



Meal Plan and Nutrition Guide for Weight Loss

By Brian Wu, PhD

Disclaimer

The material herein is accurate to the best of the author's knowledge. However, the author's opinions may change. The reader is encouraged to verify the status of those opinions.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering health advice. Be sure to review any changes to your diet and exercise plan with your doctor.

In no event shall the author or Freedom Writers Publishing, Rama Marketing LLC, and/or its agents and affiliates be liable to any party for direct, indirect, special, incidental, or consequential damages of any kind whatsoever arising out of the use of the information contained herein. Freedom Writers Publishing, Rama Marketing LLC and/or its agents and affiliates specifically disclaim any guarantees, including, but not limited to, stated or implied potential loss of weight or improvements in health or any medical condition.

The information contained in this kit/book/course and its several complementary guides, is meant to serve as a comprehensive collection of time-tested and proven strategies that the author(s) have deemed successful to meet the intended results. Summaries, strategies, tips and tricks are only recommendations by the authors, and reading this kit does not guarantee that one's results will exactly mirror our own results. The authors have made all reasonable efforts to provide current and accurate information for the readers of this product. The authors will not be held liable for any unintentional consequences, errors, or omissions that may be found.

Whether because of the general evolution of the Internet, or the unforeseen changes in company policy and editorial submission guidelines, what is stated as fact at the time of this writing, may become outdated or simply inapplicable at a later date. This may apply to this product, our affiliated website platforms, as well as, the various similar companies that we have referenced in this kit, and our several complementary guides. Great effort has been exerted to safeguard the accuracy of this writing. Opinions regarding similar website platforms have been formulated as a result of both personal experience, as well as the well-documented experiences of others.

No part of this publication shall be reproduced, transmitted or resold in whole or in part in any form, without the prior written consent of the authors and publishers. All trademarks and registered trademarks appearing in this kit are the property of their respective owners.

Table of Contents

<i>Introduction: America’s Weight Problem-- and its Solution</i>	5
<i>Chapter One: Principles of Our Diet</i>	7
A Historical and Scientific Perspective	7
The Solution	7
<i>Chapter Two: The Meal Plan</i>	9
<i>Chapter Three: Recipes</i>	14
Breakfasts.....	14
Lunches	18
Dinners	22
<i>Chapter Four: The Shopping List</i>	29
Shopping List: Week 1 and 3	29
Shopping List: Week 2 and 4	32
<i>Conclusion</i>	34

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 Weight 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), moderate and enjoyable exercise, and the use of our *American All-Natural Superfood*.

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 *American All-Natural Superfood* is a great boost to anything trying to achieve their weight loss goals. It is, as the name implies, made only from natural ingredients that have been painstakingly sourced for quality and are organic and not genetically modified. The ingredients in this supplement include:

- Pea and brown rice protein to help build muscle
- Spirulina, because it is rich in minerals and antioxidants and reduces inflammation throughout the body
- Chlorella, to boost the immune system, detoxify the body and help control blood sugars
- Probiotics, to help populate the healthy bacteria in the gut
- A combination of other ingredients all known for their healthful properties, including turmeric, cinnamon, flax and chia seeds, cocoa powder, CoQ-10, ginseng, aloe vera and ginger to have the body feeling its best.



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 weight loss 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 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:

- 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.

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: <i>American All-Natural Superfood Drink</i> Lunch: Chicken Salad on greens Dinner: Salmon with Grilled Mixed Vegetables
Day 2	Breakfast: Low-Carb Muffins Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Pork Chops with Southwest Veggies
Day 3	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tuna Salad on Greens Dinner: Seafood-Veggie Kebabs
Day 4	Breakfast: Breakfast Casserole Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Meatloaf with Green Beans and Salad
Day 5	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Beef Stew Dinner: Pork Ribs with Slaw
Day 6	Breakfast: Scrambled Eggs, Sausage, Grapefruit Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Corned Beef & Cabbage
Day 7	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Avocado-Shrimp Salad Dinner: Whole Roast Chicken with Veggies

