

Meal Plan and Nutrition Guide for Weight Loss



By Brian Wu, PhD

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About the Author

Brian ([@brianwwu](#), [brianwwu.com](#)) is currently an eighth-year student at the University of Southern California pursuing his Medical Degree. He graduated from the University of Maryland, College Park with a Bachelor's of Science in Physiology and Neurobiology and currently holds a PhD in integrative biology and disease. He has successfully founded his own company, writing a series of books called [Health Stories for Kids](#) —an idea he had since he was a fifth grader— with the belief that “stories are powerful” to deliver knowledge through experience and emotion.

Introduction: America's Biggest Health Problem-- and its Solution

America is in a crisis --- and it is a crisis of weight.

Most people have probably heard that as a country, the American waistline is getting bigger – and has been doing so for decades. According to the Center for Disease Control (CDC), approximately 69% of the adult U.S. population – that's nearly 3 out of 4 people! – are either overweight or obese. And to make matters worse, between 17.7% and 20.5% of children have this problem as well!



There are a raft of dangerous repercussions for people who carry this extra poundage. A report from the National Institute of Health reaffirms what has long been known: that being overweight or obese can raise the risk for:

- Type 2 diabetes
- Cardiac disease
- High blood pressure
- Nonalcoholic fatty liver disease
- Osteoarthritis
- Some forms of cancer

And because of the extra health risks involved, a recent article in the Examiner noted that in the last fiscal year, the United States paid out around *69 Billion Dollars* for health care costs related to being overweight or obese!

Apart from the health risks and the expense, being overweight or obese can greatly affect a person's quality of life: their mobility, their ability to perform activities of daily living (like dressing, running errands or doing housework) and even their self-esteem and willingness to be social with others. Most people who are overweight want to lose – but don't know how to go about doing it!

But there is a solution.

Because being overweight is a complicated problem, the solution to it must take this into account and be a holistic strategy that takes in everything about a person's life. The solution to weight lies in combination of a specialized eating program, cutting calories (or swapping out "bad calories" for good ones), and moderate and enjoyable exercise.

Our specialized eating program, which we will discuss in detail in this book, is based on avoiding certain foods – such as sugars and grains and modern inventions like hydrogenated oils – that our ancestors did not eat and that our bodies have not adapted to.

For exercise, we do not believe that strenuous physical activities are necessary for weight loss – or even desirable. Instead, moderate exercises such as walking, gardening or riding a bicycle can help to burn fat but also to build muscle and improve the health of the heart and lungs. While it may take some time to find out which exercises work best for you, don't give up: you will find your niche. If you have not exercised regularly for a long time, however, walking might be the best thing to begin with – you can build the distance up slowly as you grow stronger.

And lastly, our *meal plan* is a great boost to anything trying to achieve their health goals.

This book focuses mostly on the first part of this weight solution – a diet that is still based on what our ancient ancestors largely ate. Read on to find out about the principles and practice of this program and learn how you, too, can implement it into your life to help you achieve your health goals.

Chapter One: Principles of Our Diet

Without knowledge of the principles of this diet, it might seem like the foods which this eating program avoids are arbitrary or even random. However, when taken in context, they will make sense. The point of this diet is to mimic as much as possible the diet enjoyed by humans for most of their history.

A Historical and Scientific Perspective

The diet of human beings today is radically different from what it was in the past, when we were largely hunter-gatherers who ate what could be hunted or fished and supplemented these foods with what could be gathered from the wild in the form of nuts, wild vegetables and greens and intermittent fruits or berries.

That diet changed radically when humans first began to take certain crops – mostly seed-bearing grains like wheat and corn – and grow them deliberately instead of harvesting them from the wild. The advent of agriculture meant that humans could settle in one place instead of being nomadic and following the hunt. It also, meant, however, that the diet included many more carbohydrates than it had in the past.

The diet changed radically again after World War II, when people began to move away from farms and farming and into the cities and to live off of largely pre-packaged or pre-made foods that contained many artificial ingredients like preservatives, artificial color and dyes and, later on, manufactured sweeteners like high fructose corn syrup.

In short, our modern diet differs substantially from the original diet that humans of Biblical times had in the past. However, genetic tests have shown that while our diet has changed, our bodies have not. And our bodies really can't handle a heavy influx of grains – or the high amounts of more modern foods like refined sugars and hydrogenated oils. Many people believe that this is the reason why weight problems – and the secondary issues that being overweight causes – continue to rise as more and more people get on the typical American diet of refined grains, refined sugars, hydrogenated oils and other modern fare that our bodies are really not equipped to handle.

