

## APPENDIX

### 280 MENU IDEAS

#### 281 *BREAKFAST*

#### 284 *LUNCH & DINNER*

#### 287 *GLUTEN-FREE FOODS*

#### 288 *GLUTEN FREE LUNCH AND DINNER*

#### 289 *INCIDENTALS*

#### 291 *PROTEIN SHAKES*

#### 292 *MACRONUTRIENTS: THE FUEL FOR YOUR NEW BODY*

#### 295 *CARBOHYDRATE TABLES*

#### 299 *GROCERYLIST*

### 301 RECOMMENDED READING

### 302 REFERENCES

### 308 COPYRIGHT INFORMATION

## MENU IDEAS

*When the meal calls for a piece of fruit, this includes items such as an average-sized apple. When the meal calls for a cup of fruit, it means smaller low glycemic fruits like strawberries, blueberries (LBP’s Dr. Rob’s little blue powerhouses) or raspberries. Nut butters can be almond, cashew, or peanut.*

**BREAKFAST*****Vanilla Protein Pancakes***

1/2cup egg whites

1 whole egg

1/4 of oatmeal

1/4 teaspoon cinnamon

1/4teaspoon vanilla

1 scoop of vanilla protein powder

Cook over low heat with a non-stick spray, use low calorie, and sugar free maple syrup

***Chocolate Protein Almond Butter and Banana Pancake***

1 egg

1/2 a banana

1/4 of oatmeal

1 teaspoon of almond butter

1 scoop of chocolate protein powder

Cook over low heat with a non-stick spray, use low calorie, sugar free maple syrup

***Egg White Scramble Wrap***

1 cup of egg whites

1 cup of spinach

1 diced red pepper

1 diced yellow pepper

2 tablespoons of salsa 1 tortilla

Coat a nonstick pan with olive oil spray and over medium heat scramble egg whites then add spinach and peppers. Place in tortilla add salsa and wrap

***Egg White Pepper Scramble***

2 cups of egg whites

1-1/2 cups of spinach

1 diced red pepper

1 diced yellow pepper

2 tablespoons of salsa

Coat a nonstick pan with olive oil spray and over medium heat scramble egg whites then add spinach and peppers. Top with salsa.

**Omelet**

1 organic whole egg and 5 whites  
Cooked in 1 tbsp. olive oil, with 1 oz. cheese and 2 cups spinach, mushrooms, onions mix  
1 slice Ezekiel toast with almond butter

**Salmon lox**

6 oz. smoked salmon with 1 tbsp. cream cheese and 1 cup fruit or one piece of fruit

**Cinnamon oatmeal & nuts**

½ cup (dry) oatmeal  
1 scoop protein powder  
Cinnamon to taste  
10 walnuts or almonds

**Veggie omelet**

1 cup chopped celery  
1/3 cup chopped onions  
1/3 cup chopped mushrooms  
6 egg whites  
½ cup low fat shredded cheese-optional

**Spinach omelet**

1 organic whole egg and 5 egg whites  
1 cup each: spinach and mushrooms  
1 oz. cheese-optional  
Cook with 1 tbsp. olive oil or coconut oil  
One slice of Ezekiel toast topped with 1 tbsp. natural nut butter.

**Quinoa & rice cereal**

½ cup (dry) quinoa and rice  
25 g protein powder  
1 tsp. Agave nectar  
10 walnuts  
½ cup of berries

**Eggs and sausage**

1 organic whole egg and 5 whites  
4 oz. turkey sausage  
1 cup fruit or one piece of fruit

**Ezekiel toast & yogurt**

One slice Ezekiel Toast  
1 tbsp. nut butter  
1 cup nonfat Greek yogurt with ½ cup berries

**Bacon Swiss omelet**

1 organic whole and 3 egg whites  
2 turkey bacon  
1oz. shredded Swiss cheese-optional  
Cook in 1 tbsp. olive oil or coconut oil  
One slice of Ezekiel toast topped with 1 tbsp. natural nut butter

**Omelet with peppers**

1 organic whole egg and 4 egg whites  
1 cup chopped pepper  
2 tbsp. chopped onion  
2 tbsp. green salsa  
Cook with 1 tbsp. olive oil or coconut oil  
One slice of Ezekiel toast topped with 1 tbsp. natural nut butter.

**Spicy omelet**

1 organic whole egg and 2 egg whites  
1 small can green chilies  
1 oz. Shredded jack cheese-optional  
Cook with 1tbsp. Olive oil or coconut oil  
One slice ezeziel toast topped with i tbsp.  
Natural nut butter.

**Yogurt parfait**

1-cup plain, low- or nonfat greek yogurt  
1-cup fresh berries  
10 almonds

**Eggs and bacon**

3 organic egg whites scrambled in 1 tbsp.  
Olive oil or coconut oil  
2-3 strips of turkey bacon

**Cheese & fruit**

1 cup low fat cottage cheese  
1 cup fresh berries or 1 small piece of fresh  
fruit

**Omelet with broccoli**

1 organic whole egg and 2 egg whites  
1 cup of ground turkey sausage  
1 cup broccoli  
Cook with 1tbsp. Olive oil or coconut oil  
One slice of ezeziel toast topped with 1  
tbsp. Natural nut butter.

**Scrambled eggs with cheese**

1 organic whole egg and 4 egg whites  
1-2 oz. Of your favorite cheese  
Cook in 1 tbsp. Olive oil or coconut oil

**Greek parfait**

1 cup of plain greek yogurt  
1 cup fresh mixed berries  
10 almonds or walnuts

**Oatmeal with protein powder**

1 cup steel cut oatmeal  
1 scoop chocolate or vanilla whey protein  
powder  
10 walnuts  
1 tsp of agave nectar  
½ cup of berries

## **LUNCH & DINNER**

### ***Buffalo burger***

6-8oz of ground buffalo  
Sea salt  
Black pepper  
Italian seasoning  
Red pepper flake  
1/2 shallot  
1 teaspoon of mustard

Mix all the ingredients in a mixing bowl and form into a pattie and grill

### ***Turkey Burger***

6-8oz of ground turkey  
Sea salt  
Black pepper  
Italian seasoning  
Red pepper flake  
1/2 shallot  
1 teaspoon of mustard

Mix all the ingredients in a mixing bowl and form into a pattie and grill

### ***Turkey Chili***

1 pound of ground turkey  
1 can of tomato sauce  
1 can of kidney beans  
1 teaspoon of chili powder  
Black pepper

