcting for the mistake," but in a way that moves you closer to your goals. If you truly believe that you are a person who makes good food choices, you will look at that candy bar and say, "That's not me." This is where things get fun! You may consider yourself a hopeless case. We have patients who think they are genetically doomed to have certain diseases or that their health has deteriorated too far to recover, but the facts prove them completely wrong. The International Agency for Research on Cancer and the World Health Organization have concluded that 80 percent of all cancers are attributed to lifestyle, not genetics. And this is a conservative number. Other studies reveal that as little as 2 percent of all diseases and conditions have anything to do with genetics or so-called "bad luck." In other words, as much as 98 percent of all body types, conditions, and disease are due all or in part to lifestyle.

Studies have shown that many people who live one hundred years have genes that are supposedly high risk for disease and early death. This shows that almost everybody can do something to stay healthy—no matter who their grandparents are.

You might be hearing a lot of "you can't" messages from your doctor, the news, and maybe your Aunt Sally, but we're here to tell you that you *can*! You are not a victim of bad genes or bad luck. You have more potential inside of you than you can imagine. The biggest shame that we see as doctors is when

people settle for less than their potential. They rationalize being sick and feeling bad. But you hold the key to your health future, and our specialty is showing you how to use that key.

Do you ever say any of these things?

- Everyone has headaches!
- My insomnia isn't as bad as my wife's!
- I'm not really that tired!
- Sure, I've slowed down and put on some weight. I'm over 30, and that's what happens.

You know what? Everyone doesn't have headaches. Any insomnia stinks no matter how bad someone else has it. Tired is just tired. There are people up to 80 and 90 years old with abs and who run marathons! You were never meant to fall apart, degenerate, and feel old and tired. You have the most incredible healing, regenerating power on planet Earth inside of you! Stop settling for anything less than the energy, vitality, and abundant health that you were designed for!

Whatever you've been told about yourself or your abilities is not the truth. It may be the truth you believe, but you don't have to hold on to it.

Day 3 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie	3 to 5 celery sticks filled with almond butter	Green salad with grilled or baked salmon with ¼ c. olive oil and 3 T. balsamic or white vinegar	8-10 celery, carrot, and pepper sticks with ½ c. guacamole	Black Bean Fiesta Soup

Day 4

Max Mind: Creating an incentive is a powerful way to achieve your goals. Share your commitments with your accountability partner.

Day 4 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Berry Blast Smoothie	½ c. pumpkin seeds	Leftover Black Bean Fiesta Soup	1/2 c. Greek yogurt with fresh berries and sliced almonds; Xylitol or stevia to taste	Mom's Vegetable Beef Soup

Toxicity Tip: Switch to extra virgin olive oil and/or coconut oil. Throw out foods containing hydrogenated or partially hydrogenated oils, including corn oil, canola oil, vegetable oil, soybean oil, and safflower oil (salad dressings, etc.).

Day 5

Max Mind: Some people are motivated by pleasure or pain. Decide which one you are! Create an action step for reaching your goal. Either give yourself something amazing for your efforts (like a vacation or spa day) or force yourself to do something that scares you (like run a marathon).

Day 5 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Chocolate Power Smoothie	Vegetable sticks of your choice with ½ c. hummus	Leftover Vegetable Beef Soup	Granny Smith apple with ¼ c. almond butter	Jamie's Chicken Stir Fry

Day 6

Max Mind: Don't forget to journal everything you eat from here forward. Writing it down makes you three times more accountable for what goes into your mouth.

Day 6 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie	½ c. raw nuts and seeds	Chicken Salad	Boiled egg	Southwestern Mahi Mahi ; Mashed Faux-tatoes ; Green Salad

Toxicity Tip: Clean water equals clean body! Switch your bottled water to distilled or reverse osmosis. You can also buy a water filter for your house. We recommend reverse osmosis or a good carbon block filter.

Day 7

Max Mind: Preparation! Preparation! Preparation! If you fail to plan, you are planning to fail! Prepare your meals for the week on Saturday or Sunday and know exactly when you plan to exercise.

Day 7 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Scrambled eggs with 2 slices turkey bacon	1 c. Greek yogurt with 2 T. chopped pistachios and 2 T. cacao nibs (soften in yogurt); monk fruit or stevia to taste	Grilled chicken breast; black beans and salsa	Granny Smith apple with ¼ c. almond butter	Tasty Teriyaki Salmon ; Broccoli

Day 8

Max Mind: Review your “Big Why” from Day 2. Really get a vision of how it looks when you get there. How does it make you feel? When it gets tough this week (and it will), get that feeling back and remember WHY you are doing this!

Day 8 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie (optional: add greens)	½ c. raw almonds	Green salad with grilled or baked chicken breast with ¼ c. olive oil and 3 T. balsamic or white vinegar	3 to 5 celery sticks with ½ c. hummus	Classic Pot Roast with Sauerkraut and optional green salad

Day 9

Max Mind: Stop thinking, “It’s too hard.” Being in a body that does not make you feel your absolute best is hard. You can do this.