WEEK TWO	
Day 1	Breakfast: Paleo Pancakes with Sausage Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Lamb Chops with Grilled Mixed Veggies
Day 2	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Broccoli Soup Dinner: Turkey Breasts with Mixed Squashes
Day 3	Breakfast: Veggie Scramble Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Beef Stroganoff & Cauliflower Pilaf
Day 4	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Spinach Salad w/Strawberries Dinner: Shrimp Stir-Fry & Cauliflower Pilaf
Day 5	Breakfast: Mediterranean Frittata Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Crustless Quiche , Dinner Style
Day 6	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tomatoes Stuffed with Tuna Salad

	Dinner: Grilled Chicken Breasts with Mixed Squashes
Day 7	Breakfast: Fried Eggs with Bacon and Mushrooms Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Steak with Grilled Mixed Veggies

WEEK THREE	
Day 1	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Cauliflower Soup Dinner: Seafood-Veggie Kebabs
Day 2	Breakfast: Cheese Omelet with Bacon, Grapefruit Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Meatloaf with Green Beans and Salad
Day 3	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Southwest Chicken Salad Dinner: Salmon with Grilled Mixed Vegetables
Day 4	Breakfast: Vegetable Frittata with sausage Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Corned Beef with Cabbage
Day 5	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tuna Salad on Greens Dinner: Pork Chops with Southwest Veggies
Day 6	Breakfast: Egg "Burritos" Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Pork Ribs and Slaw
Day 7	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Avocado-Shrimp Salad Dinner: Whole Roast Chicken with Veggies

WEEK FOUR	
Day 1	Breakfast: Breakfast Quiche Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Chicken Breasts with Mixed Squashes
Day 2	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Chicken Salad Wraps Dinner: Turkey Breast with Mixed Squashes
Day 3	Breakfast: Breakfast Smoothie Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Shrimp Stir-fry & Cauliflower Pilaf
Day 4	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Broccoli Soup Dinner: Beef Stroganoff & Cauliflower Pilaf
Day 5	Breakfast: Berry-Yogurt Parfait

	Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Crustless Quiche , Dinner Style
Day 6	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tomatoes Stuffed with Tuna Salad Dinner: Steak with Grilled Mixed Veggies
Day 7	Breakfast: Veggie Scramble Lunch: <i>American All-Natural Superfood Drink</i> 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!
- We have made this meal plan specifically for use with our *American All-Natural Superfood* drink. As you will notice, we have you replacing either breakfast or lunch every other day with our high protein, high-nutrient shake.
 - 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: Recipes

Breakfasts

Vegetable Frittata

Ingredients:

- 4 eggs
- 1-2 tablespoons olive oil
- ½ onion, chopped
- ½ red bell pepper
- ½ green bell pepper
- Dash of salt and pepper

Directions: Beat eggs together in a medium bowl, add a dash of salt and pepper, and set aside. In an iron skillet, sauté onion and bell peppers in olive oil until soft. Pour egg mixture over the vegetables but do not stir them. Let the eggs begin to set and then remove the skillet from the stovetop and place in oven to broil. Broil until the frittata has puffed up and is golden brown on top, then remove and serve.

Breakfast Casserole

Ingredients:

- 4 eggs
- ½ cup shredded cheese
- ½ cup milk
- Dash of salt and pepper
- ½ cup sliced green olives
- ½ cup cherry tomatoes, halved
- ½ onion, chopped finely
- ¼ pound ground sausage

Directions: In a skillet, brown the sausage until it is thoroughly cooked, then drain and set aside. In the same skillet, sauté the onion until it is soft, then set aside. In a medium bowl, beat the eggs together with the milk and add a dash of salt and pepper. Add olives, tomatoes and onions. Pour into a 8x8 greased glass pan and bake at 350 degrees for 30-35 minutes until firm and puffy.

Paleo Pancakes

Ingredients:

- ½ cup coconut flour
- ¼ tsp baking powder
- ½ cup coconut milk
- ¼ cup dry, shredded unsweetened coconut
- ½ teaspoon vanilla
- 3 tablespoons + 3 tablespoons butter

Directions: To prepare, mix 3 tablespoons butter and all other ingredients in a mixing bowl. Melt the other 3 tablespoons of butter in a skillet and pour a small amount of batter in. Wait until the batter begins to bubble slightly before flipping it over on the other side and then cook for several minutes more. Put on a baking sheet in a warm oven and repeat until all the batter is gone. Remove all the pancakes from the warm oven, top with pats of butter and shredded coconut and serve.

