

**B** BEYOND diet

# QUICK START GUIDE



*Start your  
**NEW LIFE**  
in 15 minutes  
or less!*

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[www.BeyondDiet.com](http://www.BeyondDiet.com)

***Congratulations*** on your recent purchase of Beyond Diet. Now that you have received this program, you will see all the wonderful information the manual has to offer. For some people, receiving such a large amount of information at once can feel a bit overwhelming. To get you started quickly and easily, I have provided this quick start guide so you can begin your new weight loss plan as soon as possible.

You will see that there are many eye opening topics and principles presented in this program. They are the exact principles that have helped thousands of people lose weight and make a permanent change in their lives.

With that being said, this program can be implemented one small change at a time. As a matter of fact, I highly recommend it. Choose one, two or a few principles that are the easiest for you to start with and commit to sticking to those. Once those have become a part of your life, implement another one or two until you covered most, if not all, the action steps in this guide. You will find that taking this program at your own pace will ensure long term success.

The following topics follow the order as they are presented in your Beyond Diet Manual. When you are ready to read more information on any given topic, please refer to the corresponding chapter in your manual.

To find the recommended foods or items, please refer to the Shopping List at the end of this guide.

Vegetarian options are denoted with a (V) (These foods can be used for those who are not vegetarian as well.)

## ***Preparation***

### 1. Setting up Your Mind for Success

Spend some time thinking and writing down exactly what you want for your health, your weight and your life. See yourself in the healthy, beautiful body you always dreamed about and believe that it is possible for you.

Write down your goals in the present tense. Begin your statements with “I am so happy and grateful now that... I weigh 150lbs and I fit into my size 8 clothes.” Make the statements powerful and make sure they motivate you!

### 2. Three Steps to Weight Loss

In order to achieve your ideal weight, you will need the following information:

1. Your metabolism type
2. Your ideal calorie ranges
3. A selection of high quality food.

\*\*The meal plans provided below have proved great results for most people without the need for calorie calculations. For a more detailed explanation of calorie requirements please refer the manual.

### 3. Take the Metabolism Typing Test

Be sure to download the **Metabolism Typing Test**. Take the test and calculate your totals to determine whether you are a protein, carb or mixed type.

If you are a Protein Type, you can add more Protein to each meal in the plans provided below if you experience hunger.

If you are a Carb Type, you can add more Carbs to each meal in the plans provided below if you experience hunger.

If you are a Mixed Type, the meal plans are most likely already well balanced for you.

### 4. Keeping a Food Journal

Be sure to download your **Success Journal** as writing down your foods, exercise, and daily notes is a guaranteed way to stay on track with your new healthy plan.

## *Food Facts*

The second part of this program focuses on exactly what you are looking for when it comes to high quality, healthy food. Here are the most important points. For further explanations, please refer to your manual.

### 5. Organic Food is the way to health.

- Begin by buying organic, free range poultry, meat, and eggs. If your local supermarket does not carry such products, visit a health food store, Whole Foods, or Wegmans market (or you can choose to order online at: <http://go.beyonddiet.com/getgrasslandmeatsqs>). This first step alone will ultimately change the progression of your health for the better—and for years to come. (If organic products are unavailable or difficult to obtain, then the next best choice is free-range, antibiotic- and hormone-free poultry, meat, and eggs. This way, even if the animals were not fed organic feed, at least they did not receive antibiotics and hormones.)
- After you have made a regular practice of buying organic (or free-range, antibiotic- and hormone-free) meat, poultry, and eggs, start buying organic produce. Begin with the produce that tends to have the highest pesticide residues:

Fruits: peaches, apples, strawberries, nectarines, pears, cherries, red raspberries, and imported grapes

Vegetables: spinach, bell peppers, celery, potatoes, and hot peppers

- Do your best to obtain organic foods if they are available to you. Although I do highly recommend them, you can successfully follow this program with all natural foods that may not necessarily be organic. Make sure to wash conventional fruits and vegetables thoroughly to eliminate some of the pesticide residues.

## 6. Fats to Avoid and Fats you Must Eat.

- Clean out your cupboards of all foods and snacks that contain hydrogenated or partially hydrogenated oil. You will find it in more packaged foods than you think, including many crackers, chips, pretzels, cookies, cereal bars, sugar cereals, microwave popcorn, and low-fat and fat-free snacks.
- Change your mind-set to no longer associate snacking with chips, crackers, and popcorn. Perfect snacks can be a smaller version of a real meal, such as a hard-boiled egg, a few pieces of chicken with vegetables, chopped vegetables, fruit, nuts, or nut butters. Fresh food is always the best food.
- Only use quality fats for cooking: coconut oil and butter (raw organic). Organic extra virgin olive oil should be used raw or for light sauteing.
- Do not use margarine, which contains hydrogenated vegetable oil.
- Consume at least two to three servings daily of good-quality omega-3 fats from fish oil, seeds (especially flaxseed), avocados, and nuts (raw organic), especially walnuts.
- Avoid roasted nuts. The roasting process causes the fats and oils to go rancid, and rancid oils increase free-radical damage in the body. (Free radicals accelerate aging.)
- Snack on organic nut butters. Most stores carry peanut, almond, cashew, and macadamia nut butters. The ingredient list should not contain anything but one kind of nut and salt. Most peanut butters contain roasted peanuts, so read labels carefully.
- Incorporate whole organic eggs into your diet, with breakfast or as a snack.
- When cooking with fat, add the fat to a cold pan and increase heat gradually.
- Serve flaxseed oil, cod liver oil, or fish oil straight from the bottle, on salads, or on cooked vegetables. Refrigerate these oils to avoid rancidity.
- If you find it difficult to incorporate foods rich in omega-3 fats into your meal plan, take an omega-3 supplement daily.

## 7. How to carefully choose your Dairy

- If you consume dairy on a regular basis, try to buy raw (unpasteurized) certified organic products.
- If you can't obtain raw dairy products, purchase the next best thing: certified organic. Although the milk may be pasteurized, homogenized, or both, it won't contain antibiotics, hormones, or pesticide residues.
- If you can't obtain or afford raw or organic dairy products, avoid dairy altogether. Most of the calcium in dairy is not absorbed by the body anyway, so dairy is not necessary for a healthy diet. Obtain calcium from other sources, such as leafy green vegetables, broccoli, sardines (with bones), and salmon.

## 8. Avoid Soy at all costs.

- Discard everything in your cupboards that contains soy protein isolate, soy protein concentrate, texturized vegetable protein, or soy (or soybean) oil. Possible products include many packaged energy bars, crackers, veggie burgers, and vegetarian look-alike products.
- If you have been consuming soy for a long time, get your thyroid function checked. If you suffer from hypothyroidism, then eliminating soy from your diet may have a positive effect on your condition.