Day 9 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Chocolate Power Smoothie (optional: add greens)	1 or 2 boiled eggs	Leftover Classic Pot Roast	½ c. raw almonds	Grass-fed steak with Bernaise sauce ; Sautéed spinach, kale, or broccoli (save some beef if you want for lunch)

Toxicity Tip: Boost your glutathione levels. Glutathione is your body’s best defense against the toxins that bombard you each day. You can boost your glutathione levels by eating cruciferous vegetables like broccoli and Brussels sprouts.

Day 10

Max Mind: If you feel that you have no time to exercise, REMEMBER—it's only a few minutes a day. In the time it takes to park your car at Starbucks, stand in line, order your latte, and get back in your car, you could be DONE with your exercise for the week that turned your body into a fat-burning machine.

Day 10 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Berry Blast Smoothie (optional: add greens)	3 to 5 celery sticks filled with almond butter	Chicken Salad	½ c. walnuts	Black Bean Fiesta Soup

Day 11

Max Mind: Don't think, "I messed up and can eat whatever I want now." You are not on a diet. You are making healthy choices every day, and you should be proud of the changes you have made this far. If you haven't done everything perfectly, you are still better off than 99% of the people you know! The fact that you are reading this means that you are doing better than you think you are.

Day 11 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie (optional: add greens)	½ c. pumpkin seeds	Leftover Black Bean Fiesta Soup	1 or 2 boiled eggs	Jamie's Chicken Stir Fry

Toxicity Tip: Eliminate all Teflon cookware . . . danger! Switch to stainless steel, cast iron, or micro-ceramic cookware.

Day 12

Max Mind: Warning! Don't go shopping when you are hungry. Somehow your favorite snack ends up in the cart. You'll be surprised at the healthier choices you make when you shop when you are satisfied.

Day 12 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Unsweetened Greek yogurt and blueberries with 2 T. sliced almonds; Xylitol or stevia to taste	Carrot, celery and bell pepper strips with ½ c. hummus	Green salad with grilled or baked salmon with ¼ c. olive oil and 3 T. balsamic or white vinegar	5 celery sticks with ½ c. hummus	Vivian's Shepherd's Pie

Day 13

Max Mind: You've probably said, "I should get involved in other activities and refrain from eating this, but I just don't care." It's been said that you can choose between the pain of discipline or the pain of regret; the first weighs ounces, and the second weighs tons. If you do the hard things now, you create an easy life later!

Day 13 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Chocolate Power Smoothie (optional: add greens)	½ c. walnuts	Leftover Shepherd's Pie	1 or 2 boiled eggs	Baked Mahi Mahi ; Mashed Faux-tatoes ; Green salad

Toxicity Tip: The best all-natural cleaner is equal parts water and vinegar in a spray bottle for an intense cleaning solution for countertops, sinks, and bathtubs.

Day 14

Max Mind: Failing to plan is planning to fail. Get your shopping done today!

Day 14 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Berry Blast Smoothie (optional: add greens)	5 celery or broccoli sticks with ½ c. hummus	Chinese Cabbage Salad with chicken or sliced beef	½ c. raw almonds	Coconut Curry Chicken

Day 15

Max Mind: Spend 5 minutes picturing your “Big Why.” Is it getting more real to you now? You are well on your way to achieving your vision. Keep up the good work!

Day 15 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Cheesy scrambled eggs with cheddar cheese and almond milk	½ c. raw almonds	Green salad with grilled or baked chicken breast with ¼ c. olive oil and 3 T. balsamic or white vinegar	3 to 5 celery sticks with ½ c. hummus	Easy Advanced Plan Chili

Day 16

Max Mind: Stay on track! At this point, you may think that you don't need to schedule meals, but how you ate in the past has not worked out, so sticking to scheduled eating gives you the freedom from emotional eating!

Day 16 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
1 c. Greek yogurt with fresh berries and coconut; Xylitol or stevia to taste	3 to 5 celery sticks with ½ c. hummus	Leftover Easy Advanced Plan Chili	½ c. raw walnuts	Grass-fed steak; Steamed or roasted broccoli and cauliflower (can add Brussels sprouts or other veggies)

Toxicity Tip: For an amazing toxin-free face wash that even removes makeup, mix almond oil and ½ tsp. of honey.

Day 17:

Max Mind: You are starting to see results, so stay positive. Don't tell yourself, "I'm not going to be happy until my goals are reached." You can choose to be happy with your results now, and continue to make good choices.