Veggie Scramble

Ingredients:

- 4 eggs, lightly beaten
- ½ onion, finely chopped
- ¼ package white button mushrooms
- 3-4 stalks of asparagus sliced into small pieces
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions: To prepare, beat the four eggs together in a mixing bowl, add salt and pepper to taste, and set aside. In a skillet, sauté the vegetables in olive oil until soft, then add the eggs and scramble them. Serve hot.

Mediterranean Frittata

Ingredients:

- 4 eggs, lightly beaten
- 2-3 tablespoons feta
- ½ cup cherry tomatoes, halved
- ¼ cup black olives, sliced
- ½ red onion, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions: To prepare, beat eggs lightly together in a medium mixing bowl, add the feta and stir to blend; set aside. In an iron skillet, saute the red onions for 5-6 minutes until it begins to soften, then add the tomatoes and olive and saute several minutes more. Add the egg mixture but do not stir. Let egg mixture bake partially, then transfer skillet to the oven and broil until the frittata puffs up and becomes golden brown on top.

Egg "Burritos"

Ingredients:

- 4 eggs
- Dash of salt and pepper
- 1 tablespoon olive oil
- ¼ onion, chopped
- ¼ green pepper, chopped
- 2-3 tablespoons salsa
- 4 large slices of ham
- Toothpicks

Directions: Beat eggs together in a medium bowl, add dash of salt and pepper and set aside. In a skillet, saute onion and green pepper in olive oil until soft. Add eggs and scramble until firm. Place eggs in the middle of the slice of ham, top it with salsa, and fold the ham in half and secure with a toothpick to make a "burrito".

Breakfast Quiche

Ingredients:

- 1 cup almond flour
- Salt and pepper to taste
- 1-2 tablespoons oil
- 4 eggs, lightly beaten
- Salt and pepper to taste
- 3-4 strips of bacon, fried, cooled and crumbled
- ½ cup shredded cheddar cheese
- ½ cup frozen chopped spinach, defrosted and squeezed dry
- ½ red onion, sautéed in 1 tablespoon olive oil until soft

Directions: To prepare crust, mix first 3 ingredients together, form a ball with the dough and set it in the middle of an 8-inch pie plate. Press the ball down and spread it to coat the bottom and sides of the plate. Set aside.

To prepare the filling, beat the four eggs together in a medium mixing bowl then add all over ingredients and stir well. Pour into the crust. Bake at 350 degrees for 30-40 minutes, until the center is firm and the top is golden brown.

Breakfast Smoothie

Ingredients:

- 1 cup almond milk
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 banana
- Dash of vanilla
- Dash of nutmeg

Directions: To prepare, add all ingredients to a blender and process until smooth. You may add more almond milk for a thinner smoothie if desired.

Berry-Yogurt Parfait

Ingredients:

- 1 cup Greek yogurt
- ½ cup fresh blueberries
- ½ cup fresh strawberries, sliced
- ½ cup sliced almonds

Directions: Take a wine glass or dessert glass, put a dollop of the yogurt on the bottom, then layer the parfait in this order: blueberries, yogurt, almonds, strawberries and then yogurt again at the top. You may sprinkle a few more almonds over the top of this for a garnish

Lunches

Chicken Salad

Ingredients:

- 1 chicken breast, cooked and chopped
- ½ onion, chopped finely
- ½ cup grapes, halved
- ½ cup pecans, chopped
- ¾ cup Greek yogurt
- Dash of curry powder
- Dash of salt and pepper
- 2 cups mixed greens.

Directions: Mix all ingredients together in chill in the refrigerator overnight. Serve over a bed of mixed greens.