### ***Roast turkey***

6 oz. Roasted turkey,  
1 cup steamed broccoli  
1 tsp. Apple cider vinegar

### ***Chicken Salad***

6oz of chicken  
1oz of low fat mayonnaise  
1 teaspoon of mustard  
1/4 cup of chopped carrots  
1/4 cup of chopped celery  
1/4 cup of chopped shallots  
Black pepper to taste

### ***Filet mignon***

Petite filet mignon  
6 oz. Sautéed mushrooms  
Side salad with apple cider vinegar

***Turkey meatloaf***

1 pound of ground turkey  
 1/2 cup diced shallots  
 3 chopped garlic cloves, 6 chopped fresh basil leaves  
 3/4 cup of salsa  
 Pinch of sea salt & black pepper  
 1/2 cup of Italian bread crumbs

Pre heat oven to 350 degrees. Mix all the ingredients together in a large bowl, form into a loaf and place into an oven safe dish. Top with more salsa and bake for 30-45 minutes.

***Veal Burger***

6-8oz of ground veal  
 Sea salt  
 Black pepper  
 Italian seasoning  
 Red pepper flake  
 1/2 shallot  
 1 teaspoon of mustard

Mix all the ingredients in a mixing bowl and form into a pattie and grill.

***Crock Pot Salsa Chicken***

Place several chicken breasts in a crock-pot  
 Cover them with your favorite salsa  
 Turn on low and forget about it  
 Later in day add your favorite vegetables  
 I love this one on the weekends for multiple meals and its simplicity

***Crab and avocado salad***

6 oz. Fresh cooked crab  
 1 cup chopped celery  
 Half an haas avocado  
 Squeezed fresh lemon juice  
 1 tbsp. Olive oil  
 1 tsp. Cumin  
 1 tsp. Turmeric  
 Mix together and place in an Ezekiel pita

***Chicken and vegetables***

6 oz. Grilled chicken breast  
 ½ cup of brown rice  
 2 cups steamed vegetables

***Caesar salad with chicken***

Large spinach salad 2 tbsp. Caesar dressing  
 6 oz. Diced, grilled chicken

**Tuna Salad**

6oz of tuna  
1oz of low fat mayonnaise  
1/4 cup of chopped carrots  
1/4 cup of chopped celery  
1/4 cup of chopped shallots  
Black pepper to taste

**Chicken & lamb kabobs**

3 oz. Chicken breast and  
3 oz. Lamb  
Skewer & grill to desire

**Salmon salad**

6 oz. Salmon  
3oz. Feta cheese  
Garden salad mixed vegetables and apple cider vinegar

**Chicken or tuna pocket**

4-6 oz. Tuna or white meat chicken  
1 -2 tbsp. Olive oil mayonnaise  
1 cup chopped vegetables  
Ezekiel pita

**New York strip**

6 oz. New York steak  
½ sweet potato  
Salad with 2 tbsp. Olive oil dressing

**Grilled cheese**

Ezekiel pita  
1 tbsp. Olive oil or coconut oil  
1 oz. Cheese your choice  
1 large tomato  
1 portobello mushroom

**Chicken & black beans**

½ cup brown rice  
½ cup black beans  
1 raw onion  
1 chicken breast  
2 oz. Diced green chilies  
7 oz. Diced tomatoes

**Grilled fish**

4-6 oz. Salmon or white fish  
2 cups grilled vegetables  
½ cup of brown rice

**Turkey burger**

4-6 oz. Extra-lean ground turkey breast  
1 slice cheese-optional  
Tomato, onion, salsa  
Ezekiel bun

**Broiled tilapia**

4-6 oz. Broiled tilapia  
1 cup steamed asparagus  
½ cup brown rice

**Beef stew**

6 oz. Lean beef  
1 cup lentils  
1 cup each celery, carrots, onions,  
cabbage, spinach, and sweet potato

***Stir fry***

6 oz. Chicken, shrimp or scallops stir-fried  
in 2 tbsp. Olive oil or coconut oil with 2  
cups mixed vegetables  
1/2 cup brown rice

***London broil***

6 oz. London broil  
2 cup sautéed green beans  
½ sweet potato

***Roasted chicken***

6 oz. Roasted chicken breast  
2 cups of broccoli  
½ cup of black beans with salsa

***Chicken cobb salad***

6 oz. Fresh greens  
6 oz. Grilled chicken  
1 hard-boiled egg  
Fresh chopped tomato  
1/2 cup black olives  
1/2 avocado  
2 oz. Apple cider vinegar dressing

***Roasted turkey***

6 oz. Roasted turkey  
1/2 sweet potato  
2 cups steamed broccoli

***Roasted chicken & steamed vegetables***

6 oz. Roasted seasoned chicken breast.  
2 cups steamed vegetables

***Roasted lamb***

6 oz. Roasted lamb  
10 asparagus spears  
1 cup mushrooms sautéed in olive oil  
½ sweet potato

***Tuna salad with bibb lettuce***

Can of tuna topped on a bed of bibb  
lettuce  
Chopped cucumbers, tomatoes, onions  
Drizzle with olive oil vinaigrette dressing

***Salmon salad***

6 oz. Salmon on  
2 cups fresh greens.  
1 cup celery, onions, mushrooms  
Red wine vinaigrette dressing and fresh-  
squeezed lemon juice

***Grilled chicken kabobs***

6 oz. Chicken marinated in teriyaki  
1-cup fresh cubed pineapple  
1 green bell pepper cut into squares

## **GLUTEN-FREE FOODS**

### ***Spinach omelet***

1 organic egg and 5 whites  
Scrambled in 1 tbsp. Olive oil or coconut  
oil with 1-cup spinach and 2 tbsp.  
Feta cheese optional

### ***Veggie omelet***

6 egg whites  
1 cup chopped onions, celery, mushrooms  
6 egg whites  
1/2 cup low fat shredded cheese optional

### ***Breakfast chicken***

6 oz. Grilled chicken  
1 cup black beans  
1 tbsp. Salsa  
½ quinoa

### ***Yogurt parfait***

1-cup low fat yogurt  
1 cup berries or chopped fruit  
10 walnuts

## **GLUTEN FREE LUNCH AND DINNER**

### ***Beef lentil soup***

10 oz. Beef soup with lentils, celery,  
onions, carrots, sweet potato, and  
mushrooms

### ***Pick your protein salad***

6 oz. Tuna, salmon, sardine, chicken breast  
Bibb lettuce with chopped vegetables  
10 chopped walnuts  
Apple cider vinegar dressing

