

Start Burning Fat Now!

Slim Down Smart Fat Burning System

Burn fat and lose weight for the long term by eating your favorite delicious foods without depriving yourself!

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Remember to login to the members area to access the 7 day fast start video training, exercise demonstrations, member's community, more meal plans, and much more!

You can access the member's area by going to www.SlimDownSmart.com and clicking the login link on the homepage. If you need help logging in you can contact our support team for help at Support@SlimDownSmart.com.

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This book is intended as a reference, not as a medical manual to replace advice from your physician or to replace any treatment from your physician.

If you're ill or believe you may have a medical problem, we strongly encourage you to consult with your medical professional before using any of the plans in this book. If you're taking any medications you should never change your diet (for better or worse) without checking with your doctor, as dietary changes may affect the metabolism of a prescription drug.

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INTRODUCTION

Congratulations on taking the first step to fulfilling the newer slimmer you! Picking up this book and reading it is where all of my successful clients first started and you're now 1 step closer to achieving the dream body you've been reaching for!

Whether your goal is to lose just 5 lbs. or 100 lbs. you can do it by following the simple step by step plans that I have outlined in this book for you. The meal plans are also attached near the back of this book and you should start following them immediately to see results.

I've broken this book down into easy to follow chapters that give you the exact steps you need to take to start losing weight. Each chapter explains an essential step for losing weight and if you can master each chapter over time, you'll become a fat burning machine!

This program will be the ultimate solution for regaining your health, burning fat, reducing inflammation, lowering your blood pressure, and boosting your energy levels.

How much better would you feel if you didn't have to take a nap during the day or feel fatigued because your body was just, well, completely worn out?

Many people fall victim to believing that their genetics are to blame or they're not meant to lose weight and feel great, but that's simply not true. You can lose the weight you desire once you implement a few of the tricks that I'll be revealing to you in this book.

It's amazing how eating the right foods and implementing the right strategies for success can dramatically turn your life around.

The reason I'm sharing this information with you is because I'm passionate about helping people see positive results. I feel I can

provide you with some of the most cutting edge training and solutions to losing weight from my athletic background.

I have been a professional athlete for over a decade now as a hockey player and have experienced firsthand how you can sculpt the body of your dreams.

I will be revealing powerful information that some doctors and physicians aren't telling you about when it comes to healthy living. Actually living and practicing what I preach has led me to have great success for myself along with transforming hundreds of my client's lives.

Pay close attention to the upcoming information packed chapters because they're going to take you by the hand, step by step and tell you exactly what you need to do to find success now.

Even if you think you've tried everything, this system is the solution for you to shed unwanted fat off your body. See firsthand how I've kept myself in shape and how you too, can transform your body!

I'm excited that you've chosen Slim Down Smart to help you along your weight loss journey. I believe by the end of this book you'll be equipped with everything you need to have the body of your dreams!

It's Not Your Fault

It's not your fault that you have high blood pressure, or because you're getting older that your joints hurt, or even that you may have developed type 2 diabetes.

In most cases all of these conditions can be traced back to the lifestyle that you're living and the foods that you're eating. Making strategic lifestyle and eating habit changes will

transform your life, virtually eliminating your risk of developing many of today's common diseases that have been rapidly increasing.

Many of the food companies that advertise their so called "healthy" foods are to blame for the obesity epidemic that has occurred over the past few decades.

I hate seeing this commercial on TV but the fake butter / margarine may drive me the craziest. They market it claiming to have 100% healthy ingredients but they're loaded with trans fats and harmful chemicals that can cause weight gain and inflammation.

Another huge myth that many men and women around the world fall for is the low fat diet. Buying foods that are low in fat are typically packed with sugars and artificial sweeteners. This again can signal road blocks to stop your body from burning fat!

So as you can see it's truly not your fault. Food companies continually market and manipulate us into buying their foods without caring about the outcome it will cause on our health.

So, now that you understand why gaining weight, having inflammation, painful joints, and feeling fatigued is not your fault...

Following everything I have laid out in this book can change your life for the better.

Let's get started!

GETTING STARTED

Chapter 1

The first part of getting started is to start enjoying what you're doing. One of the most crucial aspects of a healthy lifestyle is how well you can adapt and stick to it. If you do something that is boring to you, chances are you won't stick with it for the long term.

I see this happen all the time with clients who explain to me what they've tried in the past. Typically I hear things like "I've tried eliminating carbs", "I tried restricting myself from eating", and my favorite, "I stopped eating dessert".

None of these types of "diets" work for the long term. Don't you want to be able to enjoy yourself while steadily watching your waistline shrink to your desired weight?

No one wants to eliminate carbs, restrict themselves, or stop eating desserts. Later on I'll be revealing to you how you can still eat certain carbs, and desserts, while still losing weight, without depriving yourself. This is a program that will work for the long term.

Who wants to work hard to lose weight and gain it all back anyway? Let me show you how Slim Down Smart can help you lose weight for the long term.

Would you keep doing something that you didn't enjoy doing for something you may not even be motivated to do in the first place? Probably not...

This is the main reason why diets don't work and why Slim Down Smart is not a "diet", because diets simply do not work. Have you ever seen someone who was on a diet that lost weight and then gained it all back plus a few extra pounds a few months later?

That is because dieting is not enjoyable and no one wants to keep doing something that is not fun (Being on a diet is not fun).

It's not fun to be cooking for hours or killing yourself in the gym, unless of course you enjoy doing so. Some people like to cook a lot and others like to exercise a lot. Although these things can help you increase your results sometimes, liking to cook and exercise is not necessary to have success with Slim Down Smart.

One of the worst things I see people doing at the gym is running on treadmills for hours on end. This can put a lot of stress on your body and increase your cortisol hormone making it even harder to lose weight.

I'll show you an exercise program that you can implement in a later chapter that takes 20 minutes to complete each day. The exercises that I'll share have been extensively researched with very positive results showing that they burn just as many calories or more, than those who ran an hour on a treadmill.

The added benefit with the exercise program is that it actually helps you tone your body so you're not just losing weight and becoming skinny.

It can be exciting at the beginning thinking you're working hard to get back into shape but it gets old fast, especially if you are doing things you do not enjoy. I have been in this position before and tried doing the things I didn't enjoy to see if it would stick and sure enough, it didn't.

Losing weight isn't about doing crazy exercise though. It can help you slightly increase your results but losing weight is 85% what you eat and 15% exercise.

That's why the approach that I will be teaching you is much different from the average "diet" program out there. You will not be eating any boring foods or doing any boring exercises. The end result of doing the things you don't enjoy can leave you frustrated and make it harder for you to achieve success.

99% of the time success of a healthy lifestyle is determined by how enjoyable it is. Let's take food for example. If the secret to weight loss was eating wild caught salmon for dinner every night and you loved fish, then you'd likely have great success.

However, if you hated fish then the results would never become successful for the long term. You may eat the fish for a few nights but ultimately you'd just give up because you wouldn't be able to stand it anymore.

It's the same thing with exercises too. For example a hockey player's ideal workout program would include exercises that incorporate hockey movements. For dancers, a Zumba class may sound more attractive. Doing something you enjoy is the first step towards consistency and it's not spending hours in a gym.

What it ultimately comes down to is that you don't want your new lifestyle to feel like work. Even though you have to put in an effort to achieve the results you're looking for, disguising work like cooking or working out as play makes people more productive because time flies when you're having fun!

HATE Feeling Alone?

Here is a great tip. If you're tired of always being separated from the pack or trying to lose weight on your own, then it's a good idea to include activities that involve your family and friends. You can start your family and friends on Slim Down Smart too. This program is for anyone who is trying to live healthier and tone their body.

You do not have to do this alone because everything inside is family friendly. You can teach your loved ones or friends all of these strategies because they will help everyone around you live healthier lives too.

Include your spouse and you can both work together as a team to keep each other accountable to see the weight loss success you've been searching for. This can be a big motivator for both of you.

Slim Down Smart, as you will see in later chapters is for anyone looking to live healthier. Weight loss is just one of the many benefits you will achieve with this program.

Once your loved ones and friends see your new body, they'll be asking you how they can get results just like you!

Before and After Pictures

Before you get started with the program, be sure to take a picture of yourself before you start. Then after you achieve success you can send us a glowing testimonial showing us the huge achievement you've made!

On another note it's always nice to see how far you've come on your weight loss journey. Seeing a before and after picture of yourself can help you stick with your new lifestyle for the long term. Before and after pictures are another huge motivator!

Make sure you take measurements around your arms, waist, and legs so you can keep track of your progress. A measurement form can be found on page 176.

Plus, don't forget to weigh yourself before you start so you can see how much weight you are losing while following the program.

Measurement Guidelines

Measure yourself at least once a week so you can keep track of your progress. Sometimes it's not all about the weight you lose

because you are also building some muscle if you choose to exercise.

A common misconception is that muscle weighs more than fat. This is false because a pound is a pound.

The difference is in the density of muscle and fat. If you put equal amounts of muscle and fat side by side, you'll see that fat takes up more space.

Losing weight is essential if you want to appear leaner and tone without the flabby look of fat. It is common for people to lose weight and gain muscle at the same time, so it's understandable that people get discouraged when their numbers on the scale remain unchanged at first.

It's not all about your weight when you're first getting started. Measuring yourself will help you see for yourself that you're making progress, even if the scale is telling you otherwise during the first week.

Chapter 1: Getting Started Review.

1. What are 3 of the most common strategies that people use to lose weight that don't work long term?

2. What is the worst type of exercise you should never do if you want to lose weight?

3. Fill In The Blanks.

Exercise can help you slightly increase your results but losing weight is _____% what you eat and _____% exercise.

4. What is the best solution to staying motivated and avoiding the feeling of being alone?

SIMPLE CHANGES

Chapter 2

You can't target your trouble areas. Trouble areas are perhaps one of the most frustrating things you'll encounter when trying to lose weight. That's because the only thing that could be standing between you and your ideal beach body is that extra bit of belly fat that you can't seem to get rid of. Trouble areas can be very frustrating.

Although you may have these trouble areas on your body that you want to get rid of, there is no way to pinpoint them. You can't say, "I only want to lose the fat that's on my arms" because it's impossible to do that. The way you store and burn fat is completely dependent on your body's hormones.

Your body has lots of hormones. These hormones can alert you when you're feeling hungry, when you're tired, the type of mood you're in, when you're stressed, and many other factors. To get rid of your unwanted fat you have to balance your hormones. As we get further into this book, I'll show you exactly how you can balance your hormones for maximum weight loss success.

Weight loss is much more complex than just calories in and calories out. That's an oversimplification that can lead you down the path of failure.

To start the process of balancing your hormones to achieve optimal weight loss, you're going to have to modify some of your eating habits. You'll discover a new eating routine, which will allow you to eat the foods that you enjoy instead of the foods you dislike.

Let me tell you a quick story about one of my friends named Rachael. This will give you a good idea about how powerful a tiny change can show huge successes.

Rachael came to me about wanting to lose a few extra pounds but she was stumped. She tried a few diets, which told her lots

of things that she didn't like to do, such as run on the treadmill for 45 minutes a day, be restrictive on your diet, don't eat your favorite foods, and a few other chores that just weren't practical for long term weight loss success.

So I asked her about what she liked to eat on a regular basis. Rachael said, "I like to eat cereal for breakfast, a chicken sandwich for lunch, and a healthy taco for dinner with peppers".

I then asked her if she would make a simple change in her diet and she said yes, she would try. I then asked her "Why don't you replace the bread on your sandwich at lunch time with a piece of lettuce or Ezekiel 4:9 bread?"

If you're wondering what Ezekiel bread is, it's an organic sprouted whole grain bread. This bread is dramatically healthier than the processed wheat breads on the shelf at the grocery store.

I also told her she could eat the wheat bread she was normally eating once a week if she really needed to eat it. After 2 weeks that simple change to her diet helped her lose an additional 4 pounds. Just with that 1 change she dropped the few pounds she was looking for.

The power of food is so strong when you're trying to lose weight. When making simple changes in your diet, you don't have to go crazy and run on treadmills, starve yourself to death, or use any of the other tactics that leave us frustrated and deprived of the foods we love. This is just one simple example of how small changes can have dramatic affects.

Find something unhealthy you can start replacing in your daily routine that is easy for you to implement. It can be something you're eating for breakfast, lunch, or dinner. It could even be something as simple as sleeping better at night. Maybe you

aren't getting enough sleep each night, which can lead to poor eating decisions and stress the next day.

If you're not sure what to change in your diet yet, then that's perfectly alright! You'll learn some shocking and incredible changes that will have dramatic effects on your body shortly.

A recent study was released showing the affects that sleep had on weight loss. Group A was filled with people who normally sleep for 5 - 6 hours while group B had people who slept 7 - 8 hours each night.

The results came out and suggested that the people from group A tended to weigh more because they were making poor eating decisions the following day.

Group B was overall healthier and weighed less because they made healthier eating choices the following day.

If you need help figuring out a simple change in your lifestyle, things will make more sense in the upcoming chapters. Or you can refer to the member's community at Slim Down Smart to share what your daily routine is so that the Slim Down Smart team and myself can give you some tips.

www.slimdownsmart.com/tools

Burning fat isn't just about looking awesome. A high percentage of body fat has been linked to a number of diseases including high blood pressure, type 2 diabetes, heart disease, stroke, and cancer. The likelihood of you developing these conditions dramatically increases if your body fat is concentrated around your midsection.

Just 1 simple change can have dramatic changes on your health. Just as little as losing 5 pounds can reduce your risk of many diseases and cancer by 10%.

NEVER Ask This 1 Question!

Your first instinct may be to ask your wife or husband if you've lost weight or not. That's not the best idea especially if they see you every day. Chances are, the changes will be too minuscule to notice, so it's best to ask someone who only sees you two or three times a month.

Your body will not drop 10 lbs. overnight, so it's going to take a few weeks to start seeing some noticeable results. Losing weight at a healthy rate would be losing 1 - 2 pounds per week. Many of our clients see much larger results than that in the first week but 1 -2 lbs. is the healthy recommended amount.

Keeping your daily log up to date is also very critical to success. The moment you stop keeping track of your results is the moment you'll start to struggle losing weight and seeing success.

Schedule 3 minutes a day to write down what you've eaten for the day. This is a very simple task that should not be overlooked. If you need a daily log form you can print one out at the following link. www.slimdownsmart.com/tools

Keeping track of your daily habits with the daily log shows you the progress you make, not just physically but emotionally too. Binge eating can be tied to emotional triggers such as depression, anxiety, and stress. So make sure you pay attention to what you're eating if you experience any of those symptoms. Stress is a common issue in today's society so try to stay away from comfort foods when you're feeling stressed from work or a hard day.

By gradually losing weight, you increase the likelihood that you'll be able to keep the weight off for the long term. Weight loss is a lifestyle change. It means learning how to say "no" to

certain foods and opting for healthier and tastier alternatives instead.

Everyone loves eating cake, ice cream, and other unhealthy snacks but you'll learn how you can make healthier alternatives of these foods that taste even better to help you burn fat!

Remember I told Rachael that she could eat the wheat bread she liked once a week? That was a "Free" day that I added to her weekly routine. You can create one for yourself too once you have the simple change you would like to add into your lifestyle.

A "free" day is a time you choose once a week to eat anything you like. This could be ice cream, cake, and any other treats you enjoy.

You can eat your favorite unhealthy foods on your "free" day as long as you practice portion control and don't overdo it by eating too much. You should only have 1 free day each week where you can have a few of your favorite snacks.

Having your free day is a critical day because since you're eating lean meals during the week, your metabolism will slow down. These free days allow you to boost your metabolism extremely high and then when you go back to your normal eating habits with healthier food choices, your metabolism stays high and you can burn more fat.

Your metabolism will then dip back down by the time you get to your next free day. This is mainly due to the fact that your body has a hormone called leptin. When you're not eating the foods your body is used to seeing then your leptin levels deplete.

Leptin depletes because your body thinks that there is a problem. This causes your leptin levels to become imbalanced, which then tells your body to cling onto its fat to keep you alive.

This is a survival mechanism that your body uses to keep you safe!

What we've seen with clients after several months is the elimination of "free" days because you'll notice that when you eat some of the foods from your old lifestyle, you'll start to feel differently about them.

Maybe you start getting headaches, feeling bloated, or feeling sick again. Once you eat healthier foods that you enjoy you'll feel a huge lift in energy and overall health.

This makes perfect sense because why would you go back to your old ways that make you feel sick?

TIP: When eating your meals, cut everything up into small pieces so your plate looks fuller. If you keep your meal clumped up in a corner of your plate then it will look like you're eating less food.

Make sure to cut everything up before you eat so you see everything you're eating and feel satisfied when you finish eating.

Chapter 2: Simple Changes Review

1. Why is it NOT possible to target your trouble areas to lose weight?

2. What are 2 simple changes that you can make to start seeing weight loss results?

3. How many hours of sleep should you get each night for optimal weight loss success?

4. What slows down in your body when you're not eating the foods your body is used to?

THE LIFESTYLE CHANGE

Chapter 3

To truly become healthier and fitter, you must make some significant lifestyle changes that will complement and support your overall new lifestyle goals. Improving your lifestyle is the key to accomplishing your goals and maintaining whatever progress you've experienced and continue to experience as time goes on.