Tuna Salad

Ingredients:

- 1 large can tuna, well-drained
- ¼ onion, finely chopped
- ½ cup Greek yogurt

- Dash of lemon juice
- Dash of salt and pepper
- 2 cups mixed greens

Directions: Mix tuna, onion and yogurt together with the dash of lemon juice and salt and pepper. Refrigerate overnight. Serve over mixed greens for lunch.

Beef Stew

Ingredients:

- 1 pound beef stew meat
- 1 box beef broth
- 1 can diced tomatoes
- 1 onion, chopped
- 1 tablespoon minced garlic
- Salt and pepper to taste
- 1 packages white button mushrooms
- 1 tablespoon olive oil
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh oregano

Directions: Pour beef broth and diced tomatoes into the saucepan, then add beef, tomatoes, onions, garlic, mushrooms, salt and pepper and herbs. Cook for 20-30 minutes.

Avocado-Shrimp Salad

Ingredients:

- ½ pound large, peeled, cooked shrimp, chilled
- 1 large avocado, peeled and chopped
- ½ red onion, finely chopped
- 2 cups mixed greens
- ¼ cup olive oil

- Juice from one squeezed lemon

Directions: Whisk together the olive oil and lemon juice and set aside. In a large salad bowl, toss the greens, veggies and shrimp together and coat with homemade dressing.

Chicken-Veggie Soup

Ingredients:

- 1 box chicken broth
- 1 pound chicken breast, chopped finely
- 1 onion, chopped finely
- 1 cup shredded carrot
- 1 cup parsley, chopped
- ½ cup sweet potato, peeled and chopped finely (optional)
- Any other veggies you want to add: broccoli, spinach, cauliflower, red peppers, etc.
- Salt and pepper to taste

Directions: Pour chicken stock into a saucepan, then add all other ingredients and bring to a boil. Reduce heat to a simmer and simmer for 30-45 minutes, until chicken is cooked through and vegetables are soft. Serve hot.

Broccoli Soup

Ingredients:

- 1 box vegetable stock
- 1 large head of broccoli, chopped into florets
- Salt and pepper to taste
- 1 cup cream
- ½ cup shredded cheddar

Directions: To prepare, boil broccoli in chicken stock until soft. Transfer to a blender and puree until smooth. Transfer back to pan, add cream, cheddar and salt and pepper to taste, then simmer over a low heat for 10-15 minutes. Serve hot.

Chicken Salad Wrap

Ingredients for Chicken Salad (see above):

- Several large lettuce leaves

Directions: To prepare, make one batch of Chicken Salad from Week 1. Take several large lettuce leaves and fill with chicken salad, then roll up like a regular wrap and secure with a toothpick.

Tomatoes Stuffed with Tuna Salad

Ingredients for Tuna Salad (see above):

- 2 large tomatoes (beefsteak of similar variety)

Directions: To prepare, make one batch of Tuna Salad from Week 1. Gut the tomatoes, then stuff them with the tuna salad, chill them and serve cold.

Cauliflower Soup

Ingredients:

- 1 head of cauliflower
- 1 cup cream
- 1 cup chicken broth
- Salt and pepper to taste
- 1 tablespoon of butter

Directions: Chop cauliflower and add to boiling water; cook until soft. Add the cauliflower to a blender along with cream, chicken broth, butter, salt and pepper to taste. Puree until soft, then return to the saucepan and heat through for 5-10 minutes.

Southwest Chicken Salad

Ingredients:

- 1 chicken breast, cooked and chopped
- ½ cup cherry tomatoes, halved
- ½ cup green peppers, chopped

- ½ cup red pepper, chopped
- ½ onion, chopped
- ¼ cup sliced green olives
- ¼ cup olive oil
- Juice from one squeezed lemon juice
- ½ cup Mexican-style cheddar cheese

Directions: Whip together olive oil and lemon juice together to make a dressing and set aside. In salad bowl, toss lettuce, veggies and chicken together, then add salad dressing and toss to coat veggies. Sprinkle with Mexican-style cheddar cheese.