The Solution

Because there is such a rift between what we eat and what we should be eating, we have to make considerable adjustments to our typical diet – but these adjustments are necessary if we are to lose weight and build back our health.

The meal plan in this book does just that, attempting to set back the clock and “readjust” the modern diet to reflect one that the human body truly needs and will flourish on. This is why you will not need to count calories or weigh food when you are on this meal plan – it is not

really how much you are eating that is important but *what* you are eating that will help you to lose weight.

This meal plan eliminates the following foods from the diet:

- Many grains, including rice, wheat and corn
- Sugar or natural/artificial sugar substitutes
- Oils like canola, soy or corn which are usually hydrogenated
- Soy products and legumes (beans, peas and lentils), though some fermented soy products are ok

At the same time, this plan rests upon a foundation of a wide variety of healthy and delicious foods that you can indulge yourself in, including:

- High-quality meat, particularly if it is organic, grass-fed and pastured
- Wild-caught/wild-harvested fish and seafood
- Eggs from free-range, organic chickens
- Some high-quality dairy from organic, pastured cows
- Lots of vegetables, especially leafy green vegetables
- Fruit only sparingly (tropical fruit is the worst, berries of all kinds are the best)
- Nuts and seeds
- Fermented foods like yogurt, kefir, sauerkraut, and miso.
- Unleavened bread

So, now that you know what the basic principles are behind this diet, let's see how we can put these principles into practice. The next three chapters cover this with a meal plan, recipes and a shopping list for you to begin your journey.

Chapter Two: The Meal Plan

As anyone who has ever tried to lose weight knows, one of the most difficult parts of the journey involves *making changes*. The style of eating just discussed really swims against the stream of the conventional American diet, which is awash in sugars, refined grains, highly processed foods and hydrogenated oils, just to name a few of the many bad dietary habits from which our country suffers. So changing your diet – like making any other change in life – takes time, patience -- and most of all knowledge of what changes to make. The last chapter told you about the “why” of this eating plan – this chapter will show you the “how”.

You might feel at this point like this meal plan is something that you will be able to do, that you have tried other diets before and have not be successful. But this meal plan is different. It eliminates the problems foods that cause weight gain to begin with, while at the same time encouraging you to make good eating choices that are delicious, satisfying and will help you achieve your weight loss goals without feeling constantly hungry. You CAN do this!

So, now that you know more about the principles behind our diet plan – but *how* do you put these principles into practice in a way that will let you reap its benefits and achieve better health? Below is a meal plan that will introduce you to the kind of wonderful foods you can enjoy on this diet – and also give you can idea of meal combinations you can make.

Below is a 4-week meal plan. The meals highlighted in bold are the ones which contain recipes in the next chapter. They are designed to be easy to make so that they will fit in even with the busiest schedule and make eating healthy easy for you!

WEEK ONE	
Day 1	Breakfast: Unleavened bread, two eggs with spinach Lunch: Chicken Salad on greens Dinner: Salmon with Grilled Mixed Vegetables
Day 2	Breakfast: Low-Carb Muffins Lunch: Avocado Beef Salad Dinner: Lamb Chops with Southwest Veggies
Day 3	Breakfast: Biblical Pancakes Lunch: Tuna Salad on Greens Dinner: Lamb-Veggie Kebabs
Day 4	Breakfast: Breakfast Casserole Lunch: Chicken Salad on greens Dinner: Meatloaf with Green Beans and Salad
Day 5	Breakfast: Breakfast: Cheese Omelet with Grapefruit Lunch: Beef Stew Dinner: Beef Ribs with Slaw
Day 6	Breakfast: Scrambled Eggs, Beef Sausage, Grapefruit Lunch: Cauliflower Soup Dinner: Corned Beef & Cabbage
Day 7	Breakfast: Breakfast: Low-Carb Muffins Lunch: Avocado-Beef Salad Dinner: Whole Roast Chicken with Veggies

WEEK TWO	
Day 1	Breakfast: Paleo Pancakes with Beef Sausage Lunch: Spinach Salad w/ Turkey Dinner: Lamb Chops with Grilled Mixed Veggies
Day 2	Breakfast: Breakfast Quiche Lunch: Broccoli Soup Dinner: Turkey Breasts with Mixed Squashes
Day 3	Breakfast: Veggie Scramble Lunch: Chicken Salad Wraps Dinner: Beef Stroganoff & Cauliflower Pilaf
Day 4	Breakfast: Unleavened bread, two eggs with spinach Lunch: Spinach Salad w/Strawberries Dinner: Fish Stir-Fry & Cauliflower Pilaf
Day 5	Breakfast: Mediterranean Frittata Lunch: Broccoli Soup Dinner: Crustless Quiche , Dinner Style
Day 6	Breakfast: Breakfast Smoothie Lunch: Tomatoes Stuffed with Tuna Salad