## 9. Breads and Grains

- For all of your bread needs, consume only Sprouted whole grain products (2 good brands are Ezekiel 4:9, Food for Life, Manna bread. Original, sesame, and cinnamon raisin loaves; rolls; English muffins; and tortillas are all great to use). Use this bread to make bread crumbs for meatloaf and meatball recipes. You can also use breads and bread type products made from rice and spelt. These are now much more common in many food stores.
- Accept that breakfast and lunch do not have to include toast and sandwiches. Depending on your metabolism type, eggs, fruits, and nut butters may be great options for breakfast. Salads or vegetables with poultry, fish, or other meats may be great options for lunch.
- If you experience gastrointestinal distress (gas or bloating) while following this program, you may be gluten-intolerant. Try eliminating all gluten grains for 4–6 weeks to see whether the condition improves.
- If you continue to suffer from gastrointestinal distress after eliminating gluten grains for 4–6 weeks or if you do not lose weight after 4 weeks on the this program, eliminate all grains from

your diet. To make this easier, the Jump Start Meal Plans provided below are also very low in grains and bread.

10. The only Salt you should be using.

- Avoid all refined white table salt.
- Avoid all high-sodium packaged and canned foods.
- Use unprocessed, unrefined sea salt for all of your salt needs. (2 good brands are Celtic sea salt (<http://go.beyonddiet.com/getcelticseasalt>) or Redmond's real salt. Other types of sea salts may contain mercury or other toxic heavy metals. Make sure to read the label carefully and make sure it indicates *unprocessed* and *unrefined*.)
- To avoid adding too much salt, always salt food after tasting it.

11. Drinking Water. How much and what kind.

- Drink half of your body weight (in pounds) in ounces of water each day. Add 8 ounces [237 mL] of water for each 8-ounce caffeinated beverage you drink and another 8 ounces [237 mL] if you have exercised that day.
- Drink 8 ounces [237 mL] of water when you feel hungry.
- Drink 8 ounces [237 mL] of water 15 minutes before each meal.
- If you use plastic water bottles, keep them out of the sun and away from heat.
- Install filters for your drinking water and bathing water, or invest in a whole-house water filtration system (<http://go.beyonddiet.com/getaquasana>).

12. Sugar, artificial sweeteners and the alternative.

- Read labels! The sugar content of any food is listed right under the carbohydrate listing. Also pay attention to where the sugar is listed in the ingredients. (The order indicates relative quantity.)
- Avoid all foods that contain artificial sweeteners, sugar, or sugar derivatives. This includes Equal, Sweet n Low, Splenda (Aspartame, Saccharin, Sucrolose and all Sugar Alcohols)

- Avoid all sweetened beverages, including fruit juices that are not freshly juiced.
- For all your baking and sweetening needs, use only Stevia (<http://go.beyonddiet.com/getsteviva>)

### 13. Alcohol Consumption

- While following this program to lose weight, drink no more than one glass per week, or, preferably, eliminate alcohol completely.
- If you drink alcohol, choose organic red wine. The rich flavor encourages you to drink slowly. Red wine also contains fewer calories and carbs than other types of alcohol.
- A second-choice alcohol option is vodka on the rocks; fruit juice only adds empty sugar calories. The best brand is Chopin, which is made from potatoes, not wheat.
- After you reach your ideal weight, you can be a little more lenient, but minimize alcohol consumption to maintain a healthy weight.

## *Meal Plans*

The following meal plans can be followed for the first 6 weeks for a quick, jumpstart plan. The serving sizes are the minimum you should be eating. Because each person's starting point is very different, the meal plan servings can be adjusted based on your needs.

If you experience hunger at any time, increase the protein, fruit or vegetable serving in 1 or 2 meals by 1 serving. For example, if lunch calls for 3 ounces [85 g] of turkey, increase it to 4 ounces [113 g] or even 5 ounces [142 g] if necessary. Please do not be afraid to add more healthy food to your plan to nourish your body sufficiently. Eating one or two more ounces [28-57 g] of a healthy protein, fruit or vegetable will not affect your results. Eating foods that are not on your list (breads, pastas, sweets) *will* deter you from seeing the results you're looking for.

## Meal Plan – Week 1

### **Breakfast (7-8am)**

*Protein Choices: Choose One*  
1 organic egg + 3 whites  
2-3 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
(description of Recommended Brands below )  
2-3 oz [57-84 g] leftover meat (beef, poultry, pork, fish) from the night before  
3 Tbsp [45 g] Hummus (V)  
½ cup [113 g] cottage cheese (V) \*  
2 Tbsp [28 g] Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices: Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Fruit Choices: Choose One*  
1 apple  
1 pear  
½ medium banana  
½ cup [75 g] strawberries or blueberries (or combination of both)

*Examples:*

1 egg + 3 whites  
1 cup [100 g] steamed cauliflower  
1 apple

3 slices turkey bacon  
1 cup [180 g] spinach  
½ medium banana

3 Tbsp [45 g] Hummus  
1 cup [100 g] steamed cauliflower  
½ cup [75 g] strawberries

2 oz [57 g] leftover salmon  
1 cup [90 g] cooked broccoli  
1 pear

## **Snack #1 (10-11am) and Snack #2 (3-4pm)**

*Protein Choices:*     *Choose One*  
2 Tbsp [28 g] Natural, Raw Almond Butter (V)  
1 oz [28 g] Raw Almonds (V)  
1 oz [28 g] Raw Walnuts (V)  
1 oz [28 g] Raw Pumpkin Seeds (V)  
1 oz [28 g] Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz [57 g] sliced turkey breast or chicken breast

*Vegetable Choices:* *Choose One*  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup [90 g] broccoli or cauliflower

*Fruit Choices:*     *Choose One*  
1 apple  
1 cup [150 g] strawberries  
1 cup [150 g] blueberries

*Examples:*           2 Tbsp [28 g] Almond Butter  
                          Celery Sticks and 1 small green apple

2 hard boiled eggs  
½ yellow pepper  
1 cup [150 g] blueberries

1 oz [28 g] raw walnuts  
6 baby carrots  
1 cup [150 g] strawberries

## **Lunch (1-2pm) and Dinner (6-7pm)**

### *Protein Choices: Choose One*

- 3-5 oz [84-140 g] chicken (dark or white meat)
- 3-5 oz [84-140 g] turkey (dark or white meat)
- 3-5 oz [84-140 g] fish (tuna only 1 time per week)
- 2-4 oz [57-112 g] beef (lean varieties)
- 1 cup [76 g] cooked beans (any variety) or lentils (V)
- ½ cup [113 g] cottage cheese (V) \*

### *Over a salad that is made up of any of the following:*

All lettuce except for Iceberg (It has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