### ***Turkey/bison burger***

6 oz. Ground turkey or bison  
Ezekiel bun with tomato  
2 cup steamed vegetables

### ***Grilled salmon***

6 oz. Grilled salmon  
2 cup grilled vegetables  
2 cups butternut squash

### ***Chicken & vegetables***

6 oz. Grilled chicken breast  
½ sweet potato  
2 cup steamed broccoli

### ***Filet mignon***

8 oz. Filet mignon  
10 asparagus spears  
½ brown rice

### ***Roasted lamb***

40-oz. Bone-in roasted lamb chops  
2 cup steamed vegetable

### ***Broiled fish***

6 oz. Broiled tilapia  
2 cup steamed broccoli  
½ sweet potato

**Skirt steak**

6 oz. Skirt Steak  
½ sweet potato  
2 cups mixed vegetables

**Shrimp salad**

6 oz. Giant shrimp  
Bibb lettuce  
½ avocado  
2 tbsp. Green salsa  
1 cup black beans

**INCIDENTALS****Vanilla Protein Pudding**

6 scoops of vanilla protein powder  
1-1/2 cups of water

*Blend with a mixer to desired consistency and top with crushed almonds and cinnamon*

**Chocolate Protein Pudding**

6 scoops of chocolate protein powder  
1-1/2 cups of water

*Blend with a mixer to desired consistency and top with crushed walnuts*

**Basil Pesto**

1cup extra virgin olive oil  
1 stuffed cup of fresh basil  
Pinch of sea salt & black pepper  
3-garlic cloves  
Teaspoon of pine nuts  
1/2 cup of grated Parmesan cheese

*Place all the ingredients in a food processor and blend until processed*

**Fennel Pesto**

1cup extra virgin olive oil  
1 chopped fresh fennel bulb  
Pinch of sea salt & black pepper  
3 garlic cloves

*Place olive oil in a skillet and warm over medium heat. Caramelize the chopped fresh fennel with the garlic and add a pinch of sea salt and black pepper. Place the mixture in a bowl.*

### ***Butter Nut Squash***

Peel a Butter Nut Squash, cut in half and remove the seeds. Dice into half inch cubes, place on a baking sheet covered with aluminum foil. Spray with extra virgin olive oil, sprinkle with sea salt and cinnamon. Broil on high for 20 min, and remove.

### ***Southwest Quinoa Salad***

1 cup of quinoa  
1 clove of garlic  
1 red pepper  
1 yellow pepper  
1 onion  
¼ cup of cilantro  
2 tablespoons of olive oil

*Bring water to a boil and add quinoa, return to a boil then simmer till done and cover. Placed quinoa in a large mixing bowl and add chopped ingredients, olive oil and mix together.*

### ***Dr. Rob's salad dressing***

1 cup of extra virgin olive oil  
1 minced garlic clove  
Italian seasoning  
1 tablespoon of lemon juice

*Whisk ingredients together in a small bowl. 1 teaspoon is about 60 calories*

## **PROTEIN SHAKES**

The below protein shakes are my preferences. Feel free to use whichever flavor you like and the fruits you prefer. You can use water, skim milk, or almond milk in any recipe. *Mix in blender to desired consistency.*

### ***Peach & yogurt shake***

8 oz. Water  
1 organic peach  
2 tbsp. Low fat yogurt  
1 scoop vanilla protein powder

### ***Blueberries & yogurt shake***

8 oz. Water  
1-cup organic blueberries  
2 tbsp. Low fat yogurt  
1 scoop vanilla protein powder

### ***Espresso shake***

1 shot espresso  
8 oz. Water  
3-4 ice cubes  
1 scoop cookies and cream protein powder

### ***Chocolate cake shake***

8 oz. Water  
1 tbsp. Half and half cream  
1 tbsp. Cream of coconut  
1 scoop chocolate protein powder

### ***Apple shake with pecans***

8 oz. Water  
1 small organic apple  
1 tsp. Cinnamon  
1 tsp. Nutmeg  
1 oz. Pecans  
1 scoop vanilla protein powder

### ***Banana nut chocolate***

8 oz. Unsweetened almond milk  
1 small banana  
1 tbsp. Peanut butter  
1 scoop chocolate protein powder

### ***Chocolate & almonds***

8 oz. Water  
2 tbsp. Almond butter  
1 tbsp. Plain yogurt  
1 scoop chocolate protein powder

### ***Orange shake***

8 oz. Water  
1 peeled orange  
1 scoop vanilla protein powder

### ***Chocolate peanut butter***

8 oz. Water  
10 walnuts  
1 tbsp. Peanut butter  
1 scoop chocolate protein powder

### ***Green lantern shake***

1 cup of water, 2-3 ice cubes  
1 scoop of vanilla protein powder  
¼ tsp. Of cinnamon  
1-cup baby spinach  
1 celery stalk  
4 slices of seedless cucumber  
½ of an organic green apple

## MACRONUTRIENTS: THE FUEL FOR YOUR NEW BODY

The following lists are some of the macronutrients you read about in chapter 9. While these lists may seem small, keep this in mind. The overwhelming majority of people eat the same SEVEN foods their entire life. Subconsciously you choose the foods you like to eat because of a certain taste profile. These lists are not all inclusive and you may choose to add any item you like. But first, know where that item belongs in the macronutrient profile. Is it a protein, a vegetable carbohydrate, fruit carbohydrate, starchy carbohydrate or a fat. That being said, I highly recommend that you only use the red light starchy carbohydrates and green light healthy fats I have suggested in the lists below when you make your meals.

### PROTEINS (each serving approximately 200 calories)

- Chicken 6oz
- Salmon 6oz
- Tuna 6oz
- Sardines 6oz
- Red meat (fillet) 6oz
- Egg whites 1 3/4 cup
- Protein powder (refer to product label for calorie per serving)
- Turkey 6oz
- Turkey bacon 4 slices
- Protein pancakes
- Protein pudding

### FATS

- Extra virgin olive oil (1 teaspoon approximately 60 calories)
- Dr. Rob's salad dressing (1 teaspoon approximately 60 calories)
- Dr. Rob's fennel pesto (1 teaspoon approximately 60 calories)
- Dr. Rob's basil pesto (1 teaspoon approximately 60 calories)
- Avocado (one tablespoon approximately 120 calories)
- Almonds (one oz. approximately 200 calories)
- Walnuts (one oz. approximately 200 calories)
- Pistachios (one oz. approximately 200 calories)
- Almond butter (1 tablespoon approximately 90 calories)

**CARBOHYDRATES STARCHY CARBOHYDRATES** (each serving approximately 200 calories)

\*Starchy carbohydrates have a red light because they raise your blood sugar levels.