Spinach Soup

Ingredients:

- 1 box chicken broth
- 1 cup chopped, frozen spinach, defrosted and squeezed dry
- 1 tablespoon minced garlic
- 1 cup cream
- 1 tablespoon butter
- Salt and pepper to taste
- Dash of nutmeg

Directions: To prepare, pour chicken stock into a large saucepan and add spinach and minced garlic. Bring to a boil, then remove from heat for several minutes to let the soup cool. Add cream and butter, salt and pepper and the nutmeg, then stir and simmer for 5-7 minutes. Serve hot.

Dinners

Grilled Mixed Vegetables

Ingredients:

For this recipe, choose any combination of the following veggies:

- 2 red onions, quartered
- Baby carrots
- 1-2 sweet potatoes, peeled and cubed
- 2 zucchini, cubed
- 2 summer squash, cubed
- ½ eggplant, cubed
- 2-3 tablespoons olive oil
- Sprinkle of sea salt
- 1 teaspoon dried rosemary
- 1 teaspoon oregano
- 1 teaspoon minced garlic
- 1 teaspoon black pepper

Directions: To prepare, put raw vegetables in a large Ziploc bag and set aside. Whisk together the herbs, garlic and olive oil and pour into bag then toss to coat. Spread veggies onto a baking sheet. Bake at 375 degrees for 30-40 minutes until they are golden brown and slightly crispy.

Southwest Veggies

Ingredients:

- 1 green bell pepper, cut into slices
- 1 red bell pepper, cut into slices
- 1 yellow bell pepper, cut into slice
- 1 red onion, sliced
- 1 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 1 dash of ground red pepper (optional)

Directions: In a skillet, saute bell peppers and onions in olive oil, garlic and spices. Saute until the veggies begin to soften and then add the cherry tomatoes and saute for several minutes more. Serve hot.

Seafood Veggie Kebabs

Ingredients:

- 16-20 jumbo shrimp, peeled
- ½ pound large scallops
- 1 package white button mushrooms
- ½ pound cherry tomatoes
- 2 zucchini, cut into medallions
- 3 tablespoons butter, melted
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 3-4 fresh basil leaves, cut fine

Directions: To prepare, whisk butter, olive oil, garlic and herbs together and set aside. String the shrimp, scallops and vegetables onto bamboo skewer. Brush the marinade mixture on the kebabs and lay out on a baking dish. Broil in the oven for about 5-10 minutes on each side until browned. This goes great with a simple green salad on the side.

Meatloaf

Ingredients:

- 1 pound ground beef
- 2 eggs, lightly beaten
- 1 onion, chopped
- ½ cup frozen peas, defrosted
- ½ cup shredded carrots
- ¼ oatmeal (usually grains are not on for this diet, but this is a small amount to hold the loaf together!)

- Salt and pepper to taste
- 2 tablespoons tomato paste

Directions: To prepare, mix all ingredients together except the tomato paste and mix with your hands, then place in a sprayed loaf pan. Cover with tin foil and seal. Bake for around 40 minutes at 350, then remove from the oven. Remove foil. In a small bowl, add a small amount of water to the tomato paste and spread the mixture over the top of the loaf. Put back in the oven and bake, uncovered, for another 10-15 minutes until the top is browned.

Ribs with Slaw

Ingredients:

- ½ rack of pork ribs
- Cajun seasoning to taste
- Salt and pepper to taste
- 1 small head cabbage, shredded
- 1 cup finely shredded onion
- 1 cup finely shredded carrots
- 2-3 tablespoons apple cider vinegar
- ¼ cup olive oil
- ½ teaspoon caraway seeds

Directions: To prepare, rub down the rack of ribs with the Cajun seasoning, salt and pepper. Put on a baking dish and broil in oven until brown and sizzling on the both sides (around 10-15 minutes per side). While the ribs are broiling, add shredded veggies together and toss to blend. Make the dressing by whisking together the apple cider vinegar, olive oil and caraway seeds and dress the coleslaw.

Corned Beef and Cabbage

Ingredients:

- Small corned beef brisket
- 1-2 white or yellow onions, quartered
- 1 head of cabbage, cut into strips

- 1 bag baby carrots

Directions: To prepare, lay the brisket in the bottom of a roasting pan and add spice packet (if one came with the brisket). Add about half an inch of water to the bottom of the pan. Arrange the onions and carrots around the brisket. Cover with lid and cook for about an hour and a half at 350 degrees. Remove the pan from the oven, add the cabbage, and cook for another hour to an hour and a half until meat is cooked through and veggies are soft.