### *Vegetable Choices: Choose One*

- 1 cup [90 g] cooked broccoli
- 1 cup [100 g] cooked cauliflower
- 1 cup [180 g] sautéed spinach
- 1 cup [135 g] steamed asparagus

### *Dressing:*

- Raw Apple Cider Vinegar
- 2 tsp [10 mL] Extra Virgin Olive Oil
- Spices (salt, pepper, Italian Seasonings, to taste)

### *Examples:*

4 oz [84 g] grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
Apple Cider Vinegar and 2 tsp [10 mL] olive oil as dressing

½ cup [38 g] chickpeas + ½ cup [38 g] kidney beans  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [90 g] cooked broccoli added to the salad or on the side  
Apple Cider Vinegar and 2 tsp [10 mL] olive oil as dressing

4 oz [84 g] salmon  
Over sautéed spinach  
Salad on the side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

## Notes:

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

All almonds, walnuts, pumpkin seeds, sunflower seeds and almond butter must be raw. They cannot be roasted. Roasting nuts takes a good food and turns it into a bad food!

Olive Oil must be Extra Virgin and preferably organic.

\*If you have chosen to take the 2 week “no wheat, no dairy” challenge, cottage cheese should be eliminated from your protein choices.

## Typical Day Meals and Times:

7am – Breakfast  
10am – Snack #1  
1pm – Lunch  
3pm – Snack #2  
6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

**Water Intake** –  $\frac{1}{2}$  of your bodyweight in ounces of water. Example: If you weigh 150lbs, you would have to drink 75 ounces [2.25 L] of water.

## Meal Plan – Week 2

### **Breakfast (7-8am)**

*Protein Choices: Choose One*  
2 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
2-3 oz [57-84 g] leftover meat (beef, poultry, pork, fish) from the night before  
1 Chicken sausage  
2 slices nitrate/nitrite free Canadian Bacon  
3 Tbsp [113 g] Hummus (V)  
½ cup [113 g] cottage cheese (V)  
2 Tbsp [28 g] Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices: Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Fat Choices: Choose One*  
¼ Avocado  
2 tsp [10 mL] flax seed oil (do not cook with flaxseed oil)  
2 tsp [10 mL] extra virgin olive oil

*Examples:*

- 2 eggs
- 1 cup [100 g] steamed cauliflower
- 2 tsp [10 mL] flaxseed oil over the cauliflower
  
- 2 slices Canadian Bacon
- 1 cup [135 g] spinach
- ¼ Avocado
  
- 3 Tbsp [113 g] Hummus
- 1 cup [100 g] cooked cauliflower
- ¼ Avocado
  
- 1 Chicken Sausage
- 1 cup [90 g] cooked broccoli
- 2 tsp [10 mL] extra virgin olive oil

## **Snack #1 (10-11am) and Snack #2 (3-4pm)**

### *Protein Choices: Choose One*

- 2 Tbsp [28 g] Natural, Raw Almond Butter (V)
- 1 oz [28 g] Raw Almonds (V)
- 1 oz [28 g] Raw Walnuts (V)
- 1 oz [28 g] Macadamia nuts (V)
- 1 oz [28 g] Raw Pecans (V)
- 1 oz [28 g] Raw Pumpkin Seeds (V)
- 1 oz [28 g] Raw Sunflower Seeds (V)
- 2 hard boiled eggs
- 2 oz [57 g] turkey (dark or white) or chicken (dark or white)
- 1 Chicken Sausage

### *Vegetable Choices: Choose One*

- Celery Sticks
- 10 Baby Carrots
- 1 sliced red, yellow, or green pepper
- 1 large sliced tomato
- 2 cups [180 g] broccoli or cauliflower

### *Examples:*

- 1 chicken sausage
- 1 large sliced tomato
  
- 2 hard boiled eggs
- 1 yellow pepper
  
- 1 oz [28 g] raw macadamia nuts
- 10 baby carrots

## **Lunch (1-2pm) and Dinner (6-7pm)**

### *Protein Choices: Choose One*

- 4-5 oz [112-142g] chicken (dark or white meat)
- 4-5 oz [112-142g] turkey (dark or white meat)
- 4-5 oz [112-142g] fish (tuna only 1 time per week)
- 3-4 oz [84-112 g] beef (lean varieties)
- 1 cup [76 g] cooked beans or lentils (V)
- ½ - 1 [113-226 g] cup cottage cheese (V)

### *Over a salad that is made up of any of the following:*

All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

### *Vegetable Choices: Choose One*

- 1 cup [90 g] cooked broccoli
- 1 cup [100 g] cooked cauliflower
- 1 cup [180 g] sautéed spinach
- 1 cup [135 g] steamed asparagus

### *Dressing:*

Raw Apple Cider Vinegar  
1 Tbsp [15 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

### *Examples:*

4 oz [112 g] grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

1 cup [76 g] cooked combo of black beans, kidney beans and pinto beans  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [100 g] cauliflower added to the salad or on the side  
Apple Cider Vinegar and 1 Tbsp [15 mL] flaxseed oil as dressing

3 oz [84 g] beef burger  
Over sautéed spinach  
Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil

## Notes:

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

Remember all nuts must be raw.

Olive Oil must be Extra Virgin and preferably organic.

Flaxseed oil must go in the refrigerator.

## Typical Day Meals and Times:

7am – Breakfast

10am – Snack #1

1pm – Lunch

3pm – Snack #2

6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

**Water Intake** – ½ of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces [2.25 L] of water.

**Salt** – One big change for this week is that you are going to buy *Celtic Sea Salt*

You can either buy it at Whole Foods or order it online at <http://go.beyonddiet.com/getceltic-seasalt>

I encourage you to replace any salt in your home (Kosher, Iodized, or any other form of sea salt) with this brand. I assure you that salt is not bad. It is just the type of salt that is either good or bad.

Do not worry if you cannot get this salt right away. I just want this to be one of those changes that you incorporate for life!