- Black beans 1 cup
- Pinto beans 1 cup
- Lentils 1 cup
- Hummus 1 cup
- Oatmeal 1 cup
- Pasta 1 cup
- Quinoa 1 cup Rice 1 cup
- Sweet potato 1 average size
- Squash 4 cups
- Carrots 4 cups
- Flourless sprout grain bread 2 slices (160 calories)
- 1 Whole-wheat tortilla (80 calories)

**FRUIT CARBOHYDRATES** (each serving approximately 100 calories) \*Fruit carbohydrates have a yellow light because they raise your blood sugar levels

- Apple 1 average size
- Banana 1 average size
- Peach 1 average size
- Pear 1 average size
- Orange 1 average size
- Grapefruit 1 average size
- Figs dried 1/4 cup
- Grapes 1 cup
- Blueberries 1 cup
- Strawberries 2 cups

**VEGETABLE CARBOHYDRATE** (each serving cooked 1 cup approximately 50 calories)

- Broccoli
- Broccoli Rabe
- Asparagus
- Cauliflower
- Mushrooms
- Peas
- Peppers
- String beans
- Zucchini
- Artichoke

\* The preferred methods for preparation of foods are to grill, bake, broil your protein sources; steam, grill, broil your vegetables and fruits and leafy greens consume in their natural state.

\* Note well. It is in your best health interest that you try to consume as many of these above food items in organic, free range, grass-fed, cage free, no pesticides, no herbicides, no hormones or antibiotics as possible

The following uncooked leafy greens are 2 cups approximately 50 calories.

- Spinach Baby
- Spinach
- Arugula
- Herb salad mix
- Romaine salad
- European salad mix
- Swiss chard

***These carbohydrate tables on the following pages give the GI and GL values for common foods so that you can see which ones are best to add to your meals. Any food with an asterisk has a GI/GL equal to zero. The lower the number the slower it will raise your blood sugar.***

<b>FOOD</b>	<b>GI</b>	<b>GL</b>
<b>Agave Nectar</b>	<b>19</b>	<b>1</b>
<b>Alfalfa Sprouts</b>	<b>*</b>	<b>*</b>
<b>Apple</b>	<b>38</b>	<b>6</b>
<b>Artichokes</b>	<b>*</b>	<b>*</b>
<b>Asparagus</b>	<b>*</b>	<b>*</b>
<b>Black Beans</b>	<b>30</b>	<b>5</b>
<b>Broccoli, Cauliflower</b>	<b>*</b>	<b>*</b>
<b>Brussels Sprouts</b>	<b>*</b>	<b>*</b>
<b>Cabbage</b>	<b>*</b>	<b>*</b>
<b>Carrots</b>	<b>41</b>	<b>2</b>
<b>Celery</b>	<b>*</b>	<b>*</b>
<b>Cucumber, Zucchini</b>	<b>*</b>	<b>*</b>
<b>Eggplant</b>	<b>*</b>	<b>*</b>
<b>Grapefruit</b>	<b>25</b>	<b>3</b>
<b>Green Beans</b>	<b>*</b>	<b>*</b>
<b>Green Peas</b>	<b>51</b>	<b>4</b>
<b>Garlic &amp; Ginger</b>	<b>*</b>	<b>*</b>
<b>Honey</b>	<b>35</b>	<b>6</b>
<b>Hummus</b>	<b>6</b>	<b>1</b>
<b>Lemon, Lime</b>	<b>*</b>	<b>*</b>
<b>Lettuce</b>	<b>*</b>	<b>*</b>
<b>Mushrooms</b>	<b>*</b>	<b>*</b>
<b>Orange</b>	<b>42</b>	<b>5</b>
<b>Peach</b>	<b>42</b>	<b>5</b>
<b>Pear</b>	<b>38</b>	<b>4</b>
<b>Raspberries</b>	<b>40</b>	<b>1</b>
<b>Cherries</b>	<b>22</b>	<b>3</b>
<b>Spinach</b>	<b>*</b>	<b>*</b>
<b>Squash</b>	<b>*</b>	<b>*</b>
<b>Strawberries</b>	<b>40</b>	<b>1</b>
<b>Sweet Potato</b>	<b>44</b>	<b>11</b>
<b>Tomato</b>	<b>38</b>	<b>1</b>

<b>FOOD</b>	<b>GI</b>	<b>GL</b>
<b>9 Grain Multi Grain Bread</b>	<b>43</b>	<b>6</b>
<b>100% Stone-ground Wheat</b>	<b>59</b>	<b>7</b>
<b>All Bran Cereal</b>	<b>34</b>	<b>5</b>
<b>Apricots</b>	<b>57</b>	<b>7</b>
<b>Apricots</b>	<b>30</b>	<b>9</b>
<b>Banana</b>	<b>52</b>	<b>13</b>
<b>Beets</b>	<b>64</b>	<b>5</b>
<b>Bran Muffin</b>	<b>28</b>	<b>3</b>
<b>Brown Rice</b>	<b>50</b>	<b>24</b>
<b>Cantaloupe</b>	<b>67</b>	<b>4</b>
<b>Chapatti</b>	<b>27</b>	<b>6</b>
<b>Tortellini</b>	<b>50</b>	<b>10</b>
<b>Grapes</b>	<b>53</b>	<b>8</b>
<b>Kiwi</b>	<b>53</b>	<b>6</b>
<b>Mango</b>	<b>51</b>	<b>8</b>
<b>Muesli</b>	<b>40</b>	<b>8</b>
<b>Oat Bran and Honey Bread</b>	<b>45</b>	<b>7</b>
<b>Oat Bran</b>	<b>55</b>	<b>3</b>
<b>Oatmeal</b>	<b>52</b>	<b>11</b>
<b>Papaya</b>	<b>56</b>	<b>5</b>
<b>Pita Bread</b>	<b>57</b>	<b>10</b>
<b>Polenta</b>	<b>68</b>	<b>9</b>
<b>Potatoes</b>	<b>72</b>	<b>16</b>
<b>Pumpernickel Bread</b>	<b>50</b>	<b>5</b>
<b>Quinoa</b>	<b>51</b>	<b>9</b>
<b>Rye Bread</b>	<b>51</b>	<b>7</b>
<b>Semolina</b>	<b>55</b>	<b>6</b>
<b>Sourdough Wheat Bread</b>	<b>54</b>	<b>8</b>
<b>Spaghetti</b>	<b>27</b>	<b>14</b>
<b>Watermelon</b>	<b>76</b>	<b>4</b>
<b>Wild rice</b>	<b>57</b>	<b>18</b>