Day 17 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie	3 to 5 celery sticks filled with almond butter	Green salad with grilled or baked salmon with ¼ c. olive oil and 3 T. balsamic or white vinegar	8-10 celery, carrot, and pepper sticks with ½ c. guacamole	Black Bean Fiesta Soup

Day 18

Max Mind: If you've been sticking to the plan so far, your friends and family are probably looking at you like you are a little crazy with all this "health stuff." That's a good thing. The way the world is going right now, you don't want to be normal. Mark Twain said, "When you find yourself on the side of the majority, it's time to pause and reflect." Weird is good!

Day 18 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Berry Blast Smoothie	½ c. pumpkin seeds	Leftover Black Bean Fiesta Soup	1/2 c. Greek yogurt with fresh berries and sliced almonds; Xylitol or stevia to taste	Mom's Vegetable Beef Soup

Toxicity Tip: For an effective deodorant, mix ¼ c. baking soda, ¼ c. arrowroot powder, 5 T. melted coconut oil, and a few drops of any essential oils you choose. Pour into an old deodorant tube to cool and harden. I also love Schmidt's brand deodorant.

Day 19

Max Mind: Repeat this to yourself anytime you feel tempted to slip back into your old ways, especially if you are rationalizing or feeling sorry for yourself: "My commitment must be stronger than my emotions are at this moment."

Day 19 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Chocolate Power Smoothie	Vegetable sticks of your choice with ½ c. hummus	Leftover Vegetable Beef Soup	Granny Smith apple with ¼ c. almond butter	Jamie's Chicken Stir Fry

Day 20

Max Mind: One of our favorite quotes from Henry Ford: “If you think you can or think you can’t, you’re right.” You CAN!

Day 20 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie	½ c. raw nuts and seeds	Chicken Salad	Boiled egg	Southwestern Mahi Mahi ; Mashed Faux-tatoes ; Green Salad

Toxicity Tip: If you are using butter to cook with, make sure it’s organic so that you don’t get any of the antibiotics or hormones used in dairy processing.

Day 21

Max Mind: Remember the old adage, “Failing to plan is planning to fail.” It’s a shopping and planning day. This is the most important step to making sure your week is a success.

Day 21 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Scrambled eggs with 2 slices turkey bacon	1 c. Greek yogurt with 2 T. chopped pistachios and 2 T. cacao nibs (soften in yogurt); monk fruit or stevia to taste	Grilled chicken breast; black beans and salsa	Granny Smith apple with ¼ c. almond butter	Tasty Teriyaki Salmon ; Broccoli

Day 22

Max Mind: Do something to celebrate your progress so far. If you've lost inches, go buy a new pair of pants that you couldn't have fit in before. Go climb the stairs that have always gotten you winded. Go for a hike that you couldn't do before. It feels good to see what all your hard work has gotten you!

Day 22 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie (optional: add greens)	½ c. raw almonds	Green salad with grilled or baked chicken breast with ¼ c. olive oil and 3 T. balsamic or white vinegar	3 to 5 celery sticks with ½ c. hummus	Classic Pot Roast with Sauerkraut and optional green salad

Day 23

Max Mind: Your body is feeling amazing! Review your goals and see how close you are and how far you've come. Celebrate the small victories!

Day 23 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Chocolate Power Smoothie (optional: add greens)	1 or 2 boiled eggs	Leftover Classic Pot Roast	½ c. raw almonds	Grass-fed steak with Bernaise sauce ; Sauteed spinach, kale, or broccoli (save some beef if you want for lunch)

Toxicity Tip: Read food labels and eliminate food additives and preservatives like MSG or aka's such as hydrolyzed vegetable protein, yeast extract, autolyzed yeast, or sodium caseinate.

Day 24

Max Mind: Pay it forward. Share one of your favorite things you've learned from this challenge with someone else. Email a coworker a recipe. Show a family member how to read food labels. The best way to ensure your own success is to help someone else succeed.

Day 24 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Berry Blast Smoothie (optional: add greens)	3 to 5 celery sticks filled with almond butter	Chicken Salad	½ c. walnuts	Black Bean Fiesta Soup

Day 25

Max Mind: Review your goals and see that you are almost at the finish line. Look at all the healthy habits you have created and the lifestyle changes you've made.

Day 25 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Perfect French Vanilla Smoothie (optional: add greens)	½ c. pumpkin seeds	Leftover Black Bean Fiesta Soup	1 or 2 boiled eggs	Jamie's Chicken Stir Fry

Toxicity Tip: The best body moisturizers are oils, like jojoba, almond, or coconut oil.

Day 26

Max Mind: If you aren't continually growing, you are dying. Find a book or website today that will give you more tools to continue in your new lifestyle. www.paleogrubs.com is a good one for new recipes and meal ideas.