## Meal Plan – Week 3

### Breakfast (7-8am)

*Protein Choices:*     *Choose One*  
1 whole organic egg + 3 whites  
2 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
2-3 oz [57-84 g] leftover meat (beef, poultry, pork, fish) from the night before  
1 Chicken sausage  
2 slices nitrate/nitrite free Canadian Bacon  
3 Tbsp [45 g] Hummus (V)  
½ cup [113 g] cottage cheese (V)  
2 Tbsp [28 g] Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices:* *Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus  
1 cup [90 g] red, yellow, or green peppers  
½ medium tomato  
(or 1 cup combination of any of the above.  
Ex. 1 cup peppers, tomato, and spinach in an omelet)

*Fruit Choices:*     *Choose One*  
1 apple  
1 pear  
½ medium banana  
1 cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)  
1 cup [150 g] fresh pineapple

*Examples:*     1 egg + 3 whites  
1 cup [130 g] spinach, asparagus and tomatoes  
½ medium banana  
  
½ cup [113 g] cottage cheese  
½ tomato  
1 apple  
  
3 Tbsp [45 g] Hummus  
1 cup [90 g] raw red peppers  
1 cup [150 g] strawberries  
  
1 chicken sausage  
1 cup [180 g] sautéed spinach  
1 cup [150 g] fresh pineapple

## **Snack #1 (10-11am)**

*Protein Choices:*     *Choose One*  
2 Tbsp [28 g] Natural, Raw Almond Butter (V)  
1 oz [28 g] Raw Almonds (V)  
1 oz [28 g] Raw Walnuts (V)  
1 oz [28 g] Macadamia nuts (V)  
1 oz [28 g] Raw Pecans (V)  
1 oz [28 g] Raw Pumpkin Seeds (V)  
1 oz [28 g] Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz [57 g] turkey (dark or white) or chicken (dark or white)  
1 Chicken Sausage

*Vegetable Choices:* *Choose One*  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup [90 g] broccoli or cauliflower

*Fruit Choices:*     *Choose One*  
1 apple  
1 pear  
1 cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)

*Examples:*           2 Tbsp [28 g] Almond Butter  
                          Celery Sticks and 1 small green apple

2 hard boiled eggs  
½ yellow pepper  
1 cup [150 g] blueberries

1 oz [28 g] raw walnuts  
6 baby carrots  
1 cup [150 g] raspberries

## **Snack #2 (3-4pm)**

### *Protein Choices: Choose One*

- 2 Tbsp [28 g] Natural, Raw Almond Butter (V)
- 1 oz [28 g] Raw Almonds (V)
- 1 oz [28 g] Raw Walnuts (V)
- 1 oz [28 g] Macadamia nuts (V)
- 1 oz [28 g] Raw Pecans (V)
- 1 oz [28 g] Raw Pumpkin Seeds (V)
- 1 oz [28 g] Raw Sunflower Seeds (V)
- 2 hard boiled eggs
- 2 oz [57 g] turkey (dark or white) or chicken (dark or white)
- 1 Chicken Sausage

### *Vegetable Choices: Choose One*

- Celery Sticks
- 10 Baby Carrots
- 1 sliced red, yellow, or green pepper
- 1 large sliced tomato
- 2 cups [180 g] broccoli or cauliflower

### *Examples:*

- 1 chicken sausage
- 1 large sliced tomato
  
- 2 hard boiled eggs
- 1 yellow pepper
  
- 1 oz [28 g] raw macadamia nuts
- 10 baby carrots

## **Lunch (1-2pm) and Dinner (6-7pm)**

### *Protein Choices: Choose One*

- 4-5 oz [112-142 g] chicken (dark or white meat)
- 4-5 oz [112-142 g] turkey (dark or white meat)
- 4-5 oz [112-142 g] fish (tuna only 1 time per week)
- 3-4 oz [84-112 g] beef (lean varieties)
- 1 cup [76 g] cooked beans or lentils (V)
- ½ - 1 cup [113-226 g] cottage cheese (V)

### *Over a salad that is made up of any of the following:*

All lettuce except for Iceberg (It has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

### *Vegetable Choices: Choose One*

- 1 cup [90 g] cooked broccoli
- 1 cup [100 g] cooked cauliflower
- 1 cup [180 g] sautéed spinach
- 1 cup [135 g] steamed asparagus

### *Dressing:*

- Raw Apple Cider Vinegar
- 1 Tbsp [15 mL] Extra Virgin Olive Oil or Flax Seed Oil
- Spices (salt, pepper, Italian Seasonings, to taste)

### *Examples:*

- 4 oz [112 g] grilled chicken (white or dark)
- Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
- 1 cup [135 g] asparagus added to the salad or on the side
- Apple Cider Vinegar and 1 Tbsp [15 mL] flaxseed oil as dressing
  
- 1 cup [76 g] beans used to make a veggie burger (black bean burger or garbanzo bean burger)
- Over sautéed spinach
- Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil
  
- 3 oz [84 g] beef burger
- Over sautéed spinach
- Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil

**Notes:**

If you did not get a chance to buy Celtic Sea Salt, <http://go.beyonddiet.com/getcelticseasalt>, please do so this week.

This week we are going to incorporate our first supplement, a high quality Omega 3 supplement. The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.

The Omega 3 supplement I recommend is Prograde's Krill Oil. It can be purchased here:

<http://go.beyonddiet.com/getkrilloil>

You are going to begin by taking one softgel with dinner. We will gradually increase as the weeks go on.

If there was only one supplement that I could have all of my clients on, it would be a high quality Omega 3 supplement. It really does wonders for the body.

## Meal Plan – Week 4

### Breakfast (7-8am)

*Protein Choices:*     *Choose One*  
1 egg + 3 whites  
2 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
2-3 oz [57-84 g] leftover meat (beef, poultry, pork, fish) from the night before  
1 Chicken sausage  
2 slices nitrate/nitrite free Canadian Bacon  
3 Tbsp [45 g] Hummus (V)  
½ cup [113 g] cottage cheese (V)  
2 Tbsp [28 g] Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices:* *Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus  
1 cup red, yellow, or green peppers  
½ medium tomato  
(or 1 cup combination of any of the above.  
Ex. 1 cup peppers, tomato, and spinach in an omelet)

*Fruit Choices:*     *Choose One*  
1 apple  
1 pear  
½ medium banana  
1 cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)  
1 cup [150 g] fresh pineapple

*Examples:*     1 egg + 3 whites  
1 cup [130 g] spinach, asparagus and tomatoes  
½ medium banana  
  
½ cup [113 g] cottage cheese  
1 cup [100 g] cooked cauliflower  
1 cup [150 g] strawberries  
  
1 chicken sausage  
1 cup [30 g] spinach  
1 cup [150 g] fresh pineapple

## **Snack #1 (10-11am)**

*Protein Choices:*     *Choose One*  
2 Tbsp [28 g] Natural, Raw Almond Butter (V)  
1 oz [28 g] Raw Almonds (V)  
1 oz [28 g] Raw Walnuts (V)  
1 oz [28 g] Macadamia nuts (V)  
1 oz [28 g] Raw Pecans (V)  
1 oz [28 g] Raw Pumpkin Seeds (V)  
1 oz [28 g] Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz [57 g] turkey (dark or white) or chicken (dark or white)  
1 Chicken Sausage

*Vegetable Choices:* *Choose One*  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup [90 g] broccoli or cauliflower

*Fruit Choices:*     *Choose One*  
1 apple  
1 pear  
1 cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)