There are many aspects of a lifestyle that can be modified for the better. The following areas are some of the most important lifestyle changes needed for a healthier, fitter and happier life.

Start reducing the following toxic foods to start seeing not only weight loss results but an increase in energy and a better mood!

Eliminate the Toxins

One of the first things you should do when creating a healthier lifestyle, is to examine the harmful things that you put into your body. This can include things like fast food, too much candy, alcohol and smoking.

Those are the obvious toxins. You'll learn more about the hidden, not so obvious toxins in a minute. Most people understand the side effects of eating too much fast food and candy.

However, they seem to overlook the impact that alcohol has on diet and exercise. Alcohol can slow down your reaction time, coordination, can lead to dehydration during exercise, slows down the burning of body fat, and interferes with creating muscle growth.

Basically, alcohol destroys most things that you are trying to accomplish when working out and losing weight.

Not to mention, it also wreaks havoc on your diet with empty carbs, unhealthy calories, added sugars and more.

Beer, as an example, is not even regulated by the FDA so the guidelines and safety is not strictly overlooked. The Treasury Department is who really regulates beer.

If you think that's bad, smoking is even worse. Smoking can cause the following damage:

Reduces the amount of oxygen transported and absorbed throughout the body.

Can lead to obstruction of the airways.

Can lead to heart damage.

Decreases oxygen intake when exercising.

Decreases aerobic and anaerobic endurance.

If you participate in drinking alcohol or smoking, you should seriously consider the negative effects it has on your health, diet and fitness goals. Try to limit your alcohol intake to once a week.

Now here are some of the not so obvious foods that you should avoid that can cause serious harm to your health.

9 Foods To Avoid At All Costs

1. Gluten

Just about every processed food in the aisles of the grocery store contain gluten. This includes crackers, canned soups, processed meats, cookies, crackers, salad dressings, cereals, pancake mixes, and many other foods.

It's best to avoid these foods and swap them out for delicious whole foods. The cost of all these unhealthy snacks can really add up on your waistline. Eliminating processed foods from your home and your cart the next time you go shopping can save you hundreds of dollars.

Another note I want to add is to avoid foods labelled “Gluten Free”. The reason these foods are unhealthy for you is because they’re loaded with sugar and flours that result in you to store fat. The gluten free flours that are used include tapioca starch, potato starch, and corn starch.

These flours can spike your blood sugar levels just as high as gluten does. Even though gluten is not present to cause inflammation, your blood sugar levels will spike causing your body to produce the fat storing hormone insulin.

2. Low Fat Foods

These foods include yogurts, waffles, cool whip, salad dressings, chips, crackers, peanut butter, ice cream, and the list continues.

There are some low fat foods that are good but for the most part 99% of low fat foods are toxic and harmful to your health. The reason for this is because low fat foods are pumped with sugar to make them taste better.

Make sure you read food labels and check to make sure there is no added sugar or artificial chemicals added.

3. Tomato Sauces

Did you know some brands of tomato sauces have 7 teaspoons of sugar in them per serving? Make sure you check and double check food labels to make sure sugar is not lurking around in your food.

A common trick used by food manufacturers is making the serving size of the food smaller. Sometimes you’ll see that the nutrition facts say 4g of sugar but if you calculate the whole jar it could add up to 80g of sugar if the jar had 20 servings.

4. Diet Soda

Diet and regular soda is horrible for your health. Diet soda being worse than regular soda. The reason diet soda is so bad is

because it contains lots of toxic chemicals and artificial sweeteners. They contain zero calories but contain lots of toxins.

These toxins can trick your body into storing more fat. They can surge your cravings and cause you to eat more and more causing you to pack on the pounds.

Drinks that are artificially flavored hurt your metabolism and disrupt the brain signals that tell you that you're full.

5. Sports Drinks

These drinks include vitamin water, Gatorade, power ade and any other flavored sports drinks that you can find at your local grocery store.

These drinks contain tons of sugar and high fructose corn syrup that will transport straight to your liver and add belly fat on to your body. Artificial sweeteners, colorings, and natural flavors are also popular chemical ingredients in these drinks that will result in weight gain.

Stick with water, lemon water, or unsweetened iced tea.

6. GMO Foods

GMO stands for genetically modified organism. It's the process of genetically modifying the DNA strand of a crop such as soy, corn, wheat, cotton, and sugar beets. These crops are the most popular for genetic modification.

There is also another layer of GMO you should be aware of. Cows that produce milk, meats, and poultry can also be GMO because of the food the animals have eaten. To cut costs many farmers use GMO soy and wheat to feed their animals, which then adds GMOs to the nutritional profile of the animal.

So what does this mean for you? You'll need to buy organic dairy, meats, and poultry to avoid consuming GMOs. You're likely thinking it's expensive to buy organic foods but would you rather pay to keep yourself healthy now or pay for your medical bills later? The medical bills later will likely cost many times more than the food you buy now.

Not to mention all of the suffering you will cause yourself in the future.

The scary thing about GMOs is that they've never been tested for the long term effects on humans. Studies on rats are showing shocking results though. Mice who were fed GMO diets developed large tumors and lived shorter lives.

Test results on mice have also shown infertility and tumor growth on 2nd and 3rd generations of the mice who were tested on.

7. Cereal

Do you eat cereal for breakfast? I hope not because this is one of the absolute worst things you can eat for breakfast. Most cereals, even the healthy ones put your body into fat storing mode, causing you to store more fat on your body.

Cereals spike your blood sugar levels and force your body to store fat. The worst part about cereal is that it will cause you to crash an hour or two later after the steep fall of your blood sugar levels occurs.

Choose eggs, oatmeal, and nuts instead to avoid an aggressive spike in blood sugar.

8. Snack Mixes

Peanuts, raisins, and macadamia nuts are usually in snack mixes and there is nothing wrong with nuts themselves. However, it's the way these nuts are processed. I was watching my mother

one day as she was reaching into a bag of nuts and I was curious.

I'm always reading food labels and checking to make sure everything is healthy without any added ingredients and to my surprise, when I was reading the label I saw some mind boggling ingredients.

The ingredients listed almonds, macadamia nuts, cotton seed oil, and salt. I couldn't believe a simple bag of mixed nuts would contain added ingredients like this.

GMO cottonseed oil should not be added to your nuts.

The lesson is check the food label no matter how healthy a food may seem. You may be surprised to see what you read.

One of the worst feelings is thinking you're eating something healthy for yourself and then finding out a month later that you've been eating toxic ingredients.

My recommendation is to find nuts that are not processed and that contain just the plain nut and some sea salt if you prefer. Plain nuts are the healthiest!

9. Fruit Juices

This is a huge misconception that fruit juice is healthy for you. The fruit juices at the grocery store have been treated by perfume companies to perfect the taste, shocking right? Never drink orange juice from the grocery store.

Choose an orange juice that is fresh squeezed that contains some pulp. Drink orange juice sparingly though. Once in a while it's ok to drink, but drinking too much orange juice can really add to your waistline.

The reason for this is because the fiber has been removed from the fruit, which causes the sugar from the fruit to be absorbed

very quickly by your body. Once you drink the juice, your blood sugar levels will spike and the fat storing hormone insulin will be activated to come in, to lower your blood sugar levels by storing the sugar as FAT.

If you're an active person or an athlete your body can use this sugar for energy but if you're going to sit at a desk and do some work or watch TV then you're going to store it as fat.

Even if you're an athlete burning thousands of calories a day, you can still store fat by drinking orange juice because of all the sugar it contains.

As an athlete drinking sports drinks was a common thing among teammates and some become fat and overweight from drinking too much sugar.

Stress Management

Stress can be a silent killer as it can cause a variety of serious health issues like hypertension. There are some eye opening numbers related to stress that you may be unaware of: Up to 90% of all doctor visits are stress related, over 40% of adults suffer health problems from stress and there's a 50% chance that you can experience an emotional disorder due to chronic stress.

In regards to diet and exercise, stress can cause major problems for both, destroying all of the progress you have made. Stress releases a hormone called cortisol that causes the following problems: impairs the digestive system, can lead to weight gain and can also cause some people to make terrible eating decisions. Stress can lead to emotional eating and unwanted weight gain.

Have you ever heard of the term comfort foods? This is when people eat a certain food, like pasta, bread, or ice cream, to deal with whatever issues they are stressing over. Obviously, this will damage your new lifestyle.

It's important to learn how to manage your stress. Ironically, exercise is a good way to manage stress because it releases endorphins, which make you feel better, help relieve your anxiety, and take your mind off things that may be causing the stress in the first place. Endorphins are neurotransmitters in your brain that make you feel happy.

In addition to exercise, the following items may help you to better manage your stress:

Meditation, our community forum, getting enough sleep, praying, acupuncture, positive reinforcement, and positive thinking are great ways to alleviate stress.

For me personally if I get stressed, exercising or going to the movies gets my mind thinking about other things and puts me back into a happy state.

Figure out what clears your mind when you're stressed and use it next time so you can reduce the production of your stress hormone cortisol.

Just as you should feed your body healthy foods to maintain your health, you need to feed your brain positive thoughts to eliminate the bad ones.

Are You Getting Enough Sleep?

Getting a good night's sleep is very important for your overall health. Additionally, it also plays an important role in allowing your body to recover from your prior workout session or hard

day at work. However, the one area where people don't truly realize the impact of sleep deprivation is on their diet.

A recent study came out that found poor sleeping habits lead to poor eating habits. Lack of sleep means you can stay up longer and eat more. Additionally, the study found that those who were sleep deprived made poor choices in selecting healthy foods to eat. If you have trouble sleeping, then use the following tips and try them out for yourself:

Set a consistent sleeping routine or schedule

Staying on a schedule can keep you in a regular routine that helps you stay consistent with your new eating routine and lifestyle!

Try not to eat or drink any type of stimulant before bed

Stop eating by 8PM. The closer you eat to going to sleep, the higher the chance your body will store more fat. Your metabolism runs the slowest when you're sleeping.

Make sure you have a comfortable environment

If you're uncomfortable at night when you're going to sleep then you'll miss out on having a great night's sleep. Make sure your room is not cluttered and doesn't have anything that can keep you awake.

Stay off your computer or tablet 1 hour before bed

This is a big one and I always run into this problem. Staring at a bright screen can tell your body that it's not time to sleep. Make sure you stay away from your computer, iPhone, tablet, and TV an hour before bed.

If you have any computers in your room you'll want to remove them because they can have charging and blinking lights that

can keep you awake. The fan is also loud if you keep your computer running constantly.

Decrease nap time during the day, 10 to 30 minute cat naps

Naps are great but you'll want to keep them at a minimum of 10 - 30 minutes, so that you don't take away from your sleep for the upcoming night.

Taking naps too often can keep you awake during the night tossing and turning.

Reduce your stress

Before going to bed, meditating is a great way to decompress and relieve stress. Taking deep breaths and clearing your mind will help you sleep better each night. If you keep your mind running while you're getting into bed, then you'll toss and turn all night thinking.

Consistently participate in physical activities

Staying active and keeping your body in motion is very important. You don't want to go to bed stiff and worn out from sitting all day. It can be uncomfortable.

Stay active as much as you can to keep your life and body balanced for optimal health and sleep.

If you are experiencing a severe amount of sleep deprivation, make sure you consult your physician so they can examine to see if there are physical ailments causing these poor sleeping patterns like sleep apnea.

Accountability and Motivation

Accountability is a significant factor in just about everything we do. Having someone hold you accountable will help you to stay

on track with your new lifestyle goals. Additionally, an accountability partner can also help motivate you. These two attributes go hand-in-hand and they are high priorities when exercising and getting back into shape.

There are several options on how to implement these aspects into your life, including reading this book. Choose someone like a friend, family member, or relative to keep you accountable with your new lifestyle change. Perhaps, find someone that will actually start a new lifestyle with you. Additionally, start communicating with fellow members and Slim Down Smart staff.

If you're not a member of our community then it's a great way to stay in touch with likeminded people and we have members along with myself writing every day! You can learn more about it in the community. www.slimdownsmart.com/tools

Lack of motivation and accountability can cause you to slack on your new eating habits and workouts. Additionally, lacking in accountability and motivation can cause you to be lazier in your new lifestyle and revert you back to the old you.

If you'd like your very own personal weight loss coach then call us at 1-800-546-8136 and you can work with one of our certified coaches to accelerate your results.

Journaling

A powerful tool that will help you to succeed with your goals is journaling. Additionally, it can also help to keep you motivated and accountable. Writing down what you eat on a daily basis will give you a better idea of the food choices you make and a breakdown of the nutrients you have eaten.

A food journal can also help open your eyes to potentially bad eating habits that you may have not noticed before. It's amazing when I have clients fill out the daily log for a week to track everything they eat. Every time I review a client's log, there is a food on the list that they didn't realize they were eating so much of.

This can help you dramatically clean up bad habits and start manufacturing new habits that can keep your body in fat burning mode!

To download the daily log worksheet visit:
www.slimdownsmart.com/tools

A workout journal is similar in regards to helping you to keep track of your progress, which is a powerful motivator. Sometimes you may experience progress in non-visual ways like strength or endurance instead of just in weight loss. A workout journal will show you this progress and it will also help you to see what the next step in your overall workout program is.

Both the exercise and food journals will help you to prepare for the next step in your overall lifestyle transformation. The next thing I would do to move to the next step of success, is to download the daily log so you can track you're eating habits starting today.

Remember, your eating routine will account for 85% of your weight loss results and exercise will account for 15%. Grab the daily log and start filling it out for 7 days.

Chapter 3: The Lifestyle Change Review

1. What are 3 foods that you can eliminate this week to start detoxifying your body?

2. Why should you avoid fruit juices if you want to lose weight?

3. What 6 things can you do to eliminate stress the next time you experience it?

4. How can you improve the quality of sleep you're getting each night?

5. Who can you partner with to help you stay accountable and motivated to achieve your weight loss goals?

THE MINDSET

Chapter 4

Just getting to the gym or cooking a meal is half the battle. We can come up with a million different excuses why we shouldn't eat a healthy dinner or have a healthy snack on the go. It takes commitment to overcome these excuses; and it takes a mental toughness to push through the excuses, the laziness, and the other thoughts that defeat us.

A proper mindset is crucial to accomplishing your goals and creating a healthier lifestyle. If you struggle with your thoughts, here are some steps that you can take to develop a healthy mindset:

Think Positively

Negative thoughts are like the plague. Once you entertain these thoughts, they can spread throughout your daily life and cause you to make bad choices, put yourself down and give up. As soon as you recognize that you are thinking negatively, quickly replace that thought with something positive.

Here's a good example: instead of thinking negatively or getting depressed that the scale doesn't show a decrease in body weight, turn that into a positive thought by saying "at least I'm consistently eating well and feeling better."

You need to feed your mind with positive thoughts just like you need to feed your body with healthy food. If you see yourself successful at losing weight then you'll lose the weight.

Get Mentally Prepared

"Failing to prepare is preparing to fail," is one of my all-time favorite quotes. This can definitely be applied to mental preparation. You must mentally prepare yourself for your daily workouts and food choices. If not, then you are easily setting yourself up for potential failure.

If you know that you are going to have a tough workout later that day, then mentally prepare yourself for that workout by

thinking about how you will succeed. Additionally, mental preparation can also include reviewing your workout, your meal plans, and other activities for the day.

This is extremely important because we all have a dream or a desired look. However, if you don't think about the roadmap that is going to transport you to the dream body you want, it'll be extremely hard to get there.

Plan out each day with your journal to stay on track and laser focused with your vision.

See Yourself Being Successful

A great way to achieve success is by envisioning that you will be successful. In other terms, see yourself losing that weight or fitting into those pants again, and you will achieve it!

Seeing that successful outcome is a powerful motivator that can keep you working hard over a long period of time. Anything worth having doesn't come without some work. See yourself being successful to keep your motivation up.

Thinking about being successful can also help you to get excited and help you through finding a healthy meal despite feeling tired. Most importantly thinking about yourself being successful can keep you accountable when you are deciding what to eat.

Imagining yourself with the results you want and remembering WHY you want to achieve the success you want will ignite a fire that constantly progresses you forward.

Think like a champion

Thinking like a champion means you are confident that you will succeed. You believe in yourself to accomplish any goals or tasks at hand. If you want to lose 25 pounds by the summer, then a champion mentality gives you the confidence and the

drive to accomplish this. No goal is too big for you or too tough to attain.

I like to multiple my goals by 10 because whenever anyone sets a goal it always comes up a little short. When you multiply your goals by 10 and give 10 times the effort, you'll surpass your goals and achieve even more!

Positive Support Network

Sometimes life can be hard. Even though you are improving your mindset, you can still struggle at times. This is when a support network of friends and family can help keep you encouraged.

Positivity can be contagious. If you are surrounded by positive people, that mentality will rub off on you.

Additionally, a positive support network in the form of partners, can motivate and excite you to want to keep eating healthy and moving forward with your new lifestyle.

Be Thankful

Sadly, a lot of people face struggles and disabilities in life that prevent them from exercising or even eating healthy food on a regular basis. I'm not trying to depress you, but whatever your circumstances are, you should be thankful for what you have and know that you can do it.