<b>FOOD</b>	<b>GI</b>	<b>GL</b>
<b>Blueberry Muffin</b>	<b>59</b>	<b>17</b>
<b>Candy Bar</b>	<b>62</b>	<b>25</b>
<b>Chocolate Cake</b>	<b>38</b>	<b>20</b>
<b>Corn Flakes</b>	<b>77</b>	<b>20</b>
<b>Corn Pops Cereal</b>	<b>80</b>	<b>21</b>
<b>Couscous</b>	<b>65</b>	<b>21</b>
<b>Croissant</b>	<b>67</b>	<b>17</b>
<b>Cupcake</b>	<b>73</b>	<b>19</b>
<b>Dates</b>	<b>45</b>	<b>18</b>
<b>Fettuccini</b>	<b>40</b>	<b>18</b>
<b>French Fries</b>	<b>75</b>	<b>22</b>
<b>Graham Crackers</b>	<b>77</b>	<b>14</b>
<b>Ice Cream</b>	<b>37</b>	<b>31</b>
<b>Instant Noodles</b>	<b>67</b>	<b>34</b>
<b>Jasmine White Rice</b>	<b>89</b>	<b>46</b>
<b>Macaroni</b>	<b>47</b>	<b>23</b>
<b>Maple Syrup</b>	<b>54</b>	<b>10</b>
<b>Marshmallows</b>	<b>62</b>	<b>12</b>
<b>Millet</b>	<b>71</b>	<b>25</b>
<b>Pancakes</b>	<b>67</b>	<b>15</b>
<b>Pop-Tarts</b>	<b>70</b>	<b>25</b>
<b>Processed Fruit Snack</b>	<b>99</b>	<b>24</b>
<b>Raisins</b>	<b>64</b>	<b>28</b>
<b>Rice Cakes</b>	<b>82</b>	<b>17</b>
<b>Risotto</b>	<b>69</b>	<b>29</b>
<b>Skittles</b>	<b>70</b>	<b>32</b>
<b>Stuffing</b>	<b>74</b>	<b>16</b>
<b>White Bagel</b>	<b>72</b>	<b>25</b>

<b>DAIRY</b>	<b>SERVING SIZE</b>	<b>PROTEIN (g)</b>
Cottage Cheese	1 cup	15
Egg Whites	Six large	24
Plain Greek Yogurt ( <i>2% fat or less</i> )	8oz.	16
Omega-3 Egg ( <i>with yolk</i> )	One large	6.3

<b>FISH &amp; SEAFOOD</b>	<b>SERVING SIZE</b>	<b>PROTEIN (g)</b>
Lobster Meat	5 oz.	24
Lump Crab Meat	5 oz.	22
Mahi Mahi	5 oz.	26.9
Red Snapper	5 oz.	32
Sea Bass	5 oz.	27
Shrimp	5 oz.	24
Swordfish	5 oz.	29
Canned Tuna	5 oz.	39
Wild Salmon Fillet	5 oz.	35
Tuna	5 oz.	34

<b>POULTRY</b>	<b>SERVING SIZE</b>	<b>PROTEIN (g)</b>
Chicken	5 oz.	30
Turkey	5 oz.	32

<b>MEAT</b>	<b>SERVING SIZE</b>	<b>PROTEIN (g)</b>
Pork Chop	5 oz.	25
Grass-fed Beef	5 oz.	27
Lamb	5 oz.	30
Beef (lean cuts)	5 oz.	35

**GROCERYLIST**

<b>VEGETABLES</b>	<b>FRUITS</b>
Asparagus	Apples
Broccoli Spinach	Avocados
Cabbage	Bananas
Carrots	Berries
Cauliflower	Grapefruit
Celery	Grapes
Collard Greens	Nectarines
Eggplant	Oranges
Garlic	Pears
Green Beans	Plums
Lettuce	Tomatoes
Mushrooms	Peaches
Olives	Blueberries
Onions	Strawberries
Peppers	Raspberries
Radishes	
Edamame	
Water Chestnuts	
Yams or Sweet Potatoes	

<b>DAIRY</b>	<b>SEAFOOD</b>
Cheese	Mackerel
Cottage Cheese (low-fat)	Salmon
Egg Beaters	Sardines
Eggs (organic, free range)	Shrimp
Milk (1% or skim)	Steel Head Trout
Plain Yogurt	Swordfish
	Tuna
	Halibut
	Tilapia
	Orange Roughy
	Scallops

<b>MEAT &amp; POULTRY</b>	
Beef	
Chicken Breasts	
Pork	
Turkey Breasts or Lean Ground Turkey	
<b>ADDITIONAL ITEMS</b>	
Steel cut Oatmeal	
Agave Nectar light	Extra virgin Olive Oil
Brown or Wild Rice	Protein Powder (Beverly International)
Mayonnaise ( <i>olive oil based</i> )	Spices
Mustard	Stevia
Natural Peanut Butter	Tea
Raw Nuts	Vinaigrette Dressing

## RECOMMENDED READING

**If you are interested in learning more about men’s health and wellness, I recommend reading the following publications.**

**“Keep It Up”** The Power of Precision Medicine to Conquer Low T and Revitalize Your Life by Florence Comite, M.D.

**“Mastering the Life Plan”** The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body by Jeffry S. Life, M.D. Ph.D.

**“Reverse Heart Disease Now”** Stop Deadly Cardiovascular Plaque Before It’s Too Late by Drs. Stephen T. Sinatra, M.D. & James C. Roberts, M.D.

**“Testosterone for Life”** Recharge Your Vitality, Sex Drive, Muscle Mass & Overall Health by Dr. Abraham Morgentaler, M.D.

**“The Blood Sugar Solution”** The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! By Dr. Mark Hyman, M.D.

**“The Disease Delusion”** Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life by Dr. Jeffrey S. Bland

**“The Life Plan”** How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body by Jeffry S. Life, M.D. Ph.D.

**“The Testosterone Syndrome”** The Critical Factor for Energy, Health, & Sexuality – Reversing the Male Menopause by Dr. Eugene Shippen, M.D.