Day 26 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Unsweetened Greek yogurt and blueberries with 2 T. sliced almonds; Xylitol or stevia to taste	Carrot, celery and bell pepper strips with ½ c. hummus	Green salad with grilled or baked salmon with ¼ c. olive oil and 3 T. balsamic or white vinegar	5 celery sticks with ½ c. hummus	Vivian's Shepherd's Pie

Day 27

Max Mind: Herbert Swope said, "I don't know the key to success, but the key to failure is trying to please everybody." Don't pay attention to people who are trying to pull you down. Surround yourself with people who lift you up! Who is it that you need to stop hanging out with?

Day 27 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Chocolate Power Smoothie (optional: add greens)	½ c. walnuts	Leftover Shepherd's Pie	1 or 2 boiled eggs	Baked Mahi Mahi ; Mashed Faux-tatoes ; Green salad

Day 28

The NEW man or woman in the mirror: What's your number now? Take the following test to find out how close you are to the cruise ship or nursing home. Take time to celebrate how far you've come, and keep walking your new path!

	10 points	5 points	0 points
What's your BMI?	Less than 24	25-29	Over 30
What's your waist-to-hip ratio? (Waist is measured 1 in. above navel; hips at widest point of buttocks)	.95 or below for men .80 or below for women	.96 to 1.0 for men .81 to .85 for women	1.0+ for men .85+ for women
How many days a week do you eat sugar or candy?	0	1-2	More than 2
How many meals per week do you eat fast food?	0	1-2	More than 2
What is your resting pulse? (Beats per minute)	Less than 70	71-83	Over 83
How many times per week do you exercise?	More than 3	1-2	None
How many days per week do you get 5 servings of fruits and veggies or more?	More than 3	1-3	Never
How many sodas or sweetened beverages (tea, sports drinks, etc.) do you drink per week?	0	1-2	More than 2
How many hours per night do you sleep?	8 or more	7	Less than 7

How did you score?

0-20 We have some damage to undo. Let's get going!

21-40 It's time to get moving now.

41-60 Assess your weak areas and get a plan.

61-80 Stay consistent and keep improving.

81-100 Keep it up, and find someone else to mentor!

Day 28 Eating Plan

<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>
Berry Blast Smoothie (optional: add greens)	5 celery or broccoli sticks with ½ c. hummus	Chinese Cabbage Salad with chicken or sliced beef	½ c. raw almonds	Coconut Curry Chicken

Grocery Shopping Tips & Lists

- ❑ Stock up on good snacks such as *eggs, nuts, seeds, vegetable sticks (broccoli, bell peppers, carrots, celery)*, and *almond butter*. *Chicken broth* is good to keep on hand to cook vegetables in, as it improves the flavor.
- ❑ Adjust the amounts listed to fit the number of people you're cooking for and if you want leftovers.
- ❑ Most of these items can be found at regular grocery stores, but some items will only be found at natural stores like Whole Foods, Sprouts, or Natural Grocers.
- ❑ Buy organic as much as possible as well as pasture-raised eggs and grass-fed beef.
- ❑ Stevia and monk fruit are the best sugar substitutes. Stevia is used like Equal—a little goes a long way. Monk fruit is used just like sugar and is better for baking.

Grocery List for Week 1 & 3

Produce:

- Onions (3 per week)
- Shallot (1)
- Garlic (1 head or pre-chopped in a jar)
- Greens for salads
- Bell peppers (1 each red, yellow, and green)
- Celery (1 pack)
- Carrots (1 pack)
- Broccoli (3 bunches)
- Cauliflower (1 head)
- Green onions (1 bunch)
- Fresh ginger (small section of fresh root, or minced in a jar)
- Soup vegetables (see list in recipe); can mix fresh and frozen
- Mushrooms (1 container, sliced)
- Granny Smith apples (2)
- Lime juice or 3 fresh limes
- Berries of your choosing, fresh or frozen
- Pistachios (small container)
- Pecans (1/4 cup)
- Almonds (1 lb.)
- Walnuts (1/2 lb.)
- Pumpkin and sunflower seeds (1 cup each)

Meat, Poultry, Fish:

- Ground beef or bison (2 to 4 lbs.)
- Chicken breasts (9 boneless, skinless)
- Grass-fed steak (1)
- Turkey bacon (no nitrates)
- Mahi Mahi or other white fish (2 lbs.)
- Salmon (2 ¼ lbs.)

Deli:

- Hummus (16 oz. container) or make your own. (Recipe in this plan. You just need 2 cans chickpeas—you have everything else)

Dairy:

- Greek yogurt (three 8-oz. cartons)
- Eggs (1 dozen)
- Cheddar cheese (organic or raw, 8 oz.)
- Coconut milk, unsweetened

Canned Goods:

- Tomatoes (chopped, 1 can)

- Salsa (24 oz jar; look in Mexican section)
- Black beans (3 cans)
- Water chestnuts (1 small can; look in Asian section)
- Chicken broth (1 carton, organic)
- Tomato or vegetable juice (32 to 46 oz.)