Be thankful for the opportunity to create a healthier lifestyle. Don't think of what you're doing as a chore or task. That type of thinking only drains you of your happiness. Instead, be thankful for the opportunity you have for creating a healthier you. Being thankful will definitely help you to appreciate your journey and your effort even more.

Learn From Your Past

We all make mistakes. Nobody is perfect. Use your past mistakes as learning lessons so that you won't repeat the same mistakes. Learn from past bad choices on eating the wrong foods so you can make better decisions the next time.

The next time you eat something you know you shouldn't, don't be hard on yourself. Something I tell my clients to do is say to themselves... "I know this is not good for my new lifestyle but this time I'm going to eat less of this unhealthy food than I ate last time."

This will always keep you improving so that you don't ever feel discouraged. You'll feel like improvement is being made and that's a great feeling to have.

You can't change the past, but you can learn from it. Be brave to face past failures and embrace the opportunity to grow from them. Analyze where you went wrong and create a healthier you.

Forgive yourself

In addition to learning from your past, let go of the hurt and anger that you may have from letting yourself get out of shape. Forgive yourself and move on. Beating yourself up over past mistakes will only prevent you from having current and future success.

You can't change the past but you can plan for the future and the success that you want to achieve. Be nice to yourself, anger will raise your cortisol levels and cause weight gain. Anger results in wasted valuable time, and progress.

Positive Affirmation

Practicing positive affirmations can help build your self-esteem and confidence. This is a daily ritual that can greatly improve your outlook on your life and your health.

Tell yourself everyday “I am beautiful” or “I will succeed.” After a few weeks, you will believe in these words and you will gain an inner peace, strength and confidence.

I do this on a daily basis. Once in the morning and again before bed. This gets me focused and helps me see exactly where I want to be.

An important factor to this is saying your affirmation as if you already achieved your goal. Avoid saying things like “I will lose 10 lbs.” Instead use phrases like, “I’ve lost 10 lbs. and feel great!”

Speak Positively

Another way to help eliminate negative thinking is to only use positive, strong, and encouraging words when you speak to others. Focusing on speaking positively will help you to think positively and this will become an attractive habit in your life.

On the flip side try to avoid being around friends and family who speak negatively. When someone comes around and throws garbage (negativity) around then it’s going to make you feel negative too.

Don’t Dwell

Even as you move along in this journey, you will still experience some failures and setbacks. But, since you are a champion, you will embrace these failures and learn how to grow from them. Part of the embracing and growing process is to not dwell on the mistakes or failures you’ve made.

If you’re not failing at something then you’re simply not trying hard enough. Every successful person experiences failure.

Accept that it happened, learn from it, and move on. Dwelling on mistakes will only lead to defeat and negative self-criticism.

Conclusion

These are the most important steps you can take to building a positive mindset. The mind is a powerful thing. You need to harness and cultivate that power to bring positive, healthy changes in your life. I practice all of these skills on a daily basis and hope you can start to use them in your daily routine too.

Chapter 4: The Mindset Review.

1. What will you do the next time you find yourself eating something you know you shouldn't be eating?

2. List 3 positive affirmations that you can recite to yourself on a daily basis.

3. Who or where can you go to find a positive support network to keep you motivated?

4. What should you do if you're around someone who is talking negatively?

SETTING S.M.A.R.T GOALS

Chapter 5

Before embarking on a journey to a healthier lifestyle, you must first sit down and spend some time setting your vision and goals. This process is more than just stating that you want to lose 5 lbs. It's a process that defines what you ultimately want to achieve, sets goals, creates a timetable for action, and ensures that you set yourself up for success.

Goal setting is something I do on a daily basis. If you make small goals every day that you can achieve, then you will start achieving your overall vision sooner rather than later.

It's not required that you do this every day. However, it's nice to have a goal that says something like, "today I'll avoid soda" but the best thing to do is review your list of goals that you're trying to achieve each day.

Goals provide direction or a roadmap to accomplish your overall vision of success. They shape our behavior, our attitude and our performance.

However, you must clearly define your goals so that you can be effective in working towards accomplishing them. For many years now, psychologists and elite fitness entities like the American College of Sports Medicine (ACSM) have used the acronym SMART when defining goals. This acronym breaks down as follows:

Specific

Measurable

Attainable/Acceptable

Realistic/Relevant

Time based

Each letter of the acronym defines major skills or behaviors needed to accomplish your goals. (Review the SMART goals worksheet on page 166.)

Now here is how S.M.A.R.T goals break down.

Specific

When setting goals, the first place to start is by making them as specific as possible. This involves the variables of: who, what, when, where, why, and how. Specific goals make it easier for you to accomplish them because you can better construct a plan of action for accomplishing them.

For example, if your goal is to lose weight, you have to take this a step further and make it more specific. A specific goal would be, “I will eliminate heavily processed carbs from my diet to burn fat.”

Vagueness can destroy your motivation and prevent you from creating a solid plan. Clearly defining your goals will help you take the right first step towards a better you.

Measurable

Measurable goals help to identify how long it will take to accomplish your goals. It’s the criteria for knowing if or when you reach your goal. Instead of saying, “I want to lose weight,” you would say “I want to lose 10 pounds in 8 weeks.”

Measurable goals help you to track your progress as you work hard toward accomplishing your goals. Progress is also a powerful motivator that can keep you encouraged, excited, and committed toward achieving your goals.

Attainable/Acceptable

Attainable (Acceptable) goals really examine if your specific measurable goals are actually attainable. They put the action into the plan. For example, when trying to lose weight, you wouldn't just say, "I'm going to eat better to lose weight." Instead, you would say something like, "I'm going to reduce the number of times I eat out at restaurants and cook healthier, higher quality food for myself." That is something that is realistically attainable for most people.

We are all busy in life but if becoming healthy is something you really want, you will find a way to prioritize it in your daily routine. The bigger the goals and the bigger the vision you have then the more success you will have. Nothing is impossible, always multiply your actual goals by 2.

If you want to lose 5 lbs. then bump it up to 10. If you want to lose 10 lbs. bump it up to 20. If you implement everything I share with you and adjust your targets a little higher than you were expecting, then you're results will come exactly how you desire them.

Have you ever worked hard for something but got a little less than what you wanted? Multiplying your goals by 2 will avoid coming up short.

Realistic/Relevant

Realistic (Relevant) goals define how practical your goals are. Let's go back to the example of "I'm going to stop eating out at restaurants and cook healthier, higher quality food for myself." Let's say that you have a very demanding job that causes you to put in 50 hour work weeks.

This means, you have a very limited schedule. And if you are a parent or grandparent, you have even less time after work

because you have kids to cook, clean, and do school work for, along with many other tasks.

You have to define your goal even further. It might not be realistic to cook perfect meals every day. Instead, you might need to say “I will cook a healthy fat burning dinner 3 days a week and cook quick healthy dinners on the other nights.”

This variation of your goal will help you to plan your eating routine and it won't limit you to just cooking big meals. You have options that will make your goals more realistic for your busy life.

Just because I used cooking big meals as an example doesn't mean you have to cook extravagant meals either. Quick and healthy meals may be the better option for you all around if you don't like to cook.

Time-Anchored

Time anchored goals set the time frame for when you want to accomplish your goals by. However, there's a fine balance needed for setting your time frames. A period too short will cost you long term success.

A period too long, and you may lose focus or motivation. One way to prevent yourself from having goals too long or too short is by creating both short-term and long-term goals.

Let's go back to the losing weight goal. We had stated that we wanted to lose 10 pounds within 8 weeks.

We can actually break this down into short-term and long-term goals. Let's say that you really want to lose 30 pounds overall. A realistic goal for losing 30 pounds would be within 4 months or 16 weeks.

Your long term goal would be to lose 30 pounds in 16 weeks, while your short term goal would be to lose 4 pounds within 5 weeks. Both of these goals would help to keep you on track so you can measure your success along the way.

Vision

Your vision is the anchor of your SMART goals. You must build a vision around living a healthy lifestyle. Your goals will come and go but your vision will always remain the same. Once you've lost the 30 lbs. your goal has diminished and then what? Go back to your old ways? That's why you need to create a vision for yourself.

Losing weight is a part of your ultimate vision. An example vision may be, "I want to live a long fulfilling life feeling full of energy and free of medical problems, while maintaining my ideal weight of 123 lbs."

Your ultimate vision will propel you through the future and guide you along your new healthy lifestyle for the long term.

Set Your Vision and Goals

The more time you take to properly set your vision and goals, the better chance you have at accomplishing them. The goal setting process is an important aspect to creating a healthier lifestyle. It clearly sets your direction, path, or plan of action to start the journey to creating a healthier you.

Setting small goals may be a little overwhelming at the start but if you take your time and think about each objective then you'll have great success!

Chapter 5: Setting S.M.A.R.T Goals Review

1. What does S.M.A.R.T stand for?

2. What is your ultimate vision for success?

3. How often should you review your goals?

EATING MEALS PROPERLY

Chapter 6

Start out small. Let's face it, when you start a new lifestyle, you're modifying your normal eating plan, which is not always easy. To start, it's best to stay away from foods that are greasy, deep-fried, salty, full of sugar or carbonated. All the foods in those categories will cause you to pay a hefty price with your waistline.

This includes soda, donuts, fried chicken, French fries, cereals, and so called diet foods. Since we are interested in long-term weight loss, being healthy is going to be a lifestyle change.

No diet foods and no tricks, just whole foods and real weight loss for the long term.

What good is all that sacrifice if you'll just gain all the weight back when you revert back into your old ways? Enjoying your lifestyle program is essential to your success, which is why you have to want it and be motivated enough to make sacrifices in order to really see results.

Don't be fooled by all the fancy diet programs preaching about 30 pounds of weight loss in a week. If something sounds too good to be true, then it probably is. Stick with hard work and dedication to help you attain your goals, it always pays off.

It's unlikely for anyone to do a quick 180 and be completely efficient when eating. You must make small incremental changes that contribute to your overall goals and vision. Think back to the simple change you created for yourself to get started.

It's important that you shoot to eat 3 meals per day with 1 snack. This will keep your body's hormone Insulin stable throughout the entire day. When your Insulin levels are balanced you can keep your body in fat burning mode all day long. You want to avoid having your blood sugar levels spike and

dip during each day. To keep a consistent blood sugar level you must have at least 3 meals per day.

I'll be sharing 4 weeks of meal plans that you can follow later on in this book. They're delicious and contain healthy fat burning meals that keep you full. The snacks are easy and on the go too!

Below I have listed some easy snacks and their benefits. Pick one or two of your favorites and start adding them into your routine! If you're wondering if a snack is good for you that is not listed then ask us in the community:

www.slimdownsmart.com/tools

Simple & Healthy Snacks

Apples

The popular saying "An apple a day keeps the doctor away" has been said one too many times, but it's true. Apples are packed with vitamins and minerals, as well as polyphenols and flavonoids. They're perfect for smoothies and snacks.

70% or higher cocoa Dark Chocolate

Satisfy your sweet tooth craving with dark chocolate instead of white or milk chocolate. Cocoa from dark chocolate has flavonoids and antioxidants, both of which can detoxify the body. Any other types of chocolate such as milk or white chocolate will have zero health benefits because the cocoa content is too small.

You don't have to eat the whole chocolate bar to get the benefits of the flavonoids and antioxidants. All you need is 1 - 2 squares per day.

Dark Chocolate with a cocoa content of 70% or higher also contains nitric oxide that can help lower blood pressure too.

Babybel Cheese

I love eating these on the go because they are so simple. Not only do they taste good but you will keep yourself fuller throughout the day. I always have these in my fridge to eat during the day when I am busy.

Blueberries

Blueberries are among nature's super foods because of their antioxidants that can improve cognition. A study conducted found blueberries to be an effective anti-aging agent on rats. Paired with oatmeal and walnuts, which are rich in omega-3s can provide you with a tasty snack.

Bananas

Bananas are an excellent source of potassium, which stabilizes blood pressure and heart function. It's a convenient snack that you can easily bring along with you. A banana on its own is tasty, but paired with a plain Greek yogurt tastes even better!

Deviled Eggs

This is another great snack I like to have every now and then. Eggs are filled with protein and healthy fats, which can help you lose weight. This is a snack that will definitely fill you up.

Nuts & Seeds

Almonds, cashews, sunflower seeds, pistachios, walnuts, and macadamia nuts are fantastic snacks to have during the day. They're very filling and provide your body with healthy fats. You must eat fat to burn fat.

1 Snack Tip To Follow

1 thing I want to caution you on is fruits. They're great snacks but shouldn't be used for every snack you eat. Fruits just like

processed foods do spike your blood sugar levels and call insulin out to play. Insulin is your fat storing hormone. Eat fruits in small amounts and not every day if you want to see results faster.

Main Course Overview...

Now that you have snacks to choose from throughout the day, I wanted to discuss some of the main meals you should be eating on a regular basis to start burning insane amounts of fat.

My clients see fantastic results following this and it's the same structure I use in my day to day life too.

Eating Breakfast

Breakfast is touted as being one of the most important meals of the day but it's not as great as you may have originally thought. Think of breakfast like opening the coffee shop for business in the morning. Once business hours are open then customers will be in all day until you close.

Your body works in a similar way. Once you wake up in the morning your stomach is closed for business. The second you eat something is the second you're open for business in the eating department. This is also the reason why your body starts craving more and more food during the day.

I recommend starting a later breakfast because from the time you stop eating at 8PM and wake up in the morning around 8AM, you've been essentially fasting for 12 hours. Now, if you can hold off for breakfast until around 11am you haven't eaten for over 15 hours. This leaves 9 hours left in the day to eat.

The longer you can fast during the night, the more fat you'll be able to burn while you're sleeping.

Once you do decide to eat your first meal of the day you should choose things such as eggs, vegetables, fruits, beef (may sound different from a traditional breakfast but it's a great way to start the day), a protein smoothie, leftovers from the night before, along with many other alternatives you'll learn about with the meal plans later. You should try to stay away from fruit juices and cereals in the morning as they can pack on unwanted belly fat and trigger the fat storing hormone insulin.

Eating Lunch

For lunch, it's best to keep things simple, especially if you're busy at work. Chances are, you won't have enough time to fix up an elaborate lunch, so stick to chicken spinach salads, which is one of my favorites, sandwiches with Ezekiel 4:9 bread, which is in the health food section of your grocery store, or any healthy left overs such as chili from the night before. I like to keep things simple during lunch. You can even cook a chicken breast in the oven the night before and store it in the fridge until you're ready to heat it up and eat.

Another meal I like to eat for lunch is pesto grilled chicken. I make the chicken quickly or have it made from the night before. Then I add pesto on the chicken and it tastes great! Easy and on the go.

Eating Dinner

For dinner, try a chicken breast with a side of organic steamed green beans, or a turkey loaf. These are great meals to eat while you wind down for the night. I recommend you try to never eat 2 hours before you go to sleep. This will give your body a chance to digest your food so you can get a good night's sleep.

Late Night Snacking

For many people late night snacking is a killer. Try to avoid snacking on unhealthy foods while you're watching TV or relaxing. If you must eat something then have a handful of nuts or some celery and peanut butter to fill yourself up. Having some leftovers from dinner is also a great snack option.

Portion Control

We don't want to restrict you from eating or feeling hungry ever so we don't have a limit of how much you should eat. Slim Down Smart is a quality over quantity approach, which will keep you full without having cravings for foods that cause you to keep eating and eating. As long as you are eating nutrient dense foods and you are eating for fuel, you can rarely ever go wrong.

If you ate 5 cups of broccoli as an example, it wouldn't affect your weight loss results.

Where people go wrong is when they eat processed foods, such as microwaveable dinners. These meals tend to contain lots of sodium and sugar, which causes you to feel hungry all the time, craving more of the food you just ate. This happens in response to your body not recognizing what foods you just ate because it was processed and foreign to your body.

The food companies have it down to a science and they are brilliant at layering foods with just the right amount of sugar, fat, and sodium to make the reward centers in our brains go crazy, which in turn tells you to keep eating.

Once you start adapting to the approach I have briefly covered, the unhealthy, fattening foods won't even register with you anymore. Once you start changing your habits, you will have lots of extra energy and feel great!

Chapter 6: Eating Meals Properly Review

1. What are 5 snacks you can eat during snack time that help you burn fat?

2. Why should you hold off on breakfast if you're not hungry when you first wake up?

3. What are 2 late night snacks you can eat that burn fat?

4. Fill in the blanks.

Food companies fill there foods with the right amounts of _____, _____, and _____ to hook us on their foods.

A DELICIOUS EATING PLAN

Chapter 7

When it comes to improving your eating habits, the first thing to do is to take a look at what your current habits look like.

As I mentioned earlier you'll need to use your daily log to keep exact track of all the food that enters your mouth.

If you're already eating reasonably well but want to take things the extra mile then you most likely won't need to make too many drastic changes.

If you're in the high carb and soda (yes even diet soda) category, it's probably not going to be such a good idea to immediately make dramatic changes. If you try to go from eating large amounts of fat storing foods to suddenly eating a strict regimen of chicken breasts and broccoli, you'll drive yourself crazy with cravings after a few days. This will make sticking to your diet and living a happy life almost impossible.

Making small adjustments to your eating routine is the best way to see long term results without depriving yourself.

The key is to make small changes; baby steps. Just like we've talked about in the precious chapters.