## REFERENCES

Geta S. et. Al. In vitro and invivo impairment of alpha 2 adrenergic receptor dependent antilipolysis by fatty acids in human adipose tissue *Horm Metab Res.* (2001).

Ardioluze JL et. Al. Subcutaneous tissue blood flow varies between superior and inferior levels of the anterior abdominal wall *Int J Obesity* (2004).

Arner P et. Al. Adrenergic regulation of lipolysis in site at rest and during exercise. *J Clin Invest* (1990).

Chritmass MA et. al. Effect of Work and recovery duration on skeletal muscle oxygenation and fuel use during sustained intermittent exercise. *Eur J Appl Physiol* (1999).

Glueck, CJ., Wang, P. Testosterone therapy, thrombosis, thrombophilia, cardiovascular events. *Metabolism* (2014).

Haring R, Ittermann T, Völzke H, Krebs A, Zygmunt M, Felix SB, Grabe HJ, Nauck M, Wallaschofski H. "Prevalence, incidence and risk factors of testosterone deficiency in a population-based cohort of men: results from the study of health in Pomerania." *Aging Male.* 2010 Dec; 13(4): 247-57. doi: 10.3109/13685538.2010.487553. Epub 2010 May 26.

Power ML and J Shulkin. Sex differences in fat storage, fat metabolism and health risks from obesity, possible evolutionary origins. *Br J Nutr* (2007).

Hämäläinen E, Adlercreutz H, Puska P, Pietinen P. "Diet and serum sex hormones in healthy men." *J Steroid Biochem.* 1984 Jan; 20(1): 459-64.

Pilz S1, Frisch S, Koertke H, Kuhn J, Dreier J, Obermayer-Pietsch B, Wehr E, Zittermann A. "Effect of vitamin D supplementation on testosterone levels in men." *Horm Metab Res.* 2011 Mar;43(3):223-5. doi: 10.1055/s-0030-1269854. Epub 2010 Dec 10.

Doucet E. et al. Reduction of visceral adipose tissue during weight loss. *Eur J Clin Nutr* (2002).

- Netter A, Hartoma R, Nahoul K., Effect of zinc administration on plasma testosterone, dihydrotestosterone, and sperm count. *Arch Androl* 1981 Aug;7(1):69-73.
- Ahtiainen JP, Hulmi JJ, Kraemer WJ, Lehti M, Nyman K, Selänne H, Alen M, Pakarinen A, Komulainen J, Kovanen V, Mero AA, Häkkinen K, "Heavy resistance exercise training and skeletal muscle androgen receptor expression in younger and older men." *Steroids*. 2011; 76(1-2):183-92
- McArdle W.D. and F. Katch V., L. Katch. *Exercise Physiology: Energy, Nutrition, and Human Performance*. Philadelphia: Lippincott Williams & Wilkins, (2007).
- Rahimi R1, Qaderi M, Faraji H, Boroujerdi SS. "Effects of very short rest periods on hormonal responses to resistance exercise in men". *J Strength Cond Res*. 2010 Jul; 24(7): 1851-9. doi: 10.1519/JSC.0b013e3181ddb265.
- Smith A, Toone R, Peacock O, Drawer S, Stokes K, Cook C. "Dihydrotestosterone is elevated following sprint exercise in healthy young men." *J Appl Physiol* 1985. 2013; 114(10): 1435-40.
- Mehta, Josephs RA, Testosterone and cortisol jointly regulate dominance: evidence for a dual-hormone hypothesis. *Horm Behav*. 2010 Nov; 58(5): 898-906. doi: 10.1016/j.yhbeh.2010.08.020. Epub 2010 Sep 15.
- Azevedo FR1, Ikeoka D, Caramelli B. Effects of intermittent fasting on metabolism in men. *Rev Assoc Med Bras*. 2013 Mar-Apr; 59(2): 167-73. doi: 10.1016/j.ramb.2012.09.003.
- Ridker, PM, A Pradhan, JG MacFadyen, P Libby, RJ Glynn. "Cardiovascular benefits and diabetes risks of statin therapy in primary prevention: An analysis from the JUPITER trial." *Lancet* (2012) 565-71.
- Price M and Moss P. The effects of work:rest duration on physiology and perceptual responses during intermittent exercise and performance. *J Sports Science* (2007).
- Horowitz JF. Fatty acid mobilization from adipose tissue during exercise. *Trends Endocr Metab*. (2003).

Key TJ, Roe L, Thorogood M, Moore JW, Clark GM, Wang DY. “Testosterone, sex hormone-binding globulin, calculated free testosterone, and oestradiol in male vegans and omnivores.” *Br J Nutr.* 1990; 64(1): 111-9.

YU, G, and AM Traish. “Induced testosterone deficiency: From clinical presentation of fatigue, erectile dysfunction, and muscle atrophy to insulin resistance and diabetes.” *Hormone Molecular Biology and Clinical Investigation* (2011).

*Ecotoxicol Environ Saf.* 2013 May;91:129-38. doi: 10.1016/j.ecoenv.2013.01.022. Epub 2013 Mar 7.

Basaria, S, AD Coviello, TG Travison, TW Storer, WR Farwell, AM Jette, R Eder, “Adverse events associated with testosterone administration.” *New England Journal of Medicine* 363.2 (2010) 109-22

*J Strength Cond Res.* 2010 Apr;24(4):1125-30. doi: 10.1519/JSC.0b013e3181c7c655.  
*Environ Health Perspect.* 2011 Jul;119(7):989-96. doi: 10.1289/ehp.1003220. Epub 2011 Feb 24.

Most plastic products release estrogenic chemicals: a potential health problem that can be solved. Yang CZ, Yaniger SI, Jordan VC, Klein DJ, Bittner GD.

*Metabolism.* 2014 Aug;63(8):989-994. doi: 10.1016/j.metabol.2014.05.005. Epub 2014 May 15. Testosterone therapy, thrombosis, thrombophilia, cardiovascular events. Glueck CJ1, Wang P2.

(Zhang Y et al. A Strategy for Cancer Prevention: Stimulation of the Nrf2-ARE signaling pathway. *Mol Cancer Therapy* 2004;3(7) July

Marks, LS, DL Hess, FJ Dorsey, M Luz Macarian, PB Cruz Santos, and VE Tyler. “Tissue effects of saw palmetto and finasteride: Use of biopsy core for in situ quantification of prostatic androgen.” *Urology* 57.5 (2001): 999-1005.