Condiments:

- Bragg's Liquid Aminos, coconut aminos, or tamari (optional)
- Primal Kitchen Avocado Mayo (1 jar)
- Balsamic vinegar
- Tarragon vinegar
- Hot sauce (check label for sugar and high fructose corn syrup)
- Almond butter

Baking Aisle:

- Almond milk (1 carton); Use for mixing up scrambled eggs and can be used in mashed faux-tatoes
- Vanilla extract
- Stevia or monk fruit (Stevia may be liquid or granular—liquid is very sweet; use sparingly)
- Coconut oil
- Olive oil (at least 16 oz.)
- Unsweetened coconut flakes (small container)

Miscellaneous:

- Dry sherry, or you can use chicken broth
- Cacao nibs
- Maximized Living Perfect Protein*, Vanilla and Chocolate

Spices, dried

(or fresh and double the amount in the recipe):

- Black pepper
- Oregano
- Bay leaves
- Garlic powder
- Chili powder
- Cumin
- Tarragon
- Marjoram
- Redman's Real Salt* or another pink one (no regular table salt!)

Grocery List for Week 2 & 4

Check to see that you have enough staples from last week like oils and spices.

Produce:

- Cauliflower (2 heads)
- Sauerkraut (2 lb.; check refrigerated section)
- Kohlrabi or celeriac/celery root (4 medium)
- Celery (1 pack)
- Carrots (1 pack)
- Mushrooms (sliced, 3 packs)
- Bell peppers (1 each red, yellow, and green)
- Greens for salad (fills 1 gallon bag)
- Spinach (at least 2 lbs.)
- Kale (1 bunch), optional
- Napa cabbage (1 small)
- Broccoli (2-4 bunches)
- Cilantro (1 bunch)
- Ginger root (fresh, small piece or minced in jar if you don't have any from last week)
- Green onions
- Soup vegetables (see list in recipe); can mix fresh and frozen
- Avocados (2)
- Tomato (1)
- Berries (your choice, fresh or frozen)
Blueberries (fresh or frozen)
- Lime (1)
- Lemon juice (or fresh lemons)
- Pecans
- Raw almonds (1 lb., whole, you can slice your own when called for)
- Walnuts (1 cup)
- Pumpkin seeds (1 cup)

Meat, Poultry & Fish:

- Chicken breast (12 pcs. boneless, skinless)
Less if cooking for one or two
- Rump roast, bottom round, or brisket (4 lb., less if cooking for one or two)
- Salmon (1 portion)
- Steak (grass-fed, of your choice)
- Beef or bison (2 lbs.)
- Mahi Mahi (or other white fish, 2 lb.)

Deli:

- Hummus (16 oz. container) or make your own. (Recipe in this plan. You just need 2 cans chickpeas—you have everything else)

Dairy:

- Real butter
- Greek yogurt (1 ½ cup)
- Eggs (1 dozen)
- Cream or milk (1 pint, organic or raw)
- Raw or organic cheddar cheese (8 oz.)

Canned Goods & Soup:

- Bragg's Liquid Aminos, coconut aminos, or tamari (also found with Asian food)
- Dark sesame oil (also with Asian food)
- Small can water chestnuts (check in Asian section)
- Black beans (3 cans)
- Chicken or beef broth (4 cans or 2 cartons)
- Chopped tomatoes (1 can)

Miscellaneous:

- Large bottle of tomato or vegetable juice

20 in 30 Recipes

Breakfast Smoothies

Berry Blast Smoothie

Serves 1

- 1 scoop whey protein powder or 2 whole raw eggs
- 1 cup frozen berries (or fresh berries with 1 cup ice)
- 1 cup unsweetened coconut milk
- Stevia or xylitol to taste

Blend well and enjoy!

Chocolate Power Smoothie

Serves 1

- $\frac{3}{4}$ scoop chocolate whey protein powder
- 1 cup unsweetened coconut or almond milk
- 1 cup ice
- Stevia or monk fruit to taste
- Optional: 1 Tbsp. almond butter

Blend well and enjoy!

Perfect French Vanilla Smoothie

Serves 1

- $\frac{3}{4}$ scoop protein powder or 2 whole raw eggs
- $\frac{1}{2}$ can unsweetened, full-fat coconut milk
- 1 cup ice
- 2 capfuls vanilla extract
- Stevia or xylitol to taste

Blend well and enjoy!

Snacks

Guacamole

Serves 4

- 2 avocados
- Juice from 1 lime
- 2 cloves garlic, finely chopped
- 1 small tomato, chopped
- Salt, cumin, and chili powder

Scoop out avocados into bowl. Add lime juice, garlic, and tomato. Mash it together and add spices to taste. Chill.

Hummus

Serves 4

- 2 cans chickpeas, rinsed
- 3 cloves garlic
- 3 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt and cayenne pepper or paprika

Place all ingredients in food processor or blender until smooth. Taste and adjust seasoning.