As the old adage goes, if you go on a diet you're eventually going to have to come off of it, which is where a lot of dieters end up regaining the weight they've lost, and then some.

If you're in this for the long-haul and want to make long-term improvements to your health, then begin by implementing small changes. Try buying quinoa instead of white rice, or swapping out the soda in your refrigerator in favor of water with a lemon. You can even add fruits to your water just as you would with a lemon.

Avoid fruit juices because they have been stripped of their fiber, meaning you're drinking sugar water. The food industry is very

clever by tricking everyone into thinking it's healthy but in reality it's not.

Eating too much sugar from fruit juices and sugary foods can lead to arterial scarring and heart disease.

Eliminating “Bad” Foods

The easiest way to eliminate the unhealthy foods from your diet is to replace them with healthy alternatives.

Remember, fill your stomach with lean proteins, fresh vegetables, and healthy fats, and you'll propel your body into fat burning mode. Not to mention a reduced appetite for unhealthy and heavily processed carbohydrates.

Tips to Help You Clean Up Your Diet:

In the Supermarket

When you walk into most major supermarkets, the first thing you usually see is the fresh produce; fruits, vegetables, and fresh meats all sitting there in abundance.

The vast majority of your shopping cart should contain items from this part of the store, and by avoiding the inner isles of the store. You'll be able to avoid the candy, soda, baked goods, and processed carbohydrates by staying on the perimeter.

In the Kitchen

If you've managed to avoid the 'danger zones' in the supermarket, your kitchen will be stocked with healthy foods, rather than their not-so-healthy counterparts.

Remember, if you've got junk food in your house, you're eventually going to eat it, so avoid the temptation and just don't buy it. Out of sight equals out of mind!

If you're truly dedicated you could throw away any old or processed foods that you have in your pantry, fridge, and freezer. You'd be surprised how much food has probably expired anyway if you haven't used it in a while.

At the Dinner Table

As previously mentioned, fill your stomach with green fibrous vegetables and you'll feel much fuller due to the fiber and water content.

A meal comprising of lean protein, plenty of fiber, and a sensible amount of healthy fats will be digested at a slow and steady rate, keeping you fuller for longer and eliminating the cravings that can result from sudden spikes in your blood sugar levels.

Incorporating "Good" Foods

The best way to add increasing amounts of healthy foods to your diet is to think about how your meals are going to be structured.

Protein should form the basis of every meal as it has a higher thermic effect, meaning that your body needs to burn more calories to digest protein than it does to digest fats and carbohydrates. Furthermore, protein is very filling and also slows digestion, meaning you will feel fuller for longer between meals.

Next comes vegetables; items such as leafy greens, broccoli, and asparagus. These foods are very high in fiber and contain essential vitamins, minerals, and other micronutrients that your body thrives on. Again, vegetables will help to fill you up and you can eat as many as you like because many green vegetables actually require the body to burn just as many calories to digest them as they provide to the body.

Ensure that you're eating meals consisting of protein, vegetables, and fat, as this will help to improve your insulin sensitivity and keep your blood sugar levels more stable.

Meal Frequency

There are countless dietary approaches being touted these days, and the topic of meal frequency is definitely a hot one.

Some people subscribe to the school of thought that eating once or twice a day is best while others have gone the opposite way, eating as much as eight or nine times in a day.

The best approach to take based on our client's success has been eating 3 meals per day while incorporating a snack sometime during the day. Eating a balanced meal every 3 and a half hours will keep your metabolic rate elevated as well as keeping your blood sugar levels stable.

Furthermore, including a complete protein source in each meal will help to keep your blood amino acid levels steady, keeping stress hormones like cortisol suppressed.

This approach creates an environment in your body that favors shuttling nutrients to your muscle tissues rather than your fat cells, producing a leaner and more toned body.

Meal Planning

Remember, failing to prepare is preparing to fail. Having set goals is fantastic but if you don't have a plan you can stick to then you will be destined to fail.

Generally speaking, it is a good idea to take the time to write down a daily or weekly eating plan so you know exactly which foods you're eating, how much you're going to eat, and when you're going to eat.

In the early stages you may not want to be so meticulous and fuss over the details, but as you learn more about how your body responds to various foods, you will be able to tweak certain areas of your diet. (Make sure you use the daily planner on page 169)

Tips To Help You Meal Plan:

Go To Food

Having a small selection of go to items that form the foundation of your diet will make things a lot easier for you. This will provide consistency in your meal planning.

A varied diet is vital to ensuring your body is getting all the nutrients it needs, but having some staple foods such as chicken, salmon, grass-fed beef, extra virgin olive oil, and a selection of green vegetables will help you to keep things nice and simple.

When I look at the meals I'm eating every week, I'm only eating around 14 different meals. All my meals are usually the same and consistent. I like to keep things simple and you should have a process similar to mine.

The things I eat frequently include turkey chili, grass fed burgers, green beans, cauliflower, broccoli, chicken quesadillas on Ezekiel 4:9 tortillas, chicken pesto, protein power smoothies, including a few other meals.

On the Go

If you know you're going to be out for the day, or perhaps at work all day, pack your meals in individual containers and take them with you.

Not everyone wants to live out of tupperware containers every day and this can be a big commitment to make if you want to be

consistent, so again, this can be part of your ‘baby steps’ approach to implementing gradual changes over time.

Cook in Bulk

This tip is a lifesaver, not to mention a time saver. If you’re eating several times a day, cooking can quickly become a massive chore and an even bigger drain on your time.

Having go to foods in your diet means you can cook them in bulk to last you over the coming few days. Not cooking in bulk forces you to have to cook multiple times a day which can get very demanding.

Just cook up your proteins, vegetables, and carbohydrate foods such as wild rice, and refrigerate them in air-tight containers.

Something that I like to do is make a double batch of turkey or vegetable chili and save the leftovers so I can just heat them up for breakfast, lunch, or dinner the next day.

Drink More Water!

No matter how much water you’re currently drinking, you could probably do with a little more.

Pretty much every bodily function requires water to run optimally, from detoxifying your liver, to keeping your skin clear, and flushing out your fat cells, so make sure you’re drinking plenty of fluids.

There are many contrasting recommendations when it comes to how much water you should drink each day, but a good way of telling if you’re adequately hydrated is to look at the color of your urine.

If you are sufficiently hydrated, your urine will either be clear or have a pale straw-like tint to it. Generally speaking, the darker your urine, the more dehydrated you are.

This obviously isn't the most glamorous way of doing things but it will help you to build a rough understanding of how much water is right for you.

Also, ensure that your water intake is spread fairly evenly throughout the day. If you wake up at 7am, do not let it get to noon before realizing you've hardly had a drop all morning. Guzzling down all your water at once will not yield the same benefits either.

Typically when clients ask me how much water they should be drinking I tell them they should aim for half their body weight in ounces to keep their body optimally hydrated.

Any one of these tweaks I've laid out in this chapter can be simple changes that you can incorporate. There is plenty to improve on but in time you'll be able to accomplish all of your goals by slowly adding 1 change at a time!

Chapter 7: A Delicious Eating Plan Review

1. How much water should you drink on a daily basis?

2. What are 5 of your “Go to Foods”?

3. How many snacks and meals should you eat each day?

4. What strategy can you use to keep track of all the food you eat each day?

CHOOSING THE RIGHT FOODS

Chapter 8

Making the decision to improve your health by implementing changes to your diet is only half the battle.

In this chapter I will discuss how to shop at the grocery store properly so you don't get tricked into buying food that could secretly pack on extra pounds.

Once you set foot in the supermarket, the challenge really begins. Between the misleading food labels, tempting special offers, and endless aisles of tasty treats, what starts off with the best of intentions can quickly crumble amidst the air-conditioned aisles and corny supermarket music.

Previously, we discussed the basic changes you can make to your diet to begin improving your health. In this chapter we're going to take a more in-depth look at specific factors that can make or break your dietary efforts, as well as exploring potential pitfalls and how you can avoid them.

Shopping for Groceries

Before leaving to go to the supermarket, make sure you have a shopping list prepared, either mentally or preferably written down. I've made a shopping list for you so you can check off the items you have in your cart as you grab them. (See page 173)

I have also created shopping lists specific to the meal plans so once you start following them you'll be able to use the week by week shopping lists.

Knowing exactly what you intend to buy before you go will ensure that you don't end up browsing the aisles and stumbling upon something you know you probably shouldn't.

Just like in the kitchen, your actions in the supermarket can make or break your dietary efforts. Any food that ends up in your shopping cart is going to end up in your mouth, so bear that in mind as you walk by the Krispy Kremes!

The food industry does everything in their power to catch your attention and manipulate you into buying their foods.

The most effective way to breaking bad habits is to replace them with good ones. While you're in the process of developing your newfound healthy eating habits, it's a good idea to have things written down so you don't forget.

For this reason, a shopping list is a must-have because it will ensure that you pick up all the foods you need, as well as guarantee that you stock enough food so that you don't run out a few days later and end up ordering a pizza or wasting time making a second trip to the store.

Create a shopping list. Take a load off your brain to focus on more important things such as keeping your goals intact.

Read Food Labels

When you look at food labels, remember that what you're really looking at is an advertisement, an attempt by a marketing agency or food manufacturer to say "Hey, look at me! Buy me!"

Best selling products are even strategically placed at eye level to catch your attention. Products at the edge of the aisles are also placed there to make you buy them.

With this in mind, take everything you read on food labels with a grain of salt, if not the whole shaker.

You will see all manner of claims on food labels, such as:

Low-fat / saturated fat

Gluten Free

Low-carb

Sugar free

No MSG

Naturally flavored

Helps lower cholesterol, and

Heart-healthy wholegrain.

The vast majority of the time, any food that needs to make such claims is probably not going to be a food you'll want to include as a staple in your diet.

If a food is low-this or low-that, you will often find that whatever has been removed from the food has just been replaced with a chemical brew of who-knows-what. The biotech industry has been modifying and adding tons of harmful chemicals to foods that haven't even been tested thoroughly enough to know if it's healthy or not.

The other thing to note regarding food labels is that if in doubt be sure to take a look at the ingredients list. This will give you a clearer idea of exactly what you're putting into your body, and you will be surprised by how many hidden items that are listed.

Is the food on sale? Meats and products sold at the grocery store that claim to be on sale may be there for a reason. The meat could be on sale because it's old and the store needs to get rid of it before it expires.

**Food Ingredients You Must Avoid:
Monosodium Glutamate (MSG)**

Ingredients containing MSG also include yeast extract, hydrolyzed protein, and textured protein.

This is a flavor enhancer that is found in restaurants, processed foods, and even baby formula.

It's used to freshen up processed deli meats, salad dressings, crackers, and many other processed foods. This additive makes you think that the food tastes fresher and tastier than it really is.

Artificial Sweeteners

Aspartame, sodium saccharin, and sucralose are some other popular names for artificial sweeteners.

These sweeteners are chemicals that have been man made and added into diet sodas, fat free foods, and processed foods.

Sodium Benzoate

This is a food preservative used to help extend the shelf life of processed foods. This harmful ingredient in foods has the ability to deprive cells of oxygen, break down the immune system, and cause cancer.

Genetically Modified Organisms (GMO)

The most popular GMO foods include wheat, soy, sugar beets, and corn. If you've seen high fructose corn syrup on a food label then that specific product contains genetically modified bio tech corn. It's a very cheap ingredient that can cause inflammation in your body. Shockingly long term research has not been done on the safety of genetically modified foods.

Tartrazine

This is food coloring that has been added to some foods. The ingredients of this coloring include tar to seal driveways.

In the old days these food colorings used to be made from turmeric and other healthy spices but that's not the case anymore.

Carageenan

This seems like a healthy ingredient because it's derived from seaweeds. That's not the problem though, as food companies process this ingredient it can damage it and turn it into a carcinogen (cancer causing).

In truth, these artificial chemicals are all toxic to the human body and have absolutely no place in any remotely healthy eating plan.

Natural Flavors

These flavorings sound healthy but they're far from it. This ingredient can contain petroleum, or anything under the sun that is "natural". Avoid this ingredient if you see it in the foods you're eating.

Gluten

This can be a very inflammatory protein in wheat products, which can result in weight gain, joint pain, lack of energy, celiac disease, heart disease, and many other conditions.

Gluten is in 70% of all processed carbohydrates and should be avoided or reduced to a minimum if you want to lose weight.

If you'd like to continue eating bread, try the spelt bread produced by One Degree organic foods. This bread contains gluten but it's easier to digest by your body.

Gluten Free Foods

Foods labelled gluten free can be deceiving. If you want to lose weight and boost your energy levels then avoid gluten free foods at all costs.

These foods are heavily processed and contain starches such as corn, tapioca, and potato, which result in massive weight gain.

The Quality of Food Choices

The quality of the foods you consume will ultimately determine the results you achieve from your healthy eating efforts.

You probably saw this coming a mile away but it has to be said: Quite simply, you are what you eat; if you eat a diet of microwave ready meals, pasta, and breads, you will look and feel very differently than you would if you replaced those chemical laden foods with healthy alternatives.

It sounds crazy but heart healthy wheat bread and cereals have completely deceived the public because they're anything but heart healthy. They're processed and can cause artery calcification, diabetes, and high blood pressure.

It isn't just about eliminating toxins from your body, it's about providing your body all of the unique nutrients that are found in a balanced diet of natural, wholesome foods.

Consider eating a plate of pasta...

If you eat the pasta at 2pm, when will you feel hungry again? At 2:45pm? Perhaps 3pm? The point is, nutritionally-barren foods with little in the way of protein and fiber will be digested incredibly fast, causing you to experience a rapid spike in blood sugar levels followed by a sudden drop.

This sudden drop in blood sugar levels will leave you feeling under-fed and lethargic, which isn't exactly what you're looking for in a food, wouldn't you agree?

Organic Vs Non-Organic

It must be said that while the benefits of "organic" foods have been subject to a great deal of marketing hype, there are still some foods that we recommend you purchase organic.

Foods that should be bought organic are typically those that include an edible outer skin that may contain pesticide residues, foods such as:

Berries and grapes

Cucumbers

Apples

Potatoes

Tomatoes

Peppers

Celery

Leafy greens

It is also wise to opt for organic meats and eggs, particularly if you are buying fattier cuts of meat, such as steak.

The reason for this is because the livestock is often kept in such dire conditions that they must be injected with antibiotics and hormones to prevent illness and make the animals grow larger. In animals, as in humans, these substances are stored in the body's fat deposits, and ultimately end up on your dinner plate.

The best alternative is to choose meat that is organic and/or grass-fed, as this will be your best chance to ensure that the animal has been fed its natural diet as opposed to corn meal or some other generic animal feed devoid of nutrition. Remember, you are what you eat!

I always buy grass fed beef and organic chicken and I would highly recommend you do the same. Grass fed beef has a higher concentration of Omega-3 fatty acids, which helps reduce the inflammation in your body.

Non organic meats contain a high concentration of omega-6 fats, which can cause inflammation.

Not every food needs to be bought organic; here are some examples of foods that you can buy in their conventional form:

Pineapples

Mangoes

Papayas

Kiwi

Onions

Eggplant

Garlic

Citrus fruits, providing the peel and zest are discarded.

Chapter 8: Choosing The Right Foods Review.

1. List 3 harmful food ingredients you should avoid.

2. What 3 foods should you always try to buy organic?

3. What marketing claim / food labels should you ignore?

UNSTOPPABLE MEAL PLANNING

Chapter 9

Having a meal plan is essential to being successful with a healthy lifestyle. If you don't know what you are going to eat then you'll create a habit of eating foods that are not very healthy for you. That is why I want to introduce an eating plan to you, which will help you plan meals with ease.

This chapter will teach you the fundamentals of meal planning. I have also added 4 weeks of meal plans that you'll discover later on in this book.

So What Should I Eat?

Keep it simple and keep it real; opt for foods that moo, cluck, or baa (i.e. animal products); or foods that came out of the ground, such as fruits and vegetables.

Another simplified way of looking at this is with the following statement: The vast majority, if not all of your food items should not have an ingredients list. This may sound extreme but if you take a look at the kinds of foods you should be eating, this begins to make a lot of sense.

Simplifying things further, we can break most foods down into four categories: Proteins, fats, carbs, and vegetables. There is of course some overlap, for example chicken breasts, whole eggs, and wild salmon would be classed as protein-and-fat foods.

Here are some examples of great food choices from each category:

Protein

Chicken breast

Turkey

Grass-fed beef

White fish, such as cod, haddock, tilapia

Oily fish, such as salmon and sardines

Eggs

Protein powder

Fats

Extra virgin olive oil

Coconut oil

Nuts and seeds

Natural nut butters

Ground flax

Grass-fed butter

Carbohydrates

Sweet potatoes;

Wild rice

Oatmeal

Quinoa

Ezekiel bread (made from sprouted grains)

Vegetables

Broccoli

Cauliflower

Kale

Leafy greens, such as spinach, chard, arugula, lambs lettuce

Asparagus

Snow peas

Carrots

Combining items from these lists using the instructions provided in the previous chapters will help to ensure your success, and did you notice how none of these, except for perhaps the nut butters and Ezekiel bread, have an ingredients list?

Before we continue I want to address a frequently asked question about fat. There is a myth going around that fat makes you fat but it's simply not the case and research has proven it.