	Dinner: Grilled Chicken Breasts with Mixed Squashes
Day 7	Breakfast: Fried Eggs with Sliced Turkey and Mushrooms Lunch: Tomatoes Stuffed with Tuna Salad Dinner: Steak with Grilled Mixed Veggies

WEEK THREE	
Day 1	Breakfast: Egg "Burritos" Lunch: Cauliflower Soup Dinner: Seafood-Veggie Kebabs
Day 2	Breakfast: Cheese Omelet with Grapefruit Lunch: Chicken Salad on greens Dinner: Meatloaf with Green Beans and Salad
Day 3	Breakfast: Unleavened bread, two eggs with spinach Lunch: Southwest Chicken Salad Dinner: Salmon with Grilled Mixed Vegetables
Day 4	Breakfast: Vegetable Frittata with sausage Lunch: Chicken Salad on greens Dinner: Corned Beef with Cabbage
Day 5	Breakfast: Biblical Pancakes Lunch: Tuna Salad on Greens Dinner: Lamp Chops with Southwest Veggies
Day 6	Breakfast: Egg "Burritos" Lunch: Cauliflower Soup Dinner: Beef Ribs and Slaw
Day 7	Breakfast: Biblical Pancakes Lunch: Avocado-Beef Salad Dinner: Whole Roast Chicken with Veggies

WEEK FOUR	
Day 1	Breakfast: Breakfast Quiche Lunch: Spinach Salad w/ Turkey Dinner: Chicken Breasts with Mixed Squashes
Day 2	Breakfast: Low-Carb Muffins Lunch: Chicken Salad Wraps Dinner: Turkey Breast with Mixed Squashes
Day 3	Breakfast: Breakfast Smoothie Lunch: Spinach Salad w/Strawberries Dinner: Lamb Stir-fry & Cauliflower Pilaf
Day 4	Breakfast: Paleo Pancakes with Beef Sausage Lunch: Chicken Salad Wraps Dinner: Beef Stroganoff & Cauliflower Pilaf
Day 5	Breakfast: Berry-Yogurt Parfait

	Lunch: Broccoli Soup Dinner: Crustless Quiche , Dinner Style
Day 6	Breakfast: Unleavened bread, two eggs with spinach Lunch: Tomatoes Stuffed with Tuna Salad Dinner: Steak with Grilled Mixed Veggies
Day 7	Breakfast: Veggie Scramble Lunch: Spinach Salad w/ Turkey Dinner: Lamb Chops with Grilled Mixed Veggies

Before wrapping up the chapter on the meal plan, there are a few things that are worth mentioning about it.

- With the exception of a few fruit dishes, this eating plan is virtually sugar-free. That is deliberate, as sugar (and way too much of it) is one of the main culprits behind America’s crisis of weight. You may find that the first few days of going sugar-free are difficult or that you are craving sweet snacks or foods. However, if you persevere past the first few days (we find that once we make it through the first 3 days, we've "made it"), you will find that the sweetness you get from small amounts of fresh fruit is quite enough to satisfy those cravings!
- It is okay once a week to have a “cheat” day as long as you don’t splurge too much! This will help you to eat a little of the foods you might miss – such as bread, pasta, or sweets. If it is something you schedule in, it should be nothing that you should feel guilty about and can look forward to. In fact, having a cheat day and getting some sugars will keep your body's metabolism high to burn off fat the rest of the week. This meal plan is not about guilt, but about learning to enjoy healthy and satisfying foods.
- A word on drinks: Sodas, wines, beers and other alcoholic or sugary drinks should generally not be included in this meal plan. These drinks are often the biggest contributors to a bigger waistline. (One glass of wine with dinner is probably fine, though.) The good news is that there are still plenty of other things that you can drink on this plan, including unsweetened coffee (with or without cream), unsweetened hot or iced tea, herbal teas, and sparkling water dressed up with slices of lemon or lime. Use these as substitutes to get you off the bad drinks. Once you get used to this, you will find you don’t miss the high-calorie drinks much at all!
- Snacks: If you're absolutely, starving. Grab a handful of almonds or walnuts or cook up a fried or scrambled egg. You can also eat unlimited amounts of vegetables, and can work in some natural probiotic snacks (a bit of yogurt or Bubbie's brand sauerkraut (non-pasteurized so the probiotics are live).) Another great, healthy snack is a pack of toasted seaweed that is in most grocery stores now. Soon your body will adjust, and

with fewer calories and more protein, you should start shedding some pounds and feeling better.