Salads and Sides

Chicken Salad

Serves 4

- 3-4 cups cooked chicken, chopped
- 1 cup diced celery
- 2 Tbsp. chopped green onions
- 1 Tbsp. lemon juice
- ⅔ cup Primal Kitchen Avocado Mayo
- ¼ cup chopped walnuts or pecans
- Salt and pepper

Mix all ingredients until combined; chill. Serve on lettuce or spinach leaves. To serve as a casserole, put in a lightly greased casserole, top with organic or raw parmesan or cheddar cheese, and bake for 20 minutes at 350 degrees.

Chinese Cabbage Salad

Serves 2

- 2 Tbsp. Bragg's Liquid Aminos, coconut aminos, or tamari
- 1 Tbsp. fresh ginger, grated
- 2 Tbsp. dark sesame oil
- 2 Tbsp. olive oil
- 1 small Napa cabbage cut into thin slices
- 1 yellow bell pepper cut into thin strips
- 3 cooked boneless, skinless chicken breasts
- 2 Tbsp. sesame seeds

In a small bowl, mix aminos, grated ginger, sesame oil, and olive oil. Mix cabbage, bell pepper, and cooked chicken. Drizzle with sauce mixture, and sprinkle with sesame seeds.

Sauteed Greens

Serves 2

- 1 Tbsp. coconut oil
- ½ small onion
- 6 pitted black olives (optional)
- 2 lbs. spinach, kale, or collards (broccoli can be used if you parboil it first)
- 1 tsp. lemon juice
- 3 cloves chopped garlic (optional)
- Salt and pepper
- ¼ cup crumbled feta (optional)

Heat a large pan over medium-high heat. Add oil and onion and cook til onion wilts. Add greens (you have to chop the kale or collards but not the spinach) and olives, if using them. Saute spinach 2-3 minutes (kale, collards, or broccoli for 8-10 minutes). Add lemon juice, garlic, salt, and pepper, and cook one more minute. Sprinkle with feta if you like it.

Mashed Faux-tatoes

Serves 4

- 1 head cauliflower or several celery roots (celeriac)
- ¼ cup butter
- ¼ cup organic or raw half-and-half
- Salt and pepper

Steam cauliflower or celery roots in steamer or small amount of water until tender. Drain. In food processor, blend cauliflower or celery roots with remaining ingredients until smooth. You can't get this smooth enough without a blender or food processor. You'll be amazed how good this is!

Roasted Vegetables (with option to add roasted chicken)

Serves 4

Any or all of the following veggies:

- Asparagus
- Brussels sprouts
- Carrots
- Onions
- Green beans
- Tomatoes
- Broccoli
- Zucchini or yellow squash
- Chopped garlic
- Salt and pepper
- Optional: whole chicken

Cut vegetables into bite-size pieces. Put in large roasting pan and toss with olive oil, chopped garlic, and salt and pepper. Spread into thin layer and roast at 450 for about 30 minutes. You may want to turn them halfway through. You'll wonder why you never liked veggies before! You can put a whole chicken in a roasting pan and roast for 1 ½ hours and then surround it with veggies and roast for another 45 minutes. Double delicious and you have dinner all in one pan!

Main Dishes and Soups

Black Bean Fiesta Soup

Serves 4

- 2 cans black beans, divided
- 1 cup chicken stock
- 2 Tbsp. coconut oil
- ¼ cup chopped onion
- ¼ cup chopped green onions
- 3 cloves chopped garlic
- 2 tsp. cilantro
- Salt, chili powder, cumin, and hot sauce to taste
- Raw or organic cheddar cheese, shredded

In a food processor or blender, puree 1 can black beans and the chicken stock. In a medium sauce pan, sauté onions and garlic in oil. When veggies are tender, add black bean mixture from blender, remaining can of black beans, and stir on medium-low heat. Add spices a little at a time and taste until you like it! Top with raw or organic cheddar.

Easy Advanced Plan Chili

Serves 6

- 1 Tbsp. coconut oil
- ½ cup chopped onions
- 2 chopped garlic cloves
- 1 ½ cups chopped celery
- 1 cup chopped green pepper
- 1 ½ lbs ground beef or bison
- 2 tsp. thyme leaves
- 2 tsp. chili powder or more if you like
- 2 tsp. cumin
- Salt to taste
- 8oz can chopped tomatoes
- 12oz jar salsa (all natural)

In large skillet, sauté onions, garlic, celery, and pepper in oil til tender. Add meat, thyme, chili powder, and cumin, stirring frequently for 5-6 minutes. Add salt, tomatoes, and salsa to pot.

Cover and simmer for an hour. This can also be cooked all day in the crockpot on low.