Fat does not make you fat. It's actually essential that you eat fat to burn fat. Your body's hormones are made from fats. Providing your body with healthy fats is a great way to burn fat.

These fats include coconut oil, extra virgin olive oil, grass fed butter, and a few others that you will see on the next page.

Free Meals

No healthy eating plan would be complete without a loophole enabling you to indulge every so often.

Improving your health is fantastic but eating a scheduled free meal will help to boost your metabolism, as well as providing various hormonal benefits.

A free meal basically involves eating foods that aren't a standard part of your diet, this could be pizza, ice cream, tacos, and anything else goes.

When you're trying to lose weight, your body has many hormones that play a huge part in allowing you to burn fat. One of these hormones is leptin. Leptin depletes when you're not eating the foods you're used to eating on a regular basis. A scheduled free meal can boost your leptin levels and signal your body to start burning fat again more rapidly.

When leptin levels are low then your body will try to hold onto as much fat as possible because your body thinks you're trying to survive since you're not eating your usual diet.

For this reason it's also why I recommend you make small incremental changes to transform your overall lifestyle around your vision. This way you're always making progress without any abrupt changes or sudden overhauls.

The size of your free meals and how often you eat them will depend on if you are currently exercising and how much body fat you are holding on to so it is hard to give specific recommendations here, but isn't it a relief to know that you can enjoy some treats from time to time?

If you want to learn more about our coaching program so we can help you achieve your goals and personalize a plan specifically for you, then call us at 1-800-546-8136 for help.

An alternative approach is to employ what is referred to as the 85% Rule, which basically means that 15% of your meals can be whatever you want.

Let's say, for example, that you eat 4 meals per day. This equates to 28 meals per week, so following the 90% rule means that you can eat 3-4 meals each week that don't fit within your healthy eating plan.

This doesn't mean that you can go hog wild and eat a whole pizza and ice cream three times a week. However, it does mean

that you can arrange a date night, have dinner with friends, or eat some popcorn at the movie theatre if you want to.

How To Plan Your Daily Meals

The guide on the next page will help you pick out your daily meals, so let me explain to you how the chart works. You can start building your own meal plans with the plan coming up or you can follow the 4 week meal plans that I'll reveal later on in this book.

Each column of food you'll see shortly is essential to your goals of eating healthy. Stay away from processed versions of these foods, such as fried chicken. Stick to buying your chicken raw and cooking it on the grill or baking it in the oven.

If you can plan your meals ahead, you can have a full week planned out very quickly. You can cook all the food for the week on a Sunday and store them in to-go containers. This way you just need to heat up your food and eat if you prefer not to cook often!

You can also cook bulk meals twice a week to keep things fresher. You could cook on a Sunday and Wednesday. If you like to cook daily that's also fine too. It is a personal preference and it completely depends on your schedule and how you want to do things.

If you would like recipes and foods that are planned out for you without you having to think at all, then check out the meal plans in the back of this book. You can have everything planned for you if you are too busy to plan your own meals.

Don't forget to use the daily log I have made for you so you can keep track of your daily meals in journal format. This will keep you on track and remind you to eat your scheduled meals. (See Page 169)

The Ultimate Foods List

Proteins

Fish/Sushi
Wild Salmon
Seafood
Grass Fed Beef
Cottage Cheese
Turkey
Tuna
Organic Chicken Breast
Turkey Bacon
Turkey Hot Dogs
Ground Sirlon
Grass Fed Eggs
Black Beans
Scallops
Greek Yogurt
Kefir
Organic Cheese

Starchy Carbs

White Potatoes
Sweet Potatoes
Brown Rice
Oatmeal
Yams
Tomato
Ezekiel Bread
Zucchini
Grain Pasta
Peas
Kidney Beans
Squash
Pumpkin
Wild Rice

Simple Carbs

Apple
Banana
Blackberries
Blueberries
Cantaloupe
Grapefruit
Grapes
Kiwi
Lemon
Limes
Mango
Cranberries
Apricot
Orange
Nectarin
Pear
Papaya

Fiber Carbs

Alfalfa
Asparagus
Beets
Peppers
Broccoli
Brussel Sprouts
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Eggplant
Garlic
Green Beans
Green Peas
Kale
Mushrooms

Healthy Fats

Avocado
Chia seeds
Flaxseed
Flaxseed oil
Nuts
Nut Butters
Almond
Peanut
Olives
Olive Oil
Seeds
Almonds
Cashews
Coconut Oil
Mixed Nuts
Peanuts
Grass Fed Butter

Daily Meal Planning

Now that you know which foods you should be eating, here is how you should choose foods to create meal plans.

I have everything sorted out so that you can choose the right amounts of protein, carbs, and fats at each meal. It's very simple to get started.

Breakfast – Protein + Starchy Carb + Simple Carb + Healthy Fat

Lunch – Protein + Fiber Carb + Starchy Carb + Simple Carb + Healthy Fat

Afternoon Snack – Protein + Fiber Carb + Healthy Fat

Dinner – Protein + Fiber Carb + Healthy Fat

You can change the snack time around if you prefer. It's all about implementing your meals into your lifestyle the way that works best for you.

We recommend you split these meals apart by 2 - 3 hours. These meals are going to keep you full all day long and will start suppressing your cravings little by little each day.

Start transforming your body into a fat burning machine!

Chapter 9: Unstoppable Meal Planning Review

1. Why should you incorporate a free day into your lifestyle?

2. What are your top 6 favorite foods from the food chart?

3. Why should you avoid foods that have ingredients lists?

4. What does the 85/15 rule mean?

ESSENTIAL SUPPLEMENTS

Chapter 10

When consistently trying to stay healthy or participating in an exercise regimen, your body will require additional nutrients for fuel and for recovery. Sometimes, we're not able to meet these demands through diet alone. For this reason I have put together a list of supplements I highly recommend that you take to make sure you are getting all the nutrients your body needs.

Unfortunately, the supplement market is flooded with thousands of supplement types and brands. It can be incredibly difficult to choose the right type of supplement and the best brand. To eliminate this challenging selection process, we have provided you with some of the best supplements that are perfect for energy, recovery, and weight loss. Before trying any dietary supplement, check with your doctor first to make sure these supplements are safe for you.

Whey Protein

Whey protein is often thought of as a supplement only for weight lifters and bodybuilders. However, this is far from the truth. Your body needs protein for many vital processes including building muscle. Whey protein includes many essential amino acids and is easy to digest. In addition to muscle growth, whey protein has the following known benefits:

Weight loss – it takes more effort for the body to digest whey protein than other nutrients. This equates to burning more calories in the digestion process.

Hunger – whey protein helps to curb hunger by making you feel satiated and to slow down glucose absorption in the blood.

Disease Prevention – whey protein has been found to improve symptoms and to assist in the prevention of diseases like diabetes and cancer.

Reduced Stress – recent studies have found that consuming whey protein can help to prevent depression, anxiety and stress.

Whey protein can come in 3 different types: concentrate, isolate and hydrolyzed. To spare you of a science lesson in these different types of whey protein, Isolate is the most pure form of whey protein and should be your first choice.

The other two, especially concentrate, have a great deal of added ingredients like lactose and fat. And, although they are better than not consuming protein, just make sure you choose a whey protein product that's as close to 100% pure as possible. This will help to eliminate the less credible brands.

The organic protein that I use and recommend is Teras Whey. It's one of the healthiest organic proteins that I've seen on the market.

Teras whey has become one of the most reliable options on the market due to its ingredients. This protein doesn't have any added ingredients, fillers, or long unhealthy ingredients lists like some of the other brands of protein out there. It's reasonably priced and offers a variety of flavors.

The Recommended Dietary Intake for protein per day is roughly 46 grams for adult women and 56 grams for adult men. However, the amount of protein needed per day may increase depending on how physically active you are and how many calories you eat per day. If you are just trying to stay healthy, I recommend you have 2 scoops of protein in a smoothie every other day either in the morning, afternoon, or at night of each day.

Omega 3 Fatty Acids

Omega 3 fatty acids are essential fatty acids that the body can't produce. They provide numerous benefits for the body including improving your overall health. The 3 fatty acids are: ALA, DHA, and EPA. These fatty acids can be taken in supplement form (typically pills or fish oil) or they can be found in foods like fish. Over the last few years, research has found that Omega 3 fatty acids have the following health benefits:

Improved heart health

Reduction of inflammation

Reduced cholesterol levels

Reduced blood pressure

Reduced triglyceride levels

Improved rheumatoid arthritis symptoms

Alleviates depression symptoms

Reduced risk of various types of cancer

Depending on if you are taking Omega 3s as a supplement or to help treat a health condition, most experts believe that 1 to 2 grams per day is sufficient. However, you may experience some gastrointestinal issues with higher amounts of Omega 3. Additionally, if you are on anticoagulants, then talk to your doctor before taking Omega 3 fatty acids.

Multivitamins

There is an ocean of scientific evidence regarding the benefits of individual vitamins and multivitamins. The benefits are numerous and can range from preventing scurvy to improving bone or skin health. Ideally, most health professionals believe

that you should meet your daily vitamin requirements through a healthy and balanced diet.

However, we can't get enough of every single vitamin and nutrient that we need from food alone. This is where a good multivitamin can be of assistance.

Think of multivitamins as an "insurance policy" for your overall health. And if you are exercising regularly, then your body will require even more vitamins and minerals to meet the added physical demands and to recover.

In regards to diet and exercise, multivitamins have the following benefits:

Increased metabolism

Boost immune system

Boost energy levels

Aids in recovery

Helps to reduce stress

Improves bone and joint health

Improves cardiovascular health

Improves focus and clarity

Improves digestion of proteins

Helps to convert fat into energy

Helps to improve endurance

It's important to note that you should stay within the healthy limits of vitamin dosage. Most labels have percentage amounts of the recommended daily intake. Some vitamins can be toxic if

taken in high dosages. Also, make sure to choose a multivitamin that is pure and not filled with processed ingredients.

SlimBiotics

Probiotics over the years have been heavily researched and have been proven to promote good gut health. Getting probiotics from foods can be tough because not many foods have all the probiotics we need on a daily basis. That's where a supplement comes into play.

Probiotics provide protection against 100s of diseases, can reduce cravings, improve gut health, boost your immune system, balance good gut bacteria, and provide countless other benefits.

You should try to get 50 billion CFU on a daily basis from multiple strands of bacteria.

Turmeric

Over the last few years, turmeric has become incredibly popular within the health industry due to its weight loss properties. Turmeric, a spice which naturally comes from the root of the curcuma long plant, has long been used in ancient Chinese treatments as an anti-inflammatory treatment. In addition to anti-inflammatory properties, turmeric's ingredients also have the following benefits:

Natural disinfectant

Prevents various forms of cancer

Used to help treat Alzheimer's

Aids in pain relief

Can help treat depression

In regards to weight loss, a few different studies have linked turmeric to decreasing triglyceride levels and fatty acids, which may suggest that it can help treat obesity. Additionally, turmeric has been found to increase one's metabolism.

Turmeric can come in the following forms: powder, dried root, fluid extract and a cut root. Popular ways of implementing turmeric into your diet are in your tea, sprinkled on cooked vegetables, or added to a chili recipe (like the one you'll see in the meal plans).

COQ10

Staying heart healthy is important as we age. An important part of heart health is a coenzyme Q10, which is found in every cell of our bodies. This enzyme helps you create energy from fuel (food). COQ10 is produced by your body and is a component to making your heart beat.

As we age our production of COQ10 decreases and it's important that you supplement with it to stay healthy and full of energy. This supplement can also help reduce high blood pressure. This supplement is a powerful antioxidant, helping reduce "bad" LDL cholesterol.

Vitamin D3

This is another great supplement to take to keep your immune system strong. We get most of our Vitamin D from the sun and there is a problem with that. The problem occurs during the winter months when the sun doesn't rise higher than 35 degrees in the sky, we can't get enough penetration from the sun's UV rays.

Even if you live in a constantly warm place, such as Los Angeles California. If the sun doesn't rise higher than 35 degrees or higher in the sky you can't absorb vitamin D.

Optimal levels of vitamin D are between 50-80 ng/ml but most of us if we're not supplementing don't have optimal levels. If you do not have optimal levels of vitamin D, then this could lead to heart disease, poor physical performance, depression, cancer, difficulty in losing weight, and all cause mortality.

Vitamin C

You can find Vitamin C in lemons and limes, which can be added to your water for taste. To get even more vitamin C we recommend a supplement.

Vitamin C is one of the most powerful antioxidants on the planet. It helps with the reduction of free radicals in your body that can contribute to aging, heart disease, and various other problems that occur as we get older. We recommend you take 1,000 – 2,000 mg/day.

Cocoa Flavonols

Plant chemicals in cocoa known as flavonols help the body synthesize a compound called nitric oxide, which is critical for healthy blood flow and healthy blood pressure in the body. Nitric oxide also helps improve platelet function, meaning it makes your blood less sticky.

You can get your dose of flavonols by eating 2 square of dark chocolate with a cocoa level of 70% or higher, or you can take a supplement if you don't want to eat chocolate.

I'd recommend the chocolate though because it's delicious.

Conclusion

When taken within the recommended dosages, all of these supplements have tremendous benefits especially in regards to living healthier and losing weight. However, it's strongly recommended that you consult with your physician before

trying any of these supplements, especially if you're on medications so you don't have any conflicts.

Chapter 10: Essential Supplements Review

1. What tasty food contains flavonols that synthesize nitric oxide to lower blood pressure?

2. Why is it important to supplement with vitamin d?

3. What are 2 benefits from taking a daily multi vitamin?

ESSENTIAL EQUIPMENT

Chapter 11

If exercise is something you have time for and would like to implement to speed up the process of your healthy lifestyle, then exercising regularly can help you achieve this. It's important to know that I'm not talking about long boring cardio sessions. It makes me cringe when I see people staring at TV screens while running on treadmills at the gym.

I am talking more along the lines of exercising for just 15 – 20 minutes a few times a week, to loosen your muscles up so you can become tone and more energetic. Exercising gives you that extra push to improve your overall health.

Exercise, also known as resistance training, has many tremendous health benefits such as:

Reduced body fat

Building lean muscle

Stronger bones

Increased stamina

Increased strength

Improvement in focus and clarity

Reduced or prevented health conditions such as obesity or heart disease

Exercising is for everyone at any age. If you're over 40 it's a good idea to be cleared by your doctor before you exercise. A common misconception about exercising is that many people think it can only be done in a gym, which is completely wrong. In fact, you don't even need to step foot in a gym. You can perform some amazing exercises right from the comfort of your own home.

And the great thing about working out at home is that it's an inexpensive way to get maximum results. Gone are the days where you need an entire room filled with numerous different machines.

You don't need any fancy weights, a \$20 monthly gym membership, or the trouble of sharing sweaty weights.

Nowadays, due to the advancement in exercise science, you only need a minimal amount of equipment to get the results that you desire. However, you need the right equipment so that you can adequately train your body for different purposes like strength, flexibility, balance, coordination, and agility.

To reach your goals and to maximize your results, the following pieces of exercise equipment should be included: dumbbells, resistance bands, medicine ball, and swiss ball.

Dumbbells

The dumbbell is a type of free weight that can be used for exercising. They usually come in pairs but can be performed individually as well. Dumbbells allow you the freedom to work each side of the body individually or at the same time. In addition to strength training, dumbbells can also be used to improve your overall cardiovascular health. If you hold dumbbells in your hands while walking, the extra weight can push your body to work harder by raising your heart rate.

Dumbbells are made of solid iron or rubber and they typically come in different weights from less than 5 pounds to well over 100 pounds. In the past, individuals used to have to buy an entire rack full of dumbbells to ensure that they had the right weight for each exercise. However, nowadays, people can use adjustable dumbbells to change the weight when needed.

You can get advanced and choose adjustable dumbbells that allow you to change the weight of the dumbbell, which is nice. All you'll really need is a set of 5 - 10 lb. weights to get started. These are very inexpensive and can be found at any local sporting goods store. I've even seen them at some grocery stores too. There is also the option of buying used dumbbells too.

Dumbbells work great for me and you won't need any more than 30 pounds of weight. You'll be surprised once you see all the options and exercises you can perform with dumbbells.

Resistance Bands

Resistance bands, also known as exercise bands or just bands for short, are comparable to dumbbells in the sense that they are great for at home workouts. Bands offer a variety of resistance levels for different workouts and are relatively inexpensive.

In fact, brands are less than \$30 on average and have resistance levels from 2 to 30 pounds.

When you combine the bands together, you can get a resistance level all the way up to 75 pounds. Many highly reputable brands also come with ankle straps, soft grip handles, and door anchors so that you can attach the bands to a door for different workouts.

Resistance bands also offer some advantages that dumbbells do not. These bands are easy to pack up and take anywhere you go. They are lightweight, so that you don't have to strain yourself carrying them like you might experience with heavy weights. Additionally, resistance bands are easier on the joints.

They provide less stress and a more fluid resistance through your natural range of motion. The Center for Disease Control

and Prevention, strongly recommend that those of you who suffer from arthritis, use bands over any other piece of equipment.

And to make things even less complicating, resistance bands come in a variety of colors to signal the level of difficulty. Most standard brands of resistance bands breakdown into 6 categories:

Yellow for easy,

Red for a bit more difficult,

Green for difficult,

Blue for very difficult,

Black for extremely difficult,

Silver for extremely challenging or the most difficult.