*Examples:*           2 Tbsp [28 g] Almond Butter  
                          Celery Sticks and 1 small green apple

2 hard boiled eggs  
½ yellow pepper  
1 cup [150 g] blueberries

1 oz [28 g] raw walnuts  
6 baby carrots  
1 cup [150 g] raspberries

## **Snack #2 (3-4pm)**

### *Protein Choices: Choose One*

- 2 Tbsp [28 g] Natural, Raw Almond Butter (V)
- 1 oz [28 g] Raw Almonds (V)
- 1 oz [28 g] Raw Walnuts (V)
- 1 oz [28 g] Macadamia nuts (V)
- 1 oz [28 g] Raw Pecans (V)
- 1 oz [28 g] Raw Pumpkin Seeds (V)
- 1 oz [28 g] Raw Sunflower Seeds (V)
- 2 hard boiled eggs
- 2 oz [57 g] turkey (dark or white) or chicken (dark or white)
- 1 Chicken Sausage

### *Vegetable Choices: Choose One*

- Celery Sticks
- 10 Baby Carrots
- 1 sliced red, yellow, or green pepper
- 1 large sliced tomato
- 2 cups [180 g] broccoli or cauliflower

### *Examples:*

- 1 chicken sausage
- 1 large sliced tomato
  
- 2 hard boiled eggs
- 1 yellow pepper
  
- 1 oz [28 g] raw macadamia nuts
- 10 baby carrots

## **Lunch (1-2pm)**

*Protein Choices:*     *Choose One*  
3-4 oz [84-112 g] chicken (dark or white meat)  
3-4 oz [84-112 g] turkey (dark or white meat)  
3-4 oz [84-112 g] fish (tuna only 1 time per week)  
2-3 oz [57-84 g] beef (lean varieties)  
1 cup [76 g] cooked beans (any variety) or lentils (V) \*  
½ cup [113 g] cottage cheese (V)

*Carb Choices:*       *Choose One*  
½ cup [98 g] cooked brown rice  
½ cup [87 g] cooked millet  
½ cup [93 g] cooked quinoa  
½ cup or 4 oz [113 g] cooked sweet potato  
½ cup [38 g] cooked beans (any variety) \*

*Vegetable Choices:* *Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Dressing:*            Raw Apple Cider Vinegar  
2 tsps [10 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:*            3 oz [84 g] grilled chicken (white or dark)  
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
½ cup [38 g] garbanzo beans added to the salad  
Apple Cider Vinegar and 2 tsps [10 mL] flaxseed oil as dressing

1 cup [38 g] cooked beans (combination of 2-3 different varieties)  
½ cup [93 g] cooked quinoa  
1 cup [100 g] cooked cauliflower

3 oz [84 g] salmon  
Over sautéed spinach  
4 oz [113 g] sweet potato  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

2 oz [57 g] beef  
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note)  
Over ½ cup [98 g] brown rice  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

## **Dinner (6-7pm)**

*Protein Choices: Choose One*  
4-5 oz [112-142 g] chicken (dark or white meat)  
4-5 oz [112-142 g] turkey (dark or white meat)  
4-5 oz [112-142 g] fish (tuna only 1 time per week)  
3-4 oz [84-112 g] beef (lean varieties)  
1 cup [76 g] cooked beans (any variety) or lentils (V)  
½ cup [113 g] cottage cheese (V)

*Over a salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Vegetable Choices: Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Dressing:*  
Raw Apple Cider Vinegar  
1 Tbsp [15 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:*  
4 oz [112 g] grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
Apple Cider Vinegar and 1 Tbsp [15 mL] flaxseed oil as dressing  
  
1 cup [76 g] black beans used to make a black bean burger  
Over sautéed spinach  
Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil  
  
3 oz [84 g] beef burger  
Over sautéed spinach  
Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil

## Notes:

1. You can use 2 tsp [10 mL] of wheat free soy sauce for cooking. This can be found at most Health Food stores.
2. By now you should be using Celtic Sea Salt <http://go.beyonddiet.com/getcelticseasalt>
3. \* If you choose beans as your protein choice, do not choose it as your carbohydrate choice as well.
4. If you did not get to incorporate an Omega 3 supplement yet, please do that as soon as you can. Below I have included the notes from last week:

The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.

The Omega 3 supplement I recommend is Prograde's Krill Oil. It can be purchased here:

<http://go.beyonddiet.com/getkrilloil>

You are going to begin by taking one softgel with dinner. We will gradually increase as the weeks go on.

If there was only one supplement that I could have all of my clients on, it would be a high quality Omega 3 supplement. It really does wonders for the body.

## Meal Plan – Week 5

### Breakfast (7-8am)

*Protein Choices:*     *Choose One*  
1 egg + 3 whites  
2 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
2-3 oz [57-84 g] leftover meat (beef, poultry, pork, fish) from the night before  
1 Chicken sausage  
2 slices nitrate/nitrite free Canadian Bacon  
3 Tbsp [45 g] Hummus (V)  
½ cup [113 g] cottage cheese (V)  
2 Tbsp [28 g] Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices:* *Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus  
1 cup red, yellow, or green peppers  
½ medium tomato  
(or 1 cup combination of any of the above.  
Ex. 1 cup peppers, tomato, and spinach in an omelet)

*Fruit Choices:*     *Choose One*  
½ apple  
½ pear  
¼ medium banana  
½ cup [75 g] berries (strawberries, blueberries, raspberries, blackberries)  
½ cup [75 g] fresh pineapple

*Carb Choices:*     1 slice Sprouted Grain, Rice or Spelt Bread  
½ Sprouted Grain, Rice or Spelt Roll  
1/3 cup [78 g] dry slow cooked oats (made with water)

*Examples:*         1 egg + 3 whites  
1 cup [130 g] spinach, asparagus and tomatoes  
1/3 cup [78 g] oats (made with water and cinnamon)  
½ apple (sliced and added to oatmeal)

3 Tbsp [45 g] Hummus  
½ medium tomato  
1 slice sprouted grain bread  
½ pear

1 chicken sausage  
1 cup [30 g] spinach  
½ Roll (mini breakfast sandwich)  
1 cup [150 g] fresh pineapple

## **Snack #1 (10-11am)**

*Protein Choices:*     *Choose One*  
2 Tbsp [28 g] Natural, Raw Almond Butter (V)  
1 oz [28 g] Raw Almonds (V)  
1 oz [28 g] Raw Walnuts (V)  
1 oz [28 g] Macadamia nuts (V)  
1 oz [28 g] Raw Pecans (V)  
1 oz [28 g] Raw Pumpkin Seeds (V)  
1 oz [28 g] Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz [57 g] turkey (dark or white) or chicken (dark or white)  
1 Chicken Sausage