Rhoden, EL and A Morgentaler, “Risk of testosterone replacement therapy and recommendations for monitoring.” *New England Journal of Medicine* 350 (2005): 482-92.

Murphy, A “Vitamin D Levels Linked to Prostate Cancer Risk” *Clinical Cancer Research*, 2014, May 1;20: 2289-99

*American Journal of Clinical Nutrition*, 2014, May; 99(5) 1015-25, “Correcting Low Vitamin D Results in Weight Loss and Reduced Inflammation”.

Mueller M, van den Beld AW, Bots ML, Grobbee DE, Lamberts SW van der Schouw YT. “Endogenous sex Hormones and Progression of Carotid Atherosclerosis in the Elderly”. *Circulation*. 2004 May 4;109:2074-9

Stattin P, Lumme S, Tenkanen L, et al. “High Levels of Circulating Testosterone are not Associated with Increased Prostate Cancer Risk.” *Int J Cancer*. 2004 Jan; 108: 418-24

Svartberg J, Jenssen T, Sundsfjord J, Jorde R. “The Association of Endogenous Testosterone and Sex Hormone Binding Globulin with Glcosylated Hemoglobin Levels, in Community Dwelling Men. The Tromso Study. *Diabetes Metabolism*. 2004 Feb; 30, 29-34

Glueck CJ, Richardson-Royer C, Schultz R, Burger T, Bowe D, Padda J, et al. Testosterone therapy, thrombophilia-hypofibrinolysis, and hospitalization for deep venous thrombosis- pulmonary embolus: an exploratory, hypothesis-generating study. *Clin Appl Thromb Hemost* 2014;20:244–9.

Glueck CJ, Bowe D, Valdez A, Wang P. Thrombosis in three postmenopausal women receiving testosterone therapy for low libido. *Womens Health (Lond Engl)* 2013;9:405–10.

Glueck CJ, Goldenberg N, Budhani S, Lotner D, Abuchaibe C, Gowda M, et al. Thrombotic events after starting exogenous testosterone in men with previously undiagnosed familial thrombophilia. *Transl Res* 2011;158:225–34.

Glueck Charles J, Friedman J, Hafeez A, Hassan A, Wang P. Testosterone, thrombophilia, thrombosis. *Blood Coagul Fibrinolysis* 2014 [epub 2014].

Glueck CJ, Richardson-Royer C, Schultz R, Burger T, Labitue F, Riaz MK, et al. Testosterone, thrombophilia, and thrombosis. *Clin Appl Thromb Hemost* 2014;20:22–30.

Pandit RS, Glueck CJ. Testosterone, anastrozole, factor V Leiden heterozygosity and osteonecrosis of the jaws. *Blood Coagul Fibrinolysis* 2014;25:286–8.

Spitzer M, Huang G, Basaria S, Travison TG, Bhasin S. Risks and benefits of testosterone therapy in older men. *Nat Rev Endocrinol* 2013;9:414–24.

Marchioli R, Finazzi G, Specchia G, Cacciola R, Cavazzina R, Cilloni D, et al. Cardiovascular events and intensity of treatment in polycythemia vera. *N Engl J Med* 2013;368:22–33.

Xu L, Freeman G, Cowling BJ, Schooling CM. Testosterone therapy and cardiovascular events among men: a systematic review and meta-analysis of placebo-controlled randomized trials. *BMC Med* 2013;11:108:1–12.

Fernandez-Balsells MM, Murad MH, Lane M, Lampropulos JF, Albuquerque F, Mullan RJ, et al. Clinical review 1: Adverse effects of testosterone therapy in adult men: a systematic review and meta-analysis. *J Clin Endocrinol Metab* 2010;95:2560–75.

Baskurt OK, Meiselman HJ. Iatrogenic hyperviscosity and thrombosis. *Semin Thromb Hemost* 2012;38:854–64.

[38] Peerschke EI, Silver RT, Weksler BB, Yin W, Bernhardt B, Varon D. Examination of platelet function in whole blood under dynamic flow conditions with the cone and plate(let) analyzer: effect of erythrocytosis and thrombocytosis. *Am J Clin Pathol* 2007;127:422–8.

Ajayi AA, Mathur R, Halushka PV. Testosterone increases human platelet thromboxane A2 receptor density and aggregation responses. *Circulation* 1995;91:2742–7.

Stapleton PA, James ME, Goodwill AG, Frisbee JC. Obesity and vascular dysfunction. *Pathophysiology* 2008;15:79–89.

Death AK, McGrath KC, Sader MA, Nakhla S, Jessup W, Handelsman DJ, et al. Dihydrotestosterone promotes vascular cell adhesion molecule-1 expression in male human endothelial cells via a nuclear factor-kappaB-dependent pathway. *Endocrinology* 2004;145:1889–97.

Lycette JL, Luoh SW, Beer TM, Deloughery TG. Acute bilateral pulmonary emboli occurring while on adjuvant aromatase inhibitor therapy with anastrozole: case report and review of the literature. *Breast Cancer Res Treat* 2006;99:249–55.

Svartberg J, Braekkan SK, Laughlin GA, Hansen JB. Endogenous sex hormone levels in men are not associated with risk of venous thromboembolism: the Tromso study. *Eur J Endocrinol* 2009;160:833–8.

Pamukcu B, Lip GY, Devitt A, Griffiths H, Shantsila E. The role of monocytes in atherosclerotic coronary artery disease. *Ann Med* 2010;42:394–403.

Urhausen A, Torsten A, Wilfried K. Reversibility of the effects on blood cells, lipids, liver function and hormones in former anabolic-androgenic steroid abusers. *J Steroid Biochem Mol Biol* 2003;84:369–75.

Swerdloff RS, Wang C, Cunningham G, Dobs A, Iranmanesh A, Matsumoto AM, et al. Long-term pharmacokinetics of trans-dermal testosterone gel in hypogonadal men. *J Clin Endocrinol Metab* 2000;85:4500–10.

Hoibraaten E, Qvigstad E, Andersen TO, Mowinckel MC, Sandset PM. The effects of hormone replacement therapy (HRT) on hemostatic variables in women with previous venous thromboembolism – results from a randomized, double-blind, clinical trial. *Thromb Haemost* 2001;85:775–81.

Hulley S, Grady D, Bush T, Furberg C, Herrington D, Riggs B, et al. Randomized trial of estrogen plus progestin for secondary prevention of coronary heart disease in postmenopausal women. Heart and Estrogen/progestin Replacement Study (HERS) Research Group. *JAMA* 1998;280:605–13.