Other great benefits of resistance bands are: less storage space required, can work out your entire body, don't need a spotter, and you can combine these with other pieces of exercise equipment too.

Medicine Ball

Medicine balls can be used by exercisers of all ages and levels of conditioning. Like the previously mentioned pieces of equipment, medicine balls can help improve strength, range of motion, improve stamina and are easy to take with you on the road. However, medicine balls also offer a unique set of advantages that devices like dumbbells and resistance bands do not.

You can perform more functional types of exercise.

They are used for sports specific and physical therapy training.

Involves a higher level of core training to tone your abs.

Involves more balance and coordination than dumbbells and bands.

You can throw the ball against the wall, on the ground, or high in the air.

With medicine balls you can train multiple muscle groups at the same time, unlike other pieces of equipment that mostly force you to isolate your movements and exercises.

The significant increase of core activity with most medicine ball exercises is enough of a reason for you to incorporate this piece of exercise equipment into your home workouts.

Medicine balls come in a vast array of sizes, colors, materials and weight. Often times, the large selection of medicine balls can be intimidating for beginners. They are color coded to distinguish between weights (which range from 2 to 25 pounds), they have surfaces that are easy to grip, they are durable and they bounce.

We recommend you get at least a 5 lb. medicine ball.

Swiss Ball

The exercise ball, more commonly known as a Swiss ball, was first used during the 1960's in Switzerland where it aptly got its name. Over the last decade, this ball has become a main component in most gyms, Pilates training, Yoga training, and boot camps. This is because these balls offer many great benefits like:

Improving posture,

Increasing coordination,

Improving balance,

Increasing core strength,

Minimizing pain associated with labor.

Something I like to sit on a Swiss ball while I'm working on the computer. It can be great for toning your core because it requires balance and the engagement of your core. It's a great way to alleviate back, neck, and shoulder pain from sitting for long periods of time.

Other common benefits when using Swiss balls are: improved stretching, increased intensity during various exercises and an increased sense of fun.

Swiss balls are typically made of a soft elastic with a diameter of one to three feet (12 to 36 inches). They are filled with air and can be adjusted for pressure and size. Most high quality Swiss balls are anti-burst, meaning they won't pop if you put your full body weight on them. However, this only applies if you are under the maximum weight allowed. The average large sized Swiss ball can withstand a body weight of up to 300 pounds.

Swiss balls come in a variety of sizes and colors and are relatively inexpensive as they are under \$20 on average, and they are recommended for individuals with a body weight of under 250 pounds. However, if you don't fall within this weight limit, don't worry because you can still use these Swiss balls for core exercises. Swiss balls come with an air pump to fill up the ball.

Final thoughts

As you can see, each one of these pieces of equipment offers different advantages over the other. But the one thing they do have in common, is that they can all be used at home for our 15-20 minute recommended exercise purposes.

Additionally, if you use all of our fat burning exercises, then you will surely be able to enjoy all of the benefits of burning fat once you're ready to implement exercise into your routine. Allowing you to maximize your results, tone your body, and increase the rate you burn fat and lose weight.

Chances are you may already have some of the equipment I just outlined. The great thing about each of these pieces of workout equipment is that all of them combined are less than \$100.

Everything is very affordable making things extremely easy to get started. Remember, exercise is not necessary to lose weight but it can boost your results. You'll lose the most amount of weight by tweaking your eating routine and making it healthier.

Chapter 11: Essential Equipment Review.

1. What 4 pieces of equipment should you invest in to improve your health?

2. Why is exercise less effective than eating healthy food?

3. What 3 great benefits will exercise have on your health, body, and mind?

SIMPLE WORKOUT ROUTINES

Chapter 12

Now that you have a good understanding on how to set your goals and get your mindset right, let's start getting into some simple and powerful workouts! If you can incorporate an exercise routine 3 times a week for 15 minutes, then you'll be able to really boost your results as long as you're following the meal plans.

If you think exercise is too much for you to incorporate right now then just start with the meal plans. If you can't get an eating routine down properly then exercise is not going to help you.

I see so many people make this mistake all of the time. Just walk into the gym and you'll see overweight men and women on the treadmills. The sad truth is that they'll never lose substantial weight unless they get their eating routine working properly and free of toxic foods.

How can anyone run on a treadmill, watch TV while running, and expect results? Watching TV disconnects you from your workout and distracts you. Clearly these people are not focused on exercising and have been misinformed.

When you are first getting started it may take you some extra time to get into the rhythm of the workouts because they are fast paced. The workouts are meant to bring your body into fat burning mode.

These workouts are meant to be fast paced so you'll be sweating and creating an after burn affect. The after burn affect allows your body to continue burning calories throughout the day instead of only during the workout.

When you're first starting out it's important that you start out slow and don't over work yourself. If you over work yourself you could pull a muscle or develop very sore muscles.

The reason I designed these workouts to be quick was to save time. Who wants to sit in the gym for hours? And who has time for that? The exercises I'll be giving you will burn more fat and calories for you than spending an hour on the treadmill.

The routines have been designed to help you build some muscle and tone your body. The more muscle you have on your body the more calories you burn when sitting around and even sleeping.

As you review the workout plans below you should complete everything all at once. For example: there are 4 exercise movements to complete for each routine. You should complete each exercise one after the other with maybe 5 - 10 seconds rest in between. After each round you can take a 30 second break if you need one.

Workout Routine #1

Required Equipment: 5 lb. Dumbbells

Style: Leg & Thigh Blaster

Reps: 8

Rounds: 3

Exercises: 4

1. Walking Lunge with Bicep Curl.
2. Squat Jumps with dumbbells at sides.
3. Lunge Jumps without dumbbells.
4. Step Ups with dumbbells at side.

Workout Routine #2

Required Equipment: 10 lb. Dumbbells and Swiss Ball

Style: Upper Body Toner

Reps: 6

Rounds: 3

Exercises: 4

1. Chest Press with dumbbells.
2. Chest fly with dumbbells.
3. Pushups without dumbbells.
4. Dumbbell Plank Row with dumbbells.

Workout Routine #3

Required Equipment: Resistance Bands

Style: Leg & Thigh Blaster

Reps: 7

Rounds: 3

Exercises: 4

1. Leg Squats with bands.
2. Stationary Lunge with bands.
3. Hamstring band leg stretch.
4. Single Leg Squat without bands.

Workout Routine #4

Required Equipment: Resistance Bands

Style: Upper Body Toner

Reps: 7

Rounds: 3

Exercises: 4

1. Chest Press with bands.
2. Back Rows with bands.
3. Shoulder Press with bands.
4. Chest Fly with bands.

Workout Routine #5

Required Equipment: Medicine Ball

Style: Leg & Thigh Blaster

Reps: 7

Rounds: 3

Exercises: 4

1. Forward Lunge Medicine Ball Swing.
2. Squats Swings with medicine ball.
3. Single Leg Reach with medicine ball
4. Reverse Chop with medicine ball

Workout Routine #6

Required Equipment: Medicine Ball

Style: Upper Body Toner

Reps: 7

Rounds: 3

Exercises: 4

1. Uneven Pushup Side To Side.
2. Medicine Ball Roll Up.
3. Chest Press with medicine ball.
4. Tricep Overhead with medicine ball.

The workouts are 3 rounds long. Each workout should be done nonstop without rest until you have done everything on the list from start to finish. This will help you achieve the intense workout you need to burn fat and create an after affect, which helps you burn fat even after your workout is complete.

You can pick and choose your favorite types of workouts to start implementing. As I mentioned earlier you may already have dumbbells at home, or maybe a medicine ball. Either way you can get started right away if exercise is something you want to incorporate into your routine.

I recommend clients to choose 2 - 3 workouts each week. Make sure you rotate back and forth between leg exercises one day and then performing upper body exercises on your next workout.

This way you're working more muscles in your body instead of just your lower or upper body all of the time. It's also a wise idea to alternate lower and upper body workouts so your body has some time to recover from the previous day's workout.

The exercises that will burn the most fat for you are the leg exercises. They're harder workouts and help you burn more calories and fat. Most people make the mistake of thinking they have to go to the gym and use the bench press to build some muscle and lose weight. However, that will not be the most effective workout to burn fat.

You'll see the best results from doing workouts at full speed with minimal rest time, to increase your heart rate for maximum fat loss.

Chapter 12: Simple Workout Routines Review.

1. What 4 types of equipment should you invest in if you want to exercise from home?

2. Which type of exercise helps you burn the most fat?

3. Should you start exercising as hard as you can or should you start slow to get acclimated to the plan for the first week?

4. Why is it important to perform your exercises at a fast pace once your used to working out regularly?

START MOVING AHEAD

Chapter 13

Now that you're ready to move forward with Slim Down Smart and you know exactly what you need to do to see the desired body you have in mind for yourself, it's time to get started!

If you believe you need help implementing the strategies inside Slim Down Smart and you want help from us on a 1 on 1 coaching basis, then call us at 1-800-546-8136 to get in touch with us.

This is your chance to start skyrocketing your energy levels, reducing your blood pressure naturally, eliminating those pesky medications, and crushing your daily cravings for toxic foods.

You can do it! We've coached thousands of clients to success and now it's your turn to see results. You have everything you need to get started properly without the frustration of knowing what to do.

Here are the first 3 steps to help you kick start your new lifestyle:

1. Pick a simple change that you can implement immediately.
2. Start following the meal plans in the upcoming pages.
3. Start eliminating the toxic foods in your home.

If you have any questions then please post them in our member's community. www.slimdownsmart.com/tools

This way another fellow member, myself, or a Slim Down Smart coach, will answer your question as fast as possible.

Getting started with your new lifestyle is a huge accomplishment and I'm excited that you've decided to change your life so you can feel full of energy and explode your confidence!

Keep implementing all of the changes you've made from the knowledge I've given you in the previous chapters. As time goes on your new way of life will just become a habit and you won't even have to think about it.

Most people look at losing weight as a chore but it doesn't have to be that way. You don't have to go crazy and implement every single strategy you've learned all in 1 day.

Keep things simple and start achieving the goals that contribute to your ultimate vision.

All that matters is that you learn a strategy and implement it so once you have success with it, you can then move on to the next one. This can be as small as focusing on the first meal of the day.

Our members with the most success are the ones taking their time and slowly implementing powerful new strategies into their lifestyles.

Take your weight loss journey one step at a time and soon enough you'll be slim, trim, and excited about your new body.

We look forward to seeing your new body soon!

MEAL PLANS

Chapter 14

Welcome to the meal planning chapter of Slim Down Smart! Once you complete the next 4 weeks you'll be equipped to manage your own eating plans and stay on track with a formula that keeps your body tone and in shape!

The meals are laid out accordingly for breakfast, lunch, snacks, and dinner. If you get a late start to the day you can swap snacks and dinners around so you can schedule your meals better.

You don't need to follow the times as they're just guidelines. You could start eating breakfast at 12 in the afternoon if you really wanted too.

For your convenience we have a shopping list for each week of meal plans so you can go grocery shopping and have everything you need for the entire week.

Before going shopping please make sure to check and see if you may already have some of the items. Chances are you have some of the items on each shopping list that we provide for each week.

Although we do recommend organic, it's not necessary if you're on a limited budget.

I've included in the back of this book some recipes that are scheduled with some of the days throughout the meal plans. You'll have to refer to the back of the book for the recipes when necessary.

On every day 7 you'll notice that we have a free day planned for you. This is a great time for you to take a day to enjoy a favorite meal that may not normally be on your healthy menu.

Free meals can boost your leptin levels and help you boost the rate you burn fat. It's also nice to eat your favorite foods without feeling restricted.

Week 1 Meal Plan Shopping List

Vegetables

1 head - lettuce
1 bag - spinach
1 bag - green beans
3 bell peppers
1 red cabbage
4 onions
1 sweet potato

Meats & Poultry

1 lb - grass fed beef
1 dozen - eggs
6 breasts - chicken
2 lb - ground turkey

Extras

1 box - wild rice
1 bag - quinoa
1 jar - teras whey protein
14.5 oz can - crushed tomatoes
1 block - american cheese
1 clove - garlic
1 can - pinto beans
1 container - almond milk
1 bottle - vanilla
1 container - chicken broth
1 container - kefir
1 container - salsa
2 cans - black beans

Fruits

1 container - blueberries
1 bag - frozen strawberries
1 apple
4 bananas

Nuts, Seeds & Nut Butters

1 Bag - macadamia nuts
1 bag - raw almonds
1 bag - sunflower seeds

Spices & Salts

1 container - cinnamon
1 container - sea salt
1 container - black pepper
1 container - chili powder
1 container - cumin
1 container - cilantro
1 container - garlic powder
1 container - cayenne
pepper

Oils & Butter

1 jar - unrefined coconut oil
1 bottle - olive oil
1 Bottle - balsamic vinegar
1 stick - grass fed butter

Week 1 Meal Plans

Day 1

Breakfast	Serving Size	Time
Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Balsamic Chicken Salad	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Macadamia Nuts	1 Handful	2 - 3 PM
Dinner	Serving Size	Time
Grass Fed Burger with cheese + lettuce	2 Burgers	4 - 6 PM

Day 2

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Burrito Bowl	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Raw Almonds	1 Handful	2 - 3 PM
Dinner	Serving Size	Time
½ cup Wild Rice + 1 Chicken Breast	1 Serving	4 - 6 PM

Day 3

Breakfast	Serving Size	Time
Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Chicken, Sweet Potato, Spinach	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Handful of Sunflower Seeds	1 Serving	2 - 3 PM
Dinner	Serving Size	Time
Turkey Chili	1-2 Bowls	4 - 6 PM

Day 4

Breakfast	Serving Size	Time
1 cup Quinoa + Red Pepper + Onion	1 Bowl	9 - 10 AM
Lunch	Serving Size	Time
Turkey Chili (Leftovers)	1 Bowl	12 - 1 PM
Snack	Serving Size	Time
Strawberry Ice Cream	1 Serving	2 - 3 PM
Dinner	Serving Size	Time
Turkey Loaf + Green Beans	2 Slices	4 - 6 PM

Day 5

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Balsamic Chicken Salad	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Apple w/ Cinnamon	1 Apple	2 - 3 PM
Dinner	Serving Size	Time
Grass Fed Burger with cheese + lettuce	2 Burgers	4 - 6 PM

Day 6

Breakfast	Serving Size	Time
Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Burrito Bowl	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Handful of Sunflower Seeds	1 Serving	2 - 3 PM
Dinner	Serving Size	Time
1 cup each - Green Beans + Quinoa + Chicken	1 Serving	4 - 6 PM

Day 7

Free Day!

Today you can eat anything you'd like throughout the day. There are a few guidelines to follow with your free day though.

1. You must eat a healthy and nutritious breakfast. Choose a breakfast that you enjoy most that you've been eating with the meal plans.
2. You must stop eating at 7:30 PM. Eating past 7:30 will cause you to gain unwanted fat during the night.

Free days are a great way to regain lost levels of the hormone leptin. Research has shown that leptin tells your body whether it should store fat or burn it.

A free day is key for boosting the rate you burn fat to lose those few extra pounds you're shooting for, or to push you through a weight loss plateau.

Once you boost your leptin levels with your free day and then jump back into the meal plans, you stand to keep your body in fat burning mode all week long.

Week 2 Meal Plan Shopping List

Vegetables

- 1 bag - spinach
- 2 - red peppers
- 2 - onions
- 1 bag - green beans
- 1 bag - carrots
- 1 - white potato
- 1 - sweet potato

Meats & Poultry

- 2 dozen - eggs
- 5 - chicken breasts
- 1 lb - turkey slices
- 2 cans – tuna

Extras

- 1 container - kefir
- 1 clove - garlic
- 2 cans - crushed tomatoes
- 1 can – chick peas
- ½ lb - swiss cheese
- 1 can – tera's whey protein
- 3 - lemons
- 1 bag - rolled oats
- 1 bag - quinoa
- 1 jar - Dijon mustard
- 1 container - feta cheese

Fruits

- 1 container - blueberries
- 1 container - raspberries
- 2 red apples

Oils & Butter

- 1 bottle - olive oil
- 1 stick - grass fed butter

Spices & Salts

- 1 container - sea salt
- 1 container - black pepper
- 1 container - cinnamon
- 1 container - paprika

Week 2 Meal Plans

Day 1

Breakfast	Serving Size	Time
Blueberry Oatmeal	½ Cup	9-10 AM
Lunch	Serving Size	Time
Tuna Spinach Salad	Until Satisfied	12-1 PM
Snack	Serving Size	Time
Devilled Eggs	2 Eggs	2-3 PM
Dinner	Serving Size	Time
Cheesy Spinach Chicken	1 Breast	4-6 PM

Day 2

Breakfast	Serving Size	Time
Egg Casserole	Until Satisfied	9 - 10 AM
Lunch	Serving Size	Time
Lemon Egg Chicken	1 Breast	12 - 1 PM
Snack	Serving Size	Time
Devilled Eggs	2 Eggs	2 - 3 PM
Dinner	Serving Size	Time
Olive Oil Spinach Salad	Until Satisfied	4 - 6 PM

Day 3

Breakfast	Serving Size	Time
Egg Casserole (Leftovers)	Until Satisfied	9 - 10 AM
Lunch	Serving Size	Time
Tasty Quinoa Salad	Until Satisfied	12 - 1 PM
Snack	Serving Size	Time
Carrots w/ Tomato Chick Pea Dip	Until Satisfied	2 - 3 PM
Dinner	Serving Size	Time
Turkey w/ Green beans and Sweet Potato	2 Slices Turkey	4 - 6 PM

Day 4

Breakfast	Serving Size	Time
Blue-Raspberry Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Tasty Quinoa Salad (Leftovers)	Until Satisfied	12 - 1 PM
Snack	Serving Size	Time
Carrots w/ Tomato Chick Pea Dip (Leftovers)	Until Satisfied	2 - 3 PM
Dinner	Serving Size	Time
Olive Oil Spinach Salad w/ feta cheese + carrots	Until Satisfied	4 - 6 PM

Day 5

Breakfast	Serving Size	Time
Raspberry Oatmeal	½ Cup	9 - 10 AM
Lunch	Serving Size	Time
Tuna Spinach Salad	Until Satisfied	12 - 1 PM
Snack	Serving Size	Time
Apple w/ Cinnamon	1 Apple	2 - 3 PM
Dinner	Serving Size	Time
Cheesy Spinach Chicken	1 Breast	4 - 6 PM

Day 6

Breakfast	Serving Size	Time
Blue-Raspberry Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Lemon Egg Chicken	1 Breast	12 - 1 PM
Snack	Serving Size	Time
Medium Apple w/ Cinnamon	1 Apple	2 - 3 PM
Dinner	Serving Size	Time
Olive Oil Spinach Salad w/ feta cheese + carrots	Until Satisfied	4 - 6 PM

Day 7

Free Day!