*Vegetable Choices:* *Choose One*  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup [90 g] broccoli or cauliflower

*Fruit Choices:*     *Choose One*  
1 apple  
1 pear  
1 cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)

*Examples:*           2 Tbsp [28 g] Almond Butter  
                          Celery Sticks  
                          1 small green apple  
  
                          2 hard boiled eggs  
                          ½ yellow pepper  
                          1 cup [150 g] blueberries  
  
                          1 oz [28 g] raw walnuts  
                          6 baby carrots  
                          1 cup [150 g] raspberries

## **Snack #2 (3-4pm)**

*Protein Choices: Choose One*  
2 Tbsp [28 g] Natural, Raw Almond Butter  
1 oz [28 g] Raw Almonds  
1 oz [28 g] Raw Walnuts  
1 oz [28 g] Macadamia nuts  
1 oz [28 g] Raw Pecans  
1 oz [28 g] Raw Pumpkin Seeds  
1 oz [28 g] Raw Sunflower Seeds  
2 hard boiled eggs  
2 oz [57 g] turkey (dark or white) or chicken (dark or white)  
1 Chicken Sausage

*Vegetable Choices: Choose One*  
Celery Sticks  
10 Baby Carrots  
1 sliced red, yellow, or green pepper  
1 large sliced tomato  
2 cups [180 g] broccoli or cauliflower

*Examples:*  
1 chicken sausage  
1 large sliced tomato  
  
2 hard boiled eggs  
1 yellow pepper  
  
1 oz [28 g] raw macadamia nuts  
10 baby carrots

## **Lunch (1-2pm)**

*Protein Choices:*     *Choose One*  
3-4 oz [84-112 g] chicken (dark or white meat)  
3-4 oz [84-112 g] turkey (dark or white meat)  
3-4 oz [84-112 g] fish (tuna only 1 time per week)  
2-3 oz [57-84 g] beef (lean varieties)  
1 cup [76 g] cooked beans or lentils (V) \*  
½ cup [113 g] cottage cheese (V)

*Carb Choices:*       *Choose One*  
½ cup [98 g] cooked brown rice  
½ cup [87 g] cooked millet  
½ cup [93 g] cooked quinoa  
½ cup or 4 oz [113 g] cooked sweet potato  
½ cup [38 g] cooked beans (any variety) \*

*Vegetable Choices:* *Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Dressing:*            Raw Apple Cider Vinegar  
2 tsps [10 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:*

3 oz [84 g] grilled chicken (white or dark)  
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
½ cup [76 g] garbanzo beans added to the salad  
Apple Cider Vinegar and 2 tsp [10 mL] flaxseed oil as dressing

3 oz [84 g] salmon  
Over sautéed spinach  
4 oz [113 g] sweet potato  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

½ cup [113 g] cottage cheese  
4 oz [113 g] sweet potato  
1 cup [100 g] cooked broccoli  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

2 oz [57 g] beef  
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)  
Over ½ cup [98 g] brown rice  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

## **Dinner (6-7pm)**

*Protein Choices: Choose One*  
4-5 oz [112-142 g] chicken (dark or white meat)  
4-5 oz [112-142 g] turkey (dark or white meat)  
4-5 oz [112-142 g] fish (tuna only 1 time per week)  
3-4 oz [112-142 g] beef (lean varieties)  
1 cup [76 g] cooked beans or lentils (V)  
½ cup [113 g] cottage cheese (V)

*Over a salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Vegetable Choices: Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Dressing:*  
Apple Cider Vinegar  
1 Tbsp [15 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:*  
4 oz [112 g] grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
Apple Cider Vinegar and 1 Tbsp [15 mL] flaxseed oil as dressing  
  
1 cup [76 g] cooked garbanzo beans made into a veggie burger  
Over sautéed spinach  
Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil  
  
3 oz [84 g] beef burger  
Over sautéed spinach  
Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil

**Notes:**

1. Sprouted grain breads can be found at most health food stores and online. Some great brands are Food for Life Ezekiel bread and Manna bread. If you are not able to find these, you can also purchase bread that is made from rice or spelt.
2. Allowable spices: Celtic Sea Salt, all spices, wheat free soy sauce, wheat free tamari
3. \* If you choose beans as your protein choice, do not choose it as your carbohydrate choice as well.
4. Supplements: 1 Omega 3 capsule with lunch and 1 with dinner.

## Meal Plan – Week 6

### Breakfast (7-8am)

*Protein Choices: Choose One*

- 1 egg + 3 whites
- 2 whole organic eggs
- 3 slices nitrate/nitrite free turkey, beef or pork bacon
- 2 nitrate/nitrite free turkey or chicken breakfast sausages
- 2-3 oz [57-84 g] leftover meat (beef, poultry, pork, fish) from the night before
- 1 Chicken sausage
- 2 slices nitrate/nitrite free Canadian Bacon
- 3 Tbsp [45 g] Hummus (V)
- ½ cup [113 g] cottage cheese (V)
- 2 Tbsp [28 g] Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices: Choose One*

- 1 cup [90 g] cooked broccoli
- 1 cup [100 g] cooked cauliflower
- 1 cup [180 g] sautéed spinach
- 1 cup [135 g] steamed asparagus
- 1 cup [150 g] red, yellow, or green peppers
- ½ medium tomato
- (or 1 cup combination of any of the above.
- Ex. 1 cup peppers, tomato, and spinach in an omelet)

*Fruit Choices: Choose One*

- ½ apple
- ½ pear
- ¼ medium banana
- ½ cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)
- ½ cup [150 g] fresh pineapple

*Carb Choices:*

- 1 slice Sprouted Grain or Rice Bread
- ½ Sprouted Grain or Rice Roll
- 1/3 cup [78 g] dry slow cooked oats (made with water)

*Examples:*

- 1 egg + 3 whites
- 1 cup [130 g] spinach, asparagus and tomatoes
- 1/3 cup [78 g] oats (made with water and cinnamon)
- ½ apple (sliced and added to oatmeal)
  
- 2 Tbsp [28 g] raw almond butter
- 1/3 cup [78 g] oats (made with water, add almond butter to oatmeal)
- ½ cup [75 g] berries to be added to oatmeal
- 1 cup [150 g] raw peppers
  
- 1 chicken sausage
- 1 cup [30 g] spinach
- ½ Roll (mini breakfast sandwich)
- 1 cup [150 g] fresh pineapple

## **Snack #1 (10-11am) and Snack #2 (3-4pm)**

*Protein Choices:*     *Choose One*  
2 Tbsp [28 g] Natural, Raw Almond Butter (V)  
1 oz [28 g] Raw Almonds (V)  
1 oz [28 g] Raw Walnuts (V)  
1 oz [28 g] Macadamia nuts (V)  
1 oz [28 g] Raw Pecans (V)  
1 oz [28 g] Raw Pumpkin Seeds (V)  
1 oz [28 g] Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz [57 g] turkey (dark or white) or chicken (dark or white)  
1 Chicken Sausage