Whole Roast Chicken with Veggies

Ingredients:

- 1 whole, small roasting chicken
- ½ box chicken broth
- ½ bag baby carrots
- 1 onion, quartered
- 1 sweet potato, peeled and cut into medallions
- Salt and pepper to taste
- 1 tablespoon melted butter
- 1 teaspoon dried sage

Directions: To prepare, place the chicken in a roasting pan and pour the stock in around it. Add sage and butter together and massage it all over the chicken. Arrange vegetables around the chicken, cover, and bake for 2-2 ½ hours or until chicken is cooked through.

Grilled Mixed Vegetables

Ingredients:

(See recipe from Week 1)

- Mixed Squashes
- 1 butternut squash
- 1 acorn squash
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 teaspoon fresh, chopped sage

- Salt and pepper to taste

Directions: To prepare, cut butternut and acorn squashes into medium chunks and lay out on a baking sheet. In a medium bowl, whisk together the butter, oil, sage, salt and pepper. Brush onto the squash and bake at 350 for 40-45 minutes or until squash is soft.

Beef Stroganoff with Cauliflower Pilaf

Ingredients:

- 1 pound ground beef
- 1 red onion
- 1 package white button mushrooms
- Salt and pepper to taste
- 2-3 tablespoons paprika
- 2 cup sour cream

For Cauliflower Pilaf

- 1 head cauliflower, shredded with a cheese grater
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions: For the stroganoff, brown the ground beef until cooked through, then drain the fat and set aside. Saute the onions and mushrooms in the same skillet and when they start to become soft, add the beef back in as well as the salt, pepper, spices and sour cream and simmer for 10-15 minutes.

For the pilaf, saute the shredded cauliflower in olive oil, salt and pepper until soft. Serve the stroganoff over the pilaf.

Shrimp Stir-Fry with Cauliflower Pilaf

Ingredients:

- 1 pound large peeled shrimp
- 5-6 asparagus spears, chopped
- 1 red onion, cut into slices

- 1 zucchini, cubed
- 1 tablespoon minced garlic
- Dash of white cooking wine (optional)
- 2 tablespoons butter
- Pinch of fresh rosemary
- One batch of Cauliflower Pilaf (see above)

Directions: To make the stir-fry, melt the butter in the pan, add the white wine and rosemary, then the shrimp and vegetables and saute until the shrimp is cooked through and the vegetables are soft. Serve over the cauliflower pilaf.

Crustless Dinner Quiche

Ingredients:

- 1 cup almond flour
- 2-3 tablespoons olive oil
- 1 teaspoon salt
- 4 eggs
- ¾ cup shredded Monterey Jack cheese
- ½ pound ground sausage, browned and drained
- ½ package white button mushrooms
- ½ white onion, chopped
- 2 tablespoons olive oil

Directions: To prepare the crust, mix the almond flour, oil and salt together to make a dough. Form it into a ball and press it into the bottom of an 8-inch pie plate, then spread it with your fingertips around the bottom and up the sides of the pie plate.

To prepare the filling, beat the eggs together lightly and add cheese, ground sausage, salt and pepper and set aside. In a skillet, saute the onion and mushrooms until soft and then add to the egg mixture. Pour egg mixture into the crust and bake for around 40 minutes, until center is firm and top is golden brown.

Chapter Four: The Shopping List

Shopping List: Week 1 and 3

Meat and Seafood

- 1 pound ground sausage
- ½ pound sliced ham
- 2 boxes chicken broth
- 1 box beef broth
- 1 can tuna fish
- 1 pound large shrimp
- 1 pound jumbo shrimp
- ½ pound large scallops
- ½ rack of pork 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)

Shopping List: Week 2 and 4

Meats and Seafood

- 1 small package bacon
- 1 pound chicken breast
- 2 boxes chicken broth
- 1 pound ground beef
- 1 pound shrimp
- ½ pound 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!