Today you can eat anything you'd like throughout the day. There are a few guidelines to follow with your free day though.

1. You must eat a healthy and nutritious breakfast. Choose a breakfast that you enjoy most that you've been eating with the meal plans.
2. You must stop eating at 7:30 PM. Eating past 7:30 will cause you to gain unwanted fat during the night.

Free days are a great way to regain lost levels of the hormone leptin. Research has shown that leptin tells your body whether it should store fat or burn it.

A free day is key for boosting the rate you burn fat to lose those few extra pounds you're shooting for, or to push you through a weight loss plateau.

Once you boost your leptin levels with your free day and then jump back into the meal plans, you stand to keep your body in fat burning mode all week long.

Week 3 Meal Plan Shopping List

Vegetables

- 10 - bell peppers
- 5 - onions
- 1 bag - green beans
- 2 - sweet potatoes
- 1 stalk – celery
- 1 bag - spring salad mix
- 1 container - small tomatoes
- 1 bunch - lettuce leaves
- 3 - zucchini
- 3 - medium tomatoes

Meats & Poultry

- 1 dozen - eggs
- 8 - chicken breasts
- 2 lb. - ground turkey
- 1 can - tuna
- 1 package - uncured bacon

Extras

- 1 container - kefir
- 1 clove - garlic
- 1 can - 14oz crushed tomatoes
- 1 can - black beans
- 1 bag - string cheese
- 1 bottle - honey
- 1 can - tera's whey protein vanilla
- 2 - lemons
- 1 can - pesto sauce

Fruits

- 1 container - blueberries
- 1 - green apple
- 1 - pineapple

Extras Part II

- 1 cup - cottage cheese
- 1 loaf - ezekiel 4:9 bread
- 1 loaf – exekiel 4:9 cinnamon
- 1 bag – rolled oats oatmeal
- 1 container - organic plain greek yogurt

Nuts, Seeds & Nut Butters

- 1 jar - almond butter
- 1 bag - almonds

Spices & Salts

- 1 container - sea salt
- 1 container - black pepper
- 1 container - chili powder
- 1 container - cumin
- 1 container - oregano
- 1 container - garlic powder
- 1 container - paprika

Oils & Butter

- 1 bottle - olive oil
- 2 sticks - grass fed butter

Week 3 Meal Plans

Day 1

Breakfast	Serving Size	Time
Oatmeal w/ Cinnamon	½ Cup	9 - 10 AM
Lunch	Serving Size	Time
Zesty Spring Salad	Until Satisfied	12 - 1 PM
Snack	Serving Size	Time
Chocolate Cheesecake Smoothie	Medium Glass	2 - 3 PM
Dinner	Serving Size	Time
Chicken Fajita	3 Lettuce Wraps	4 - 6 PM

Day 2

Breakfast	Serving Size	Time
2 Eggs and Bacon	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Chicken Pesto w/ Sweet Potato	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Zucchini Chips	10-15 Chips	2 - 3 PM
Dinner	Serving Size	Time
Turkey Tacos	2 Tacos	4 - 6 PM

Day 3

Breakfast	Serving Size	Time
Slice of Cinnamon Ezekiel bread with butter	1 Slice	9 - 10 AM
Lunch	Serving Size	Time
Chocolate Cheesecake Protein Smoothie	Medium Glass	12 - 1 PM
Snack	Serving Size	Time
Pineapple + Cottage Cheese	7 Medium Slices	2 - 3 PM
Dinner	Serving Size	Time
Zesty Spring Salad	Until Satisfied	4 - 6 PM

Day 4

Breakfast	Serving Size	Time
Plain Greek Yogurt with Honey & Almonds	1 Cup Yogurt	9 - 10 AM
Lunch	Serving Size	Time
Tuna Sandwich with Ezekiel bread	1 Sandwich	12 - 1 PM
Snack	Serving Size	Time
Celery and Almond Butter	Until Satisfied	2 - 3 PM
Dinner	Serving Size	Time
Chicken Stuffed Peppers	3 Peppers	4 - 6 PM

Day 5

Breakfast	Serving Size	Time
Slice of Cinnamon Ezekiel bread with butter	1 Slice	9 - 10 AM
Lunch	Serving Size	Time
Chicken w/ Green beans	1 Breast	12 - 1 PM
Snack	Serving Size	Time
Apple w/ Cinnamon	1 Apple	2 - 3 PM
Dinner	Serving Size	Time
Chicken Fajita	3 Lettuce Wraps	4 - 6 PM

Day 6

Breakfast	Serving Size	Time
Plain Greek Yogurt with Honey & Almonds	1 Cup Yogurt	9 - 10 AM
Lunch	Serving Size	Time
Zesty Spring Salad	Until Satisfied	12 - 1 PM
Snack	Serving Size	Time
String Cheese	1 Stick	2 - 3 PM
Dinner	Serving Size	Time
Turkey Tacos	2 Tacos	4 - 6 PM

Day 7

Free Day!

Today you can eat anything you'd like throughout the day. There are a few guidelines to follow with your free day though.

1. You must eat a healthy and nutritious breakfast. Choose a breakfast that you enjoy most that you've been eating with the meal plans.
2. You must stop eating at 7:30 PM. Eating past 7:30 will cause you to gain unwanted fat during the night.

Free days are a great way to regain lost levels of the hormone leptin. Research has shown that leptin tells your body whether it should store fat or burn it.

A free day is key for boosting the rate you burn fat to lose those few extra pounds you're shooting for, or to push you through a weight loss plateau.

Once you boost your leptin levels with your free day and then jump back into the meal plans, you stand to keep your body in fat burning mode all week long.

Week 4 Meal Plan Shopping List

Vegetables

1 bag - spinach
3 - red peppers
2 - green peppers
10 - onions
2 bags - green beans
2 - cucumbers
6 stalks - celery
8 - lemons
8 - kale leaves
1 piece - ginger
1 bag - iceberg lettuce

Meats & Poultry

2 dozen - eggs
4 breasts - chicken
1 lb. - ground turkey
2 cans - tuna
2 - 3oz wild Alaskan salmon

Extras

1 container - kefir
1 jar - tomato sauce
1 jar - diced tomatoes
2 cans - black beans
1 can - tera's whey protein
vanilla
1 container - organic plain
greek yogurt
1 cup - feta cheese
1 bag - ezeziel 4:9 tortilla
1 bag - flax wraps
2 blocks - mozzarella

Fruits

1 container - blueberries
4 - green apples
2 - avocados
2 - bananas

Extras Part II

1 clove - garlic
2 - shallots
1 jar - salsa
1 bag - spelt flour

Nuts, Seeds & Nut Butters

1 jar - almond butter
1 bag - sunflower seeds
1 bag - almond flour

Spices & Salts

1 container - sea salt
1 container - black pepper
1 container - fresh dill
1 container - garlic
powder

Oils & Butter

1 bottle - olive oil
1 stick - grass fed butter
1 container - coconut oil

Week 4 Meal Plans

Day 1

Breakfast	Serving Size	Time
2 Eggs + Sunflower Seeds w/ Slice Mozzarella	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Tuna Avocado Spinach Salad	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Greens Drink Smoothie	1 Serving	2 - 3 PM
Dinner	Serving Size	Time
Delicious Fat Burning Pizza	1 Pizza	4 - 6 PM

Day 2

Breakfast	Serving Size	Time
Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Chicken Quesadilla with flax wrap	1 Wrap	12 - 1 PM
Snack	Serving Size	Time
Yogurt Spinach Dip	Until Satisfied	2 - 3 PM
Dinner	Serving Size	Time
Wild Alaskan Salmon w/ Green Beans	3 Ounces	4 - 6 PM

Day 3

Breakfast	Serving Size	Time
Egg & Salsa	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Chili Pepper Shells	2 Shells	12 - 1 PM
Snack	Serving Size	Time
Celery and Almond Butter	Unlimited	2 - 3 PM
Dinner	Serving Size	Time
Lemon Egg Chicken	1 Breast	4 - 6 PM

Day 4

Breakfast	Serving Size	Time
2 Eggs + Sunflower Seeds w/ Slice Mozzarella	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Tuna Avocado Spinach Salad	1 Serving	12 - 1 PM
Snack	Serving Size	Time
Greens Drink Smoothie	1 Smoothie	2 - 3 PM
Dinner	Serving Size	Time
Delicious Fat Burning Pizza	1 Pizza	4 - 6 PM

Day 5

Breakfast	Serving Size	Time
Protein Power Smoothie	Medium Glass	9 - 10 AM
Lunch	Serving Size	Time
Chicken Quesadilla with flax wrap	1 Wrap	12 - 1 PM
Snack	Serving Size	Time
Yogurt Spinach Dip	Unlimited	2 - 3 PM
Dinner	Serving Size	Time
Wild Alaskan Salmon w/ Green Beans	3 Ounces	4 - 6 PM

Day 6

Breakfast	Serving Size	Time
Eggs & Salsa	1 Serving	9 - 10 AM
Lunch	Serving Size	Time
Chili Pepper Shells	2 Shells	12 - 1 PM
Snack	Serving Size	Time
Celery and almond butter	Unlimited	2 - 3 PM
Dinner	Serving Size	Time
Lemon Chicken	1 Breast	4 - 6 PM

Day 7

Free Day!

Today you can eat anything you'd like throughout the day. There are a few guidelines to follow with your free day though.

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MEAL PLAN RECIPES

Chapter 15

Protein Power Smoothie

*Strawberry Protein Power Smoothie – Swap blueberries for 6 strawberries.

*Blue Raspberry Protein Smoothie – Include raspberries into the recipe.

*Chocolate Cheesecake Protein Smoothie – Use chocolate whey protein instead of vanilla.

Ingredients - Serves: 2

- 1 Banana
- 1/4 cup blueberries
- 2 scoops tera's whey protein
- ½ cup kefir
- 6 ice cubes

Directions

1. Add all of the ingredients into a blender and mix well.

Turkey Chili

Ingredients - Serves: 4

- 2 tsp butter, divided
- 1 lb lean ground turkey
- Sea salt and ground black pepper
- 1 cup chopped red bell pepper
- 1 medium onion, coarsely chopped
- 2 tsp chili powder
- 1 tsp ground cumin
- 14½ oz crushed tomatoes, (canned)
- 1 clove garlic, minced
- 1 can of pinto beans

Directions

1. Heat 1 tsp butter in a 3-quart saucepan over high heat. Add the turkey, and season to taste with the salt and black pepper. Break up the turkey and cook for 2–3 minutes, or until browned. Remove to a bowl and cover to keep warm.
2. Reduce the heat to low, heat the other 1 tsp butter, and cook the red pepper, onion, and garlic for 3–5 minutes, or until vegetables begin to soften. Add the chili powder and cumin, stirring for 1 minute.
3. Increase the heat to medium, and add the tomatoes and pinto beans. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.
4. Add the browned turkey, and simmer 5 minutes more.

Balsamic Chicken Salad

*Tuna Spinach Salad - Swap chicken for tuna and remove balsamic vinegar

*Olive Oil Spinach Salad – Remove balsamic vinegar.

Ingredients - Serves: 1

- 1 Chicken breast
- 1 handful Spinach
- 3 tbsp. Olive Oil
- 3 tbsp. Balsamic Vinegar

Directions

1. Cook chicken breast on the grill or bake in the oven.
2. While chicken is cooking wash the spinach and add it to your plate.
3. Mix the olive oil and balsamic vinegar in a bowl.
4. Cut chicken breast up into pieces and add on top of salad.
5. Pour the balsamic and olive oil mix on top of your salad.

Strawberry Ice Cream

Ingredients - Serves: 4

- 12 Strawberries
- 1 Banana
- 2 cups almond milk
- 1 tsp. vanilla
- Sprinkle of cinnamon

Directions

1. Add the bananas, vanilla, strawberries, and vanilla almond milk in the blender and mix until creamy.
2. Take out of the blender and put into bowls. Sprinkle with cinnamon, Enjoy!

Turkey Loaf

Ingredients - Serves: 4

- 1/2 medium Red Bell Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Freshly Ground Black Pepper
- 1/3 cup Organic Chicken Broth
- 1/2 cup chopped onion
- 1 Egg
- 1 lb package Ground Turkey

Directions

1. Preheat oven to 325°F.
2. Mix all ingredients into a mixing bowl.
3. Add mixture to a baking pan then spread some ketchup (no hfcs) on top of the meatloaf.
4. Bake for 45 minutes, or until cooked all the way through.

Lemon Egg Chicken

Ingredients - Serves: 1

- 1 Chicken breast
- 1 egg
- 1 lemon

Directions

1. Cook chicken breast in a pan with butter.
2. Once chicken is cooked fairly well, add in beaten egg.
3. Once chicken is cooked and egg is cooked on chicken. Transfer to a plate.
4. Squeeze lemon juice on to your chicken and enjoy!

Egg Casserole

Ingredients - Serves: 4

- 6 eggs
- 1/2 red bell pepper
- 1/2 onion
- 1 small white potato

Directions

1. Pre heat oven to 350 degrees F
2. Cut up bell pepper, onion, and potato into small pieces and place into large bowl.
3. Crack all 6 eggs and add them into bowl.
4. Mix all ingredients up.
5. Pour mixture into a baking dish.
6. Cook for 45 minutes.

Burrito Bowl

Ingredients - Serves: 1

- 1/4 cup Black Beans
- 1 teaspoon Chicken Broth
- Pinch of Cumin
- Pinch of Cayenne
- Pinch of Garlic powder
- 1/2 cup Red Cabbage, sliced thin
- 1 grilled Chicken Breast, sliced thin
- 2 tablespoons fresh Salsa
- Fresh Cilantro, for garnish
- ½ sliced Onion, for garnish

Directions

1. Heat black beans with chicken broth, cumin, cayenne, and garlic powder on the stove 5 minutes or until heated. Set aside.
2. Add red cabbage to your bowl, and spoon black bean mixture on top. Layer sliced chicken, salsa, cilantro and green onions, and enjoy!

Chick Pea Dip

Ingredients

- 2 cans (15.5 oz. ea.) reduced sodium chick peas or garbanzos, rinsed and drained
- 1/2 cup mayonnaise
- 1/2 cup organic tomato sauce
- 1 Tbsp. lemon juice
- 1 clove garlic
- 10 baby carrots

Directions

1. Process mayonnaise, tomato sauce, peas, lemon juice, and garlic in food processor until very smooth then serve with carrots.

Homemade Mayo

Ingredients - Serves: 4

- 1 egg
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- Sea salt & fresh black pepper
- 1 cup extra virgin olive oil

Directions

1. In a blender process the egg, lemon juice, mustard, salt and pepper until well combined.
2. While the motor is running, pour the oil in a slow, thin, steady stream and process until the mixture is thick and creamy.
3. Slowly add the olive oil while the blender is running (slow steady stream). If you add oil too fast recipe will not turn out

Tasty Quinoa Salad

Ingredients - Serves: 4

- 1 cup quinoa
- 1 bell pepper chopped
- 1 onion chopped

Directions

1. Cook quinoa according to the instruction on the bag for 10 minutes.
3. Sauté pepper and onion in another pan for 5 minutes with organic butter
4. Mix pepper and onion with quinoa and serve!