*Vegetable Choices:* *Choose One*  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup [90 g] broccoli or cauliflower

*Fruit Choices:*     *Choose One*  
1 apple  
1 pear  
1 cup [150 g] berries (strawberries, blueberries, raspberries, blackberries)

*Examples:*           2 Tbsp [28 g] Almond Butter  
                          Celery Sticks  
                          1 small green apple  
  
                          2 hard boiled eggs  
                          ½ yellow pepper  
                          1 cup [150 g] blueberries  
  
                          1 oz [28 g] raw walnuts  
                          6 baby carrots  
                          1 cup [150 g] raspberries

## Lunch (1-2pm)

*Protein Choices:*     *Choose One*  
3-4 oz [84-112 g] chicken (dark or white meat)  
3-4 oz [84-112 g] turkey (dark or white meat)  
3-4 oz [84-112 g] fish (tuna only 1 time per week)  
2-3 oz [57-84 g] beef (lean varieties)  
1 cup [76 g] cooked beans or lentils (V) \*  
½ cup [113 g] cottage cheese (V)

*Carb Choices:*       *Choose One*  
½ cup [98 g] cooked brown rice  
½ cup [87 g] cooked millet  
½ cup [93 g] cooked quinoa  
½ cup or 4 oz [113 g] cooked sweet potato  
½ cup [38 g] cooked beans (any variety) \*

*Vegetable Choices:* *Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Dressing:*            Raw Apple Cider Vinegar  
2 tsp [10 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:*            3 oz [84 g] grilled chicken (white or dark)  
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
½ cup [38 g] garbanzo beans added to the salad  
Apple Cider Vinegar and 2 tsp [10 mL] flaxseed oil as dressing

1 cup [38 g] cooked lentils (used to make a soup)  
1 cup [30 g] spinach (added to soup)  
½ cup [98 g] cooked brown rice (added to soup)  
2 tsp [10 mL] extra virgin olive oil (added to soup)

3 oz [84 g] salmon  
Over sautéed spinach  
4 oz [113 g] sweet potato  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

2 oz [57 g] beef  
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)  
Over ½ cup [98 g] brown rice  
Salad on side with apple cider vinegar and 2 tsp [10 mL] extra virgin olive oil

## **Dinner (6-7pm)**

*Protein Choices: Choose One*  
4-5 oz [112-142 g] chicken (dark or white meat)  
4-5 oz [112-142 g] turkey (dark or white meat)  
4-5 oz [112-142 g] fish (tuna only 1 time per week)  
3-4 oz [84-112 g] beef (lean varieties)  
1 cup [76 g] cooked beans or lentils (V)  
½ cup [113 g] cottage cheese (V)

*Over a salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Vegetable Choices: Choose One*  
1 cup [90 g] cooked broccoli  
1 cup [100 g] cooked cauliflower  
1 cup [180 g] sautéed spinach  
1 cup [135 g] steamed asparagus

*Dressing:*  
Apple Cider Vinegar  
1 Tbsp [15 mL] Extra Virgin Olive Oil or Flax Seed Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:*  
4 oz [112 g] grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup [135 g] asparagus added to the salad or on the side  
Apple Cider Vinegar and 1 Tbsp [15 mL] flaxseed oil as dressing  
  
1 cup [76 g] beans (used to make vegetable chili)  
1 cup [95 g] combination broccoli and cauliflower (added to chili)  
½ cup [120 g] chopped tomatoes (for chili)  
Over a large salad made up of Romaine lettuce, cucumbers and celery  
Apple Cider Vinegar and 1 Tbsp [15 mL] flaxseed oil as dressing  
  
3 oz [84 g] beef burger  
Over sautéed spinach  
Salad on side with apple cider vinegar and 1 Tbsp [15 mL] extra virgin olive oil

**Notes:**

1. Drink  $\frac{1}{2}$  of your bodyweight in ounces of water.
2. Only use Celtic Sea Salt for all of your salt needs.
3. All spices are ok.
4. Soy sauce and Tamari should be labeled "wheat free"
5. \* If you choose beans as your protein choice, do not choose it as your carbohydrate choice as well.
6. 1 capsule of Omega 3 supplement with lunch and dinner.

## *Shopping List*

The following are a few food shopping basics to help you get started on your Quick Start Plan. For a more detailed and thorough shopping guide, please refer to your **Beyond Diet Shopping List**.

### **Bread**

The best bread to use is sprouted whole grain bread. If you do not have access to sprouted grain bread, you can also choose rice bread or spelt bread. Here are a few brands that I have found to be good choices. Sources include health food stores (often in the freezer section) and the following:

- Food for Life brand's Ezekiel 4:9 organic sprouted whole grain products (<http://go.beyonddiet.com/getbread>)
- Manna bread
- Trader Joe's
- Whole Foods Market

### **Dairy**



Choose raw organic dairy products. The following Web sites provide information about obtaining raw organic dairy products in the United States:

#### **A Campaign for Real Milk**

(<http://go.beyonddiet.com/getrealmilk>)

#### **Organic Pastures**

(<http://go.beyonddiet.com/getorganicpastures>)

#### **The Weston A. Price Foundation**

(<http://go.beyonddiet.com/westonpricefoundation>)

## Meats, Poultry and Fish

All of the animal protein you choose should be hormone- and antibiotic-free, organic, and preferably grass-fed. Sources include local health food stores, many supermarkets and the following:



**U.S. Wellness Meats** (<http://go.beyonddiet.com/getgrasslandmeats>)



**Vital Choice** (<http://go.beyonddiet.com/shopvitalchoice>)

## Nut Butter

Choose nut butters (e.g., almond, walnut, cashew, or macadamia nut) made from raw (not roasted) organic nuts. Sources include local health food stores and the following:



**Vivapura** (<http://go.beyonddiet.com/getvivapura>)

## Oil

For high-heat cooking, **coconut oil** is your best choice. It should be certified organic, unrefined, no chemicals (including hexane) added, unbleached, not deodorized, not hydrogenated, made from traditional coconut palms only (no GMO varieties), and cold-pressed (no heat used in the extraction process). Sources include local health food stores and the following:



**Vivapura** (<http://go.beyonddiet.com/getvivapura>)



**Nutiva** (<http://go.beyonddiet.com/getnutiva>)

For medium-heat cooking (sautéing) and use straight from the bottle (on salads and cooked foods), choose organic extra-virgin **olive oil**. It should be cold-pressed, cloudy (unrefined), and sold in a dark bottle. Sources include local health food stores and the following:



**Vital Choice** (<http://go.beyonddiet.com/shopvitalchoice>)

## Omega-3 Supplements



**Cod liver oil** should be taken in the winter because of its higher vitamin D content. (Although our bodies synthesize vitamin D from the sun's ultraviolet rays, sun exposure typically is insufficient during the winter.) The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle.