## **Copyright and Trademark Notices**

Copyright 2014, Robert Kominiarek (collectively the “Author”). All Rights Reserved. Published in the United States of America. All rights reserved.

No part of this book/eBook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, blog, or website, without permission in writing from the Author. For information, please contact the Author at [thelowtbook.com](http://thelowtbook.com), LLC, 66 Remick Blvd., Springboro, Ohio 45066

All trademarks and service marks are the properties of their respective owners. All references to these properties are made solely for editorial purposes. Except for marks actually owned by the Author, the Author (as both author and as publisher) does not make any commercial claims to their use, and is not affiliated with them in any way. Unless otherwise expressly noted, none of the individuals or business entities mentioned herein have endorsed the contents of this book/eBook.

## **Limits of Liability & Disclaimers of Warranties**

This book/eBook is a general educational health related information product.

As an express condition to reading this book/eBook, you understand and agree to the following terms:

This book’s/eBook’s content is not a substitute for direct, personal, professional medical care and diagnosis. None of the exercises or treatments, including products or services mentioned in this book/eBook should be performed or otherwise used without the clearance from your physician or health care provider.

There may be risks associated with participating in activities or using products mentioned in this book/eBook for people in poor health or with pre-existing physical or mental conditions.

Because these risks exist, you will not use such products or participate in such activities if you are in poor health or have pre-existing mental or physical condition. If you

choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such activities. The materials in this book/eBook are provided “as is” and without warranties of any kind either expressed or implied.

The Author disclaims all warranties, expressed or implied, including, but not limited to, implied warranties of merchantability and fitness for a particular purpose. The Author does not warrant that defects will be corrected, or that the site or the server that makes this book/eBook available is free of viruses or other harmful components. The Author does not warrant or make any representations regarding the use or the results of the use of the materials in this book/eBook in terms of their correctness, accuracy, reliability, or otherwise. Applicable law may not allow the exclusion of implied warranties, so the above exclusion may not apply to you.

Under no circumstances, including, but not limited to, negligence, shall the Author be liable for any special or consequential damages that result from the use of, or the inability to use this book/eBook, even if the Author or his authorized representative has been advised of the possibility of such damages. Applicable law may not allow the limitation or exclusion of liability or incidental or consequential damages, so the above limitation or exclusion may not apply to you. In no event shall the Author’s total liability to you for all damages, losses, and causes of action (whether in contract, tort, including but not limited to, negligence or otherwise) exceed the amount paid by you, if any, for this book/eBook.

You agree to hold the Author of this book/eBook, the Author’s owners, agents, affiliates, and employees harmless from any and all liability for all claims for damages due to injuries, including attorney fees and costs, incurred by you or caused to third parties by you, arising out of the products, services, and activities discussed in this book/eBook, excepting only claims for gross negligence or intentional tort.

You agree that any and all claims for gross negligence or intentional tort shall be settled solely by confidential binding arbitration per the American Arbitration Association’s commercial arbitration rules. All arbitration must occur in the municipality where the Author’s principal place of business is located. Arbitration fees and costs shall be split equally, and you are solely responsible for your own lawyer fees.

Facts and information are believed to be accurate at the time they were placed in this book/eBook. All data provided in this book/eBook is to be used for information purpose only. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. The services described are only offered in jurisdictions where they may be legally offered. Information provided is not all-inclusive, and is limited to information that is made available and such information should not be relied upon as all-inclusive or accurate.

For more information about this policy please contact the Author at the email address listed in the Copyright notice for this book/eBook.

**IF YOU DO NOT AGREE WITH THESE TERMS AND EXPRESS CONDITIONS, DO NOT READ THIS BOOK/EBOOK. YOUR USE OF THIS BOOK/EBOOK, PRODUCTS, SERVICES, AND ANY PARTICIPATION IN ACTIVITIES MENTIONED ON THIS BOOK/EBOOK, MEAN THAT YOU ARE AGREEING TO BE LEGALLY BOUND BY THESE TERMS.**

## **Affiliate Compensation Disclosure**

### COMPENSATION DISCLOSURE

This Compensation Disclosure has been provided for your protection and to fully disclose any relationship between this books product or service recommendations and the owners of those product or services. It is always recommended that before you purchase products or services on the Internet, including those on this website, that you conduct your own research and exercise due diligence.

The owner of this book/e-book is required by law to inform you that a relationship exists between this website and the products or services it reviews, recommends or promotes.

#### **1. Material Affiliation.**

It is advisable to assume that any mention of a product or service on this website is made because there exist, unless otherwise stated, a material connection between the product or service owners and this book/e-book. It should be understood that any recommendation made by the owner of this site for any product or service has been made in good faith.

These recommendations reflect the fact that the owner has either tried the product or service or has extensively researched them and can give an honest opinion to the merit of the product or service. When any website makes any recommendation of a product or service it is advisable to assume the possibility of a material connection or relationship with the owners of those products or services.

#### **2. Product/Service Partiality.**

Due to the material connection between the owner of this website and the owners of the products or services recommended here, it must be understood that a bias for these products or services might exist. These biases, although based on facts, could have developed because of compensation for such recommendations from the product or service owners although every effort has been made to provide accurate and true reviews of each product or service.

Regardless of whether the owner of this website has, or will receive compensation from product or service owners, it should be understood that a relationship exist between the two so there does exist, established or not, the potential for a material connection between product and service owner and the owner of this website.

Before entering into any agreement or purchasing any product from this website, it is advisable to understand the potential partiality of the website owner due to possible compensation from the owners of products or services recommended on this website. You should perform your own research and exercise due diligence prior to purchasing products or services from any website.

### **3. Compensation.**

The owner of this website may receive compensation for recommendations made in reference to the products or services on this website. This compensation may be in the form of money, services or complimentary products and could exist without any action from a website visitor. Should you purchase a product or service that was recommended by this website, it is understood that some form of compensation might be made to the website owner. For example, if you click on an affiliate link at this website and then make a purchase of the recommended product or service, the website owner may receive compensation.

### **4. This Compensation Disclosure Statement**

The compensation disclosure statement has been made to inform you of the possibility that a material connection between a product or service mentioned, reviewed or recommended by this website and the product or service owner exist and that compensation to the website owner may be made should you purchase such product or service. Every effort has been made to provide true and accurate statements in regards to any and all products or services mentioned, reviewed or recommended by this book/e-book.