Mom's Vegetable Beef Soup

Serves 8 to 10

- 1-2 lb. ground beef
- 1 chopped onion
- 4 stalks celery, chopped
- 1 Tbsp. marjoram
- Salt and pepper to taste
- 46 oz. can tomato juice
- 2 cups chicken broth
- Veggies on hand (broccoli, green baby lima beans, white beans, carrots, zucchini, yellow squash, okra, water chestnuts, mushrooms, chopped greens, green beans, cauliflower)

Brown beef; add onion and celery and cook 5 minutes. Add marjoram, salt, and pepper. Add tomato juice and chicken broth. Add whatever vegetables you like, and cook until tender, about 45 minutes. Adjust seasonings to taste.

Classic Pot Roast with Sauerkraut

Serves 6

- 4 lb. rump roast, bottom round, or brisket
- Salt and pepper
- 2 Tbsp. coconut oil
- ¾ cup chopped onions
- 1 tsp. thyme leaves
- ¼ tsp. oregano
- 2 lb. sauerkraut
- 2 cups chopped tomatoes or 1 can diced
- 2 bay leaves
- 2 cups beef or chicken broth
- 4 medium kohlrabi or celery roots, peeled and quartered
- 4 stalks celery
- 4 medium carrots

Season the beef with salt and pepper. In a large Dutch oven, melt coconut oil and brown meat with the onions. Add thyme and oregano. Cover with sauerkraut, tomatoes, and bay leaves, and broth. Simmer several hours til tender. Add veggies after about 1½ hours. Cover and continue to simmer. This can be made in a crockpot after you brown the meat.

Coconut Curry Chicken

Serves 4

- 2 lbs. boneless, skinless chicken breast
- 1 can coconut milk
- 2 cups broccoli, chopped
- 1 cup mushrooms
- 1 onion, chopped
- 1 Tbsp. curry powder
- 1 tsp. minced garlic
- 1 tsp. minced ginger
- Salt to taste
- Fresh parsley

In a large skillet, add coconut milk, chicken, broccoli, mushrooms, and onion. Cook on medium-high 15 minutes. Add curry powder, garlic, ginger, and salt. Cook over medium-low heat for 15 minutes. Garnish with fresh parsley.

Jamie's Chicken Stir Fry

Serves 4 to 6

- 2 Tbsp. coconut oil
- 2 lbs. boneless, skinless chicken breast, cut into cubes
- 1 small can water chestnuts
- 2 cups broccoli
- 1 cup sliced red bell peppers
- $\frac{3}{4}$ cup sliced onions
- 1 cup sliced mushrooms
- 1 tsp. salt
- Tamari sauce or Bragg's Liquid Aminos

In a large wok or skillet, heat oil. Add chicken, and cook on medium heat for 5 minutes. Add water chestnuts, broccoli, peppers, onions, mushrooms, and salt. Cook until veggies are tender-crisp and chicken is done. Can be topped with tamari sauce or Bragg's Liquid Aminos.

Baked Mahi Mahi

Serves 4

- Coconut oil
- 2 lbs. Mahi Mahi
- Juice of 1 lemon
- 2 Tbsp. butter
- 1 tsp. parsley flakes
- 1 tsp. salt
- 1 tsp. garlic powder

Coat bottom of baking dish with oil and put in Mahi Mahi. Pour lemon juice over fish. Top with butter, parsley, salt, and garlic powder. Bake at 400 degrees for about 15 minutes or until the fish easily flakes.

Southwestern Mahi Mahi

Serves 4

- Coconut oil
- 2 lbs Mahi Mahi
- 4 tbsp lime juice
- 1 tsp salt
- 1 cup salsa

Place Mahi Mahi in oiled baking pan, and sprinkle with lime juice and salt. Top with salsa. Bake at 400 until fish flakes, about 20 minutes.

Tasty Teriyaki Salmon

Serves 4

For sauce:

- ¼ cup tamari sauce
- ¼ cup dry sherry
- 1 Tbsp. sesame oil
- 1 Tbsp. grated ginger root
- 2 cloves garlic, minced

For fish:

- 2 lbs. wild-caught salmon
- Lemon wedges

Combine sauce ingredients. Place fish in glass dish and pour the sauce over. Marinate in the fridge for 2 hours. Grill the fish or broil in oven. Cook 3-4 minutes on each side while basting with sauce. Serve fish with lemon wedges.

Vivian's Shepherd's Pie

Serves 4 to 6

- 2 lbs. ground beef or bison
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup chopped bell pepper
- 1 cup mushrooms, sliced
- Any veggies you have on hand (chopped greens, broccoli, snow peas, zucchini, squash, carrots, green peas, etc.)
- Beef or chicken broth
- Arrowroot flour
- Salt and pepper to taste
- Any herbs you like (marjoram, thyme, Season All, etc.)
- 1 recipe of Mashed Faux-tatoes

Brown beef with onion and celery. Add bell pepper and mushrooms, and cook for 5 minutes. Add the other veggies. Cook for a few minutes and add a little beef or chicken broth. Thicken with some arrowroot. Season to taste with salt, pepper, and any other herbs you'd like. Put in a 9x13 baking dish and top with mashed faux-tatoes. Bake for 30 minutes at 350 and dig in!