Cheesy Spinach Salad

Ingredients

- 1 Chicken Breast
- 2 Cups Spinach
- 2 Slices Swiss cheese

Directions

1. Cook chicken breast half way on the grill.
2. Place chicken in a baking dish with spinach, and Swiss cheese on top
3. Bake in the oven until chicken is cooked (Around 20 minutes)

Blueberry / Raspberry Oatmeal

Ingredients - Serves: 1

1/2 cup rolled oats (non-instant)

1 cup water

Handful of blueberries or raspberries (washed)

Directions

1. Combine oats, water, and blueberries in a small saucepan over medium heat and cook.
2. Enjoy after oatmeal is cooked (5 - 10 min)

Deviled Eggs

Ingredients

- 1 cup homemade mayonnaise
- 6 large Eggs
- ¼ tsp Paprika

Directions

1. Place eggs in a pan and fill with water.
2. When water starts to boil on stove top, cover pan for 8 minutes.
3. Let eggs cool for 20 minutes.
4. Peel eggs and halve lengthwise.
5. Place yolks in a bowl and mix with mayonnaise.
6. Fill each egg halve with filling.
7. Sprinkle with paprika and refrigerate until ready to use.

Greens Drink Smoothie

Ingredients - Serves: 4

- 2 green apples, halved
- 4 stalks celery, leaves removed
- 1 cucumber
- 4 leaves kale
- 1/2 lemon, peeled
- 1 (1 inch) piece fresh ginger

Directions

1. Process green apples, celery, cucumber, kale, lemon, and ginger through a juicer.

Fat Burning Pizza

Ingredients - Serves: 4

- 4 Ezekiel tortilla
- 15 tbsp. of tomato/pizza sauce
- 3 garlic cloves minced
- 1 cup onions chopped
- 1 cup green peppers chopped
- 2 cups of organic mozzarella cheese

Directions

1. Preheat oven to 450 degrees
2. Place tortilla on large pan and place in oven – 3-4 minutes to allow crust to harden a little
3. Once tortilla has started to slightly crisp on edges, remove from oven
4. Place sauce and garlic on crust first
5. Then top with chopped onions, pepper, or any other toppings you desire.
6. Shed cheese on top of toppings.
7. Cook for 10 minutes or until cheese is melted

Yogurt Spinach Dip

Ingredients - Serves: 4

- 2 tbsp coconut oil
- 1/4 cup shallots (roughly chopped)
- 4 green onions (chopped)
- 1 tbsp minced garlic
- 12 ozs spinach leaves
- 1/2 tsp salt
- 1/2 tsp lemon zest (fresh)
- 2 tsp fresh lemon juice
- 1 cup greek yogurt
- 1/2 cup feta cheese (finely crumbled)
- 2 tbsp fresh dill (chopped)
- Black pepper (freshly ground)

Directions

1. Heat oil in a large frying pan over high heat. Add shallots, onions, and garlic and cook, stirring often, until fragrant, about 1 minute. Add spinach and cook, stirring often, until wilted, about 2 minutes.
2. Using a slotted spoon, scoop spinach into a food processor; pulse until roughly puréed, about 5 pulses. Add remaining ingredients except pepper, pulse once just to combine, then season to taste with pepper.

Chili Pepper Shells

Ingredients - Serves: 2

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 medium green bell pepper
- 1 (14½-ounce) can no salt added diced tomatoes
- 1 cup low-sodium canned black beans, drained and rinsed
- 1 teaspoon garlic powder
- 1 bell pepper (any color)

Directions

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in oven safe dish with a small amount of water.
5. Cover and heat at 350 until crisp-tender, for about 10 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture

Tasty Spelt Pancakes

Ingredients - Serves: 2

- 3/4 cup spelt flour
- 1 organic egg
- 1/4 cup grass fed kefir
- 1/4 cup water
- 1 tsp olive oil

Directions

1. In a bowl add all of the wet ingredients.
2. Add in the flour and mix well.
4. Cook 7 pancakes over the stove.

Chicken Quesadillas

Ingredients - Serves: 1

- ¼ cup prepared salsa
- 1 ½ tablespoons shredded organic cheddar cheese
- 1 tablespoon drained organic canned black beans
- 1 tablespoon chopped red bell peppers
- ½ chicken breast chopped into pieces.
- 1 ezekiel 4:9 tortilla

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix salsa, chicken, cheddar cheese, black beans, and pepper together in a bowl. Spoon salsa mixture on half of 1 tortilla and spread evenly. Fold in half remaining tortilla on top of filling. Arrange quesadilla on a baking sheet.
3. Bake in the preheated oven until top begins to brown and cheese is melted, 9 to 12 minutes. Slice quesadilla with a pizza cutter; garnish with guacamole and red bell pepper.

Zesty Spring Salad

Ingredients - Serves: 1

- 1 handful spring salad mix
- 3 tbsp. Olive Oil
- 5 small tomatoes
- ½ onion
- ½ bell pepper
- ½ cup feta cheese

Directions

1. Wash spring salad mix, tomatoes, and pepper.
2. Cut pepper and onion up into pieces and add to your salad.
3. Add spring salad to plate with tomatoes, onions, pepper, cheese, and olive oil.

Chicken Fajitas

Ingredients - Serves: 4

- 4 chicken breasts, cut in thin strips
- 2 bell peppers
- 2 onions, sliced
- 1 tbsp each: oregano, chili powder, cumin
- 6 chopped garlic cloves
- Juice of 1 lemon
- 4 tsp coconut oil
- lettuce to serve

Directions

1. Combine the chicken, bell peppers, onions, spices, garlic and lemon juice in a bowl and mix well.
2. If preparing ahead of time, let marinate in the refrigerator for about 4 hours.
3. When ready to cook, heat a large skillet over a medium heat and cook the whole preparation with the coconut oil until the chicken is cooked through and the onion and bell peppers are soft.
4. Place the hot chicken preparation in a large bowl and prepare your fajitas on top of lettuce leaves with your favorite toppings. (Salsa, Organic Sour Cream)

Turkey Tacos

Ingredients - Serves: 4

- 1lb ground turkey
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1/2 tsp oregano
- 1 tsp salt
- 1/2 small onion, minced
- ½ bell pepper, minced
- 3/4 cup water
- 4 oz can tomato sauce
- 8 large lettuce leaves from Iceberg lettuce

Directions

1. Brown turkey in a large skillet. When no longer pink add dry seasonings and mix well. Add onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.
2. Wash and dry the lettuce. Place meat in the center of leaf and top with tomatoes, cheese and salsa or whatever you prefer. (Toppings extra points)

Oven Baked Zucchini Chips

Ingredients - Serves: 4

- 1 (large) zucchini, cut into slices
- 1/3 cup Ezekiel breadcrumbs
- 1/4 cup finely grated organic parmesan cheese
- 1/4 teaspoon black pepper
- sea salt to taste
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 3 tablespoons kefir

Directions

1. Preheat oven to 425 degrees.
2. Combine in a small mixing bowl, Ezekiel breadcrumbs, parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper. Dip zucchini slices into kefir and dunk into bread crumbs to coat both sides. Note: It may be necessary to press crumbs onto zucchini slices to ensure the crumbs stick.
3. Arrange zucchini on a cookie sheet with tin foil.
4. Bake 15 minutes, turn over and continue baking until golden, approximately 10-15 minutes (careful not to burn). Allow to cool to room temperature before storing in an airtight container.

Chicken Stuffed Peppers

Ingredients - Serves: 2

- 1 organic chicken breast
- 5 medium organic bell peppers
- 3 medium tomatoes, chopped
- 1 (15 ounce) can black beans, drained
- ½ cup ricotta cheese

Directions

1. Combine the cooked chicken, tomatoes, beans, and ricotta cheese into a bowl.
2. Slice the tops off of the peppers, and remove the seeds and cores. Set aside.
3. Place peppers in the oven at 300 degrees for 5 minutes or until peppers are tender. Turn peppers every 2 to 3 minutes to ensure even cooking.
4. Once peppers are soft evenly distribute the mixed ingredients from the bowl into each pepper.

Gluten Free Banana Bread

Ingredients - Serves: 10+ Slices

- | | |
|----------------------------|-----------------------|
| - 1/2 cup coconut flour | - 1/4 cup coconut oil |
| - 1/2 cup almond flour | - 1/4 cup cacao chips |
| - 1 ripe banana | - 1/2 tsp cinnamon |
| - 1/4 cup grass fed butter | - 1/4 tsp baking soda |
| - 1/4 cup honey | - 4 eggs |
| - 1/2 tsp vanilla extract | - Dash of sea salt |

Directions

1. Preheat your oven to 350 degrees and grab an 8 x 4 pan. Grease with butter or coconut oil.
2. In a large bowl add the coconut flour, almond flour, cinnamon, baking soda, cacao chips, and pinch of salt. Mix with a spoon until thoroughly combined.
3. In another bowl mash the banana and mix in the eggs, vanilla extract, and honey. Mix this well!
4. Pour the liquid ingredients into the dry and mix well until thoroughly combined.
5. Add melted coconut oil and melted butter and mix well. Then add the batter into your greased pan and spread it out evenly.
6. Bake in the oven for 40 minutes or until the center is cooked all the way through. (Toothpick test. If you stick a toothpick in the center of the bread and it comes out clean then the bread is cooked.

7. Take bread out of the oven and place it on a wired cooling rack to cool.

Healthy Chocolate Peanut Butter Fudge

Ingredients - Serves: 1

- ½ cup coconut oil
- ½ cup good quality cocoa powder
- ½ cup natural peanut butter
- ¼ cup mild raw honey
- ½ tsp pure vanilla extract

Directions

1. Prepare a muffin pan with 10 muffin liners.
2. Melt coconut oil and then add all ingredients into a mixing bowl or food processor. Pulse a few times until everything is smooth and nicely combined.
3. Pour the liquid fudge into the prepared muffin liners dividing evenly between the ten of them. There will be about a half inch of fudge in each muffin liner.
4. Place that muffin pan in the refrigerator for 30 min. or until the fudge has hardened. (Sometimes I use the freezer and it only takes about 10 min.)
5. Remove the muffin liners from the pan and enjoy your delicious, healthy fudge! Store in the refrigerator.

Almond Chocolate Chip Cookies

Ingredients - Serves: 13 Cookies

- 1 ½ cups of almond flour
- ¼ teaspoon of baking powder
- 1 cup dark chocolate chips
- 1 egg
- ¼ cup of organic honey
- 2 tablespoons of organic butter

Directions

1. Preheat oven to 350 degrees F.
2. Mix almond flour, baking powder, and chocolate chips in a bowl.
3. In a separate bowl mix the egg, organic honey, and organic butter.
4. Add both mixtures into one bowl and mix well.
5. On a baking sheet divide the mixture into 12 pieces on the baking sheet.
6. Cook in the oven for 9-10 minutes

WEIGHT LOSS TOOLS

Chapter 16

S.M.A.R.T Goal Setting

Print Small Goals <http://slimdownsmart.com/tools>

Start Date: _____ Completion Date: _____

Your Vision:

Make Sure Your Goal Is SMART

Specific: In depth what will you accomplish?

Measurable: How will you know you lose weight?

Achievable: Can you realistically lose your desired weight by your goals deadline?

Relevant: Why do you need to accomplish this goal?

Timely: When will you achieve this goal and can you do it in time?

Action Steps to SMART Goal Accomplishment

Action Steps	Completion Date?	Completed?

Potential Obstacles	Potential Solution

Closing Questions...

1. This goal is important to you because...?

2. What is driving you to create a new lifestyle...?

3. Who is going to keep you accountable?

4. If I do not achieve my desired goal I will...

5. The reward for accomplishing my goal is to...

Food & Exercise Log

Name: _____ Start Date: _____

Print Log: <http://slimdownsmart.com/tools>

Day 1			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Day 2			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Day 3			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Day 4			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Day 5			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Day 6			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Day 7			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Snack			
Water (oz)			
Additional Drinks			
Exercise			

Shopping List

Fish

- ☐ Sushi
- ☐ Wild Salmon
- ☐ Tuna
- ☐ Shrimp
- ☐ Mahi-mahi
- ☐ Swordfish
- ☐ White Fish
- ☐ Cold water fish
- ☐ Trout
- ☐ Snapper
- ☐ Scallops

Meat

- ☐ Grass Fed Beef
- ☐ Turkey
- ☐ Chicken Breast
- ☐ Turkey Bacon
- ☐ Turkey Hot Dogs
- ☐ Ground Sirloin
- ☐ Elk
- ☐ Lamb
- ☐ Deer

Dairy

- ☐ Plain Greek Yogurt
- ☐ Grass Fed Eggs
- ☐ Cottage Cheese
- ☐ Organic Cheese
- ☐ Sour Cream
- ☐ Butter

Beans

- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Chickpeas
- ☐ Pinto
- ☐ Red Beans

Starchy Carbs

- ☐ White Potato
- ☐ Sweet Potato
- ☐ Carrot
- ☐ Squash
- ☐ Peas

Fibrous Carbs

- ☐ Alfalfa
- ☐ Artichoke
- ☐ Asparagus
- ☐ Beets
- ☐ Bean Sprouts
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrot
- ☐ Cucumber
- ☐ Lettuce
- ☐ Onions
- ☐ Pepper
- ☐ Parsley
- ☐ Radishes
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Garlic
- ☐ Green Beans
- ☐ Kale
- ☐ Mushrooms
- ☐ String Beans
- ☐ Tomato
- ☐ Zucchini

Raw Fruits

- ☐ Apple
- ☐ Banana
- ☐ Blackberries

- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwi
- ☐ Lemon
- ☐ Limes
- ☐ Mango
- ☐ Cranberries
- ☐ Apricot
- ☐ Orange
- ☐ Nectarine
- ☐ Pear
- ☐ Papaya
- ☐ Strawberries
- ☐ Raspberries
- ☐ Pineapple
- ☐ Dates
- ☐ Plums
- ☐ Watermelon

Nuts & Seeds

- ☐ Chia Seeds
- ☐ Almond
- ☐ Peanut
- ☐ Cashews
- ☐ Hazelnuts
- ☐ Mixed Nuts
- ☐ Pecans
- ☐ Pumpkin
- ☐ Pine
- ☐ Walnuts

Nut Butters

- ☐ Almond Butter
- ☐ Peanut Butter

Healthy Fats

- ☐ Coconut Oil
- ☐ Virgin Olive Oil
- ☐ Avocado
- ☐ Krill Oil
- ☐ Omega 3 fish oil
- ☐ Flaxseed
- ☐ Flaxseed Oil
- ☐ Olives

Sweeteners

- ☐ Honey
- ☐ Stevia
- ☐ Stevia Plus

Things to Drink

- ☐ Water (spring or filtered)
- ☐ Fresh fruit or veggie juice
- ☐ Coconut milk
- ☐ Green tea
- ☐ Almond milk

Condiments

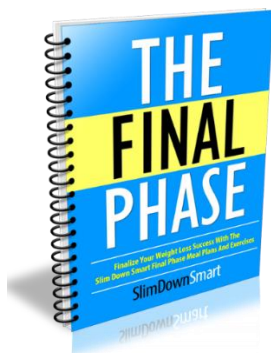
- ☐ Mustard
- ☐ Herbs
- ☐ Hot Sauce
- ☐ Ketchup (no hfcs)
- ☐ Sea salt
- ☐ Salsa

Measurement Form

Name: _____

Start Date: _____

Calculation	Initial	Week 2	Week 3	Week 4
Chest				
Arms				
Waist				
Hips				
Thighs				
Weight				
Body Fat %				



The Final Phase

Also known as the last step to achieving your ideal body. Order another 4 weeks of meal plans. Plus start implementing our quick exercises outlined inside!

Learn more about it at the link below:

<http://slimdownsmart.com/book-fp>

SlimBiotics

Promote good gut health with our proprietary probiotic formula. Did you know you'd have to eat 5 cups of yogurt to get the proper amount of good bacteria that your body needs every day? Discover how to reduce cravings, prevent disease, and eliminate digestive problems: <http://slimdownsmart.com/book-sb>

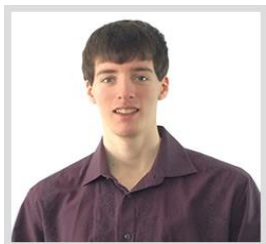
Wellness Coaching

Work with one of our certified wellness coaches and accelerate your results so you can achieve success faster. To learn more about our wellness coaching program call: 1 (800) 546 8136

SmartTraining

Transform your lifestyle by incorporating high intensity interval training into your routine. This program will boost your results and tone your body so you're not just skinny once you've lost weight. Learn More: <http://slimdownsmart.com/book-st>

About The Author



My name is Matt Green and I've dedicated my life to studying and researching how to live a healthier lifestyle rich in whole foods, while eliminating processed foods. The reason I am so passionate about

health is because I was an athlete for over 10 years as a hockey player, and it's always been extremely critical to eat the right foods to maintain my health for the long term.

When I retired as an athlete in 2011, I decided to passionately research and dig deep into the large food manufacturers to see how they were processing, growing, and producing their foods. I extensively research and study food to ensure I'm providing my family, friends, followers, and myself with the proper amount of proteins, vitamins, and nutrients.

It's been my mission to help people lose weight, reduce inflammation, alleviate type 2 diabetes, become gluten free, improve their energy levels, and feel healthier. Our mission is to help 1 million people reduce their risk of disease, maintain a healthy weight, and to make better eating decisions to improve our nation's health.

Slim Down Smart was created to share how I live a clean and healthy lifestyle. Our program and blog posts have helped thousands of people learn how to become healthier, live an organic lifestyle on a budget, lose weight, and feel more energized.