- Lastly – and most importantly – you CAN do this! It will probably feel a little bit different at first as you get used to this way of eating, but once you have grasped the principles of the meal plan in the first 4 weeks, you will be able to come up with a menu of your own that incorporates these principles and keeps you eating healthy and achieving your weight loss goals.

Chapter Three: The Shopping List

Shopping List: Week 1 and 3

Meat and Seafood

- 1 pound ground beef sausage
- ½ pound sliced turkey
- 2 boxes chicken broth
- 1 box beef broth
- 1 can tuna fish
- 1 pound white fish
- 1 pound chicken breasts or thighs
- ½ rack of beef ribs
- 1 corned beef brisket

Dairy and Eggs

- 2 dozen eggs
- 1 quart whole milk
- 1 package shredded cheddar cheese
- 1 large container Greek yogurt
- 1 quart cream
- 4 sticks butter

Vegetables and Fruits

- 5 white onions
- 3 red onions
- 4 red bell peppers
- 4 green bell peppers
- 1 yellow bell pepper
- 2-3 bags baby carrots

- 1 package raisins
- 1 small jar applesauce
- 1 jar green olives
- 2 packages cherry tomatoes
- 1 jar salsa
- 1 small package grapes
- 1 large bag mixed greens
- 2-3 lemons
- 2 packages white button mushrooms
- 1 avocado
- 2-3 sweet potatoes
- 3 zucchinis
- 2 summer squash
- 1 eggplant
- 1 can tomato paste
- 1 head cabbage
- 1 bag frozen peas
- 1 small bottle apple cider vinegar

Herbs and Spices

- 1 jar caraway seeds
- 1 jar cinnamon
- 1 jar nutmeg
- 1 jar curry
- 1 package fresh rosemary
- 1 jar oregano
- 1 jar minced garlic
- 1 jar cumin

- 1 jar red pepper
- 1 package fresh basil
- 1 jar Cajun seasoning
- 1 package fresh sage

Baking Supplies

- 1 package almond flour
- 1 package baking powder
- 1 small package oatmeal

Nuts, Seeds, and Snacks

- 1 package pecans
- 1 package of almonds
- Bubbie's brand sauerkraut (optional)
- 2-3 packs of roasted seaweed (optional)
- Unleavened 'Ezekial' Bread

Shopping List: Week 2 and 4

Meats and Seafood

- 1 pound chicken breast
- 2 boxes chicken broth
- 1 pound ground beef
- ½ pound beef sausage
- Eggs and Dairy
- 2 dozen eggs
- 1 package shredded cheddar
- 1 package feta
- 1 large container sour cream
- 1 container Greek yogurt

Fruits and Vegetables

- 2 packages chopped, frozen spinach
- 3 red onions
- 3 white onions
- 3 packages white button mushrooms
- 2 packages asparagus
- 1 package frozen strawberries
- 1 package frozen blueberries
- 1 package fresh strawberries
- 1 package fresh blueberries
- 1-2 sweet potatoes
- 1 butternut squash
- 1 acorn squash
- 2 heads cauliflower
- 1 small bottle white cooking wine

- 1 zucchini
- 1 package coconut flour
- 1 can coconut milk
- 1 package shredded, dried unsweetened coconut

Spices and Herbs

- 1 package fresh rosemary
- 1 jar caraway seeds

Nuts, Seeds, and Snacks

- 1 quart almond milk (unsweetened)
- 1 package sliced almonds
- 1 package of walnuts
- Bubbie's brand sauerkraut (optional)
- 2-3 packs of roasted seaweed (optional)

Conclusion

It's been said that the journey of a thousand miles begins with a single step. Consider reading this book to be the first step on this journey towards health. It is never easy to make changes, or to get out of habits that you might have had for the better part of your life! But it can be done and the effort you put into it is well worth it. It will mean more energy, better self-esteem and better health: a reduced chance of heart disease, diabetes and the many other chronic health conditions which cause so many Americans so many problems. Even if you currently have heart disease or diabetes, for example, weight loss can make these conditions better and easier to manage – and it is never too late to start turning your life around!

So read this book over again, start to get familiar with the meal plans and recipes that are offered on this diet – and then take the plunge! Even after four weeks of these meal plans, you will start to feel a difference, especially if you combine this regimen with moderate, regular exercise. It can happen – and can happen for you!