Extra Recipes and Treats

Taco Salad

Serves 4

- 1 lb. ground beef or bison
- ½ cup chopped onion
- ½ cup chopped red pepper + 1 red bell pepper cut into strips
- ½ cup chopped mushrooms
- 1 tsp. salt
- 1 tsp. Bragg's Liquid Aminos
- 1 tsp. chili powder
- Spinach leaves
- Bean sprouts
- 1 can black beans
- 1 large chopped tomato
- ½ cup pitted olives
- Guacamole or salsa

Mix meat, onion, chopped pepper, mushrooms, salt, Bragg's, and chili powder together. You can either form into patties and grill them or sauté it all together. To make the salad, place a handful of spinach on a plate, and top with bean sprouts, black beans, tomato, strips of pepper, and olives. Place grilled burger or sautéed meat on top. You can add hot sauce if desired. Eat with guacamole or salsa.

Salad Dressing

Use these ideas as a base, and experiment until you find something you like!

- Combine olive oil with balsamic vinegar, salt, and pepper for the base. You can add some Dijon mustard or any herbs you like.
- Olive oil and lemon juice is a nice light dressing.
- Olive oil and red wine vinegar with oregano is a classic.
- Olive oil, lemon juice, and an avocado are a good substitute for Green Goddess dressing.

Zucchini Casserole

Serves 6

- 2 Tbsp. Bragg's Liquid Aminos
- 2 cloves garlic, chopped
- ½ onion, chopped
- 3 eggs, divided
- 2 lbs. ground meat
- 2 small zucchini
- 1 pint ricotta cheese
- Salt and pepper to taste
- 14 oz. tomato paste
- 30 oz. tomato sauce
- Pinch of stevia

In glass bowl, mix Bragg's, garlic, onion, 2 eggs, and ground meat. Flatten mixture into 9x13 inch glass casserole dish. Slice zucchini and lay over meat. Mix ricotta, one egg, salt, and pepper and spread over zucchini. Mix tomato paste and sauce with stevia and pour over ricotta. Bake 1 ½ hours at 350 degrees.

Hollandaise Sauce

- 3 eggs
- ½ cup melted butter
- 2 Tbsp. lemon juice
- ¼ tsp. salt
- Pinch of cayenne

Option for Bernaise sauce:

- 1 Tbsp. tarragon vinegar
- 1 tsp. tarragon
- 1 tsp. shallots or onion
- Ground pepper

Put eggs in blender on low. Add melted butter, lemon juice, salt, and a pinch of cayenne. Blend until smooth and thickened, about 20 seconds. To make Bernaise sauce, just add tarragon vinegar, tarragon, shallots or onion, and ground pepper.

Cheese Drop Biscuits

- 4 eggs
- ¼ cup coconut oil
- ¼ tsp. salt
- ¼ tsp. onion powder
- ⅓ cup sifted coconut flour
- ¼ tsp. baking powder
- ¼ cup parmesan cheese
- ⅓ cup shredded sharp cheddar
- Garlic and herb seasoning

Blend eggs, oil, salt, and onion powder. In separate bowl, whisk together coconut flour and baking powder. Combine with wet ingredients, and fold in cheese. Drop batter by tablespoons onto greased cookie sheet. Sprinkle with garlic and herb seasoning. Bake at 400 degrees for 12 to 14 minutes.

Blueberry Pancakes

Serves 2

- 2 scoops vanilla protein powder
- 2 Tbsp. whole ground flaxseed meal
- 6 Tbsp. coconut flour
- ¼ tsp. baking powder
- ½ tsp. salt
- ½ tsp. stevia
- 4 eggs
- 1 cup milk
- 4 Tbsp. butter
- 1 pint blueberries
- Generous sprinkling of cinnamon
- Grapeseed oil spray

Mix all ingredients together except blueberries. Spray preheated pan with oil. Pour batter on hot pan. Drop blueberries throughout. Flip over when they are set. Butter and eat plain, or top with blueberry syrup by cooking some blueberries with a little water and stevia. You can make the topping with any kind of berries.

Coconut Macaroons

- 1 cup raw almonds
- 2 Tbsp. flax seeds
- 2 cups raw unsweetened flaked coconut
- ½ cup protein powder
- 2 to 3 Tbsp. unsweetened cocoa powder
- Stevia or monk fruit to taste
- 6 to 9 Tbsp. warmed liquid coconut oil

In blender or food processor, grind almonds and flax seeds. Add remaining ingredients and blend. Drop tablespoon-sized servings on cookie sheet, and chill. Makes 12.