**Fish oil** should be taken in the summer because of its lower vitamin D content. The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle, or 1 milliliter for every 10 pounds of body weight (1 teaspoon = 5 milliliters).

**Krill Oil** has been found to have much better absorption in the body than many fish oils. It is extremely high in Omega 3 fats and in antioxidants.

The following brands, available at local health stores and online, are tested by independent laboratories for the absence of heavy metals:

**Krill Oil** (<http://go.beyonddiet.com/getkrilloil>)



**Sockeye Salmon Oil softgels** (<http://go.beyonddiet.com/getfishoil>)

**30% Off Any Prograde Product Purchase**

**SALE!**

**pro/grade®**

**Applies to first purchase only**

Coupon Code: **dsp30**

Not to be combined with any other offer

Enter this code above in the shopping cart to receive discount



## Salt

Choose pure unrefined sea salt with no additives, preferably Celtic sea salt. Sources include local health food stores and the following:



(<http://go.beyonddiet.com/getcelticseasalt>)

## Stevia

Many stevia formulations are available (e.g., liquid, powder, powder plus inulin fiber). The liquid extract is ideal for all beverages, and the powders are ideal for baking. Powders are suitable for use in hot liquid but may not dissolve in cold liquids. Read packages to determine which product is right for you and the correct amounts to use in recipes. Sources include local health food stores and the following:



(<http://go.beyonddiet.com/getsteviva>)

## Water Filtration Systems

Our bodies absorb water not only from food and drink but also through the skin, the body's largest organ. You should filter water for bathing as well as for drinking and cooking (i.e., at the kitchen sink). A whole-house filtration system takes care of this and more; it is installed where the main water line enters the home and filters the water before it flows throughout your plumbing system.

A good online resource is the following:



Sun Water Systems (<http://go.beyonddiet.com/getaquasana>) sells Aquasana brand products for kitchen, bathroom, and whole-house water filtration as well as glass bottles for water storage – best news here is that we talked with Sun Water Systems and they are willing to give Beyond Diet customers a **10% discount** using the link above.

\*\*\*Remember the latest items that I have personally approved will all be on the shopping list here:

<http://www.beyonddiet.com/Members/Categories/Shopping-List>

Quick Start Printable Shopping List - Week 1

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total	Buy Online
<b>Breakfast</b>	<b>Protein</b>	Eggs								
		Bacon								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Sausage								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Cottage Cheese								
		Hummus								
		Nut Butter								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
	<b>Veggie</b>	Broccoli								
		Cauliflower								
		Spinach								
		Asparagus								
	<b>Fruit</b>	Apple								
		Banana								
		Berries								
Pear										
<b>Morning Snack</b>	<b>Protein</b>	Almond Butter								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Almonds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Walnuts								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Pumpkin Seeds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Sunflower Seeds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Hard Boiled Eggs								
		Turkey Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Chicken Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
	<b>Veggie</b>	Celery Sticks								
		Baby Carrots								
		Peppers (Any Color)								
		Broccoli								
		Cauliflower								
	<b>Fruit</b>	Apple								
		Strawberries								
Blueberries										
<b>Lunch</b>	<b>Protein</b>	Chicken (dark or white meat)								
		Turkey (dark or white meat)								
		Fish (tuna only 1 time a week)								
		Beef (lean)								
		Beans or Lentils								
		Cottage Cheese								
	<b>Salad</b>	Celery								
		Peppers (any color)								

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total	Buy Online	
<b>Lunch</b>	<b>Salad</b>	Cucumbers									
		Lettuce									
		Apple Cider Vinegar								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
		Extra Virgin Olive Oil								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
<b>Afternoon Snack</b>	<b>Protein</b>	Almond Butter								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
		Raw Almonds								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
		Raw Walnuts								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
		Raw Pumpkin Seeds								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
		Raw Sunflower Seeds								<a href="http://go.beyonddiet.com/trufoodsmkt">go.beyonddiet.com/trufoodsmkt</a>	
		Hard Boiled Eggs									
	Turkey Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>		
	Chicken Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>		
	<b>Veggie</b>	Celery Sticks									
		Baby Carrots									
		Peppers (red, yellow or green)									
		Broccoli									
		Cauliflower									
	<b>Fruit</b>	Apple									
		Strawberries									
		Blueberries									
	<b>Dinner</b>	<b>Protein</b>	Chicken (dark or white meat)								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
			Turkey (dark or white meat)								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
			Fish (tuna only 1 time a week)								<a href="http://go.beyonddiet.com/vitalchoicorganics">go.beyonddiet.com/vitalchoicorganics</a>
Beef (lean)										<a href="http://go.beyonddiet.com/grasslandmeats">go.beyonddiet.com/grasslandmeats</a>	
Beans or Lentils										<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>	
Cottage Cheese											
<b>Salad &amp; Dressing</b>		Celery									
		Peppers (any color)									
		Cucumbers									
		Tomatoes									
		Lettuce									
		Apple Cider Vinegar								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>	
		Extra Virgin Olive Oil								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>	

## Quick Start Printable Shopping List - Week 2

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total	Buy Online
<b>Breakfast</b>	<b>Protein</b>	Eggs								
		Bacon								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Sausage								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Cottage Cheese								
		Hummus								
		Nut Butter								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
	<b>Veggie</b>	Broccoli								
		Cauliflower								
		Spinach								
		Asparagus								
	<b>Fat</b>	Avocado								
		Flax Seed Oil								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Extra Virgin Olive Oil								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
<b>Morning Snack</b>	<b>Protein</b>	Almond Butter								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Almonds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Walnuts								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Pumpkin Seeds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Sunflower Seeds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Hard Boiled Eggs								
		Turkey Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Chicken Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
	<b>Veggie</b>	Celery Sticks								
		Baby Carrots								
		Peppers (Any Color)								
		Tomato								
		Broccoli								
Cauliflower										
<b>Lunch</b>	<b>Protein</b>	Chicken (dark or white meat)								
		Turkey (dark or white meat)								
		Fish (tuna only 1 time a week)								
		Beef (lean)								
		Beans / Lentils								
		Cottage Cheese								
	<b>Salad &amp; Dressing</b>	Celery								
		Peppers (any color)								
		Cucumbers								
		Tomatoes								
		Lutuce								

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total	Buy Online
<b>Lunch Cont'd</b>	<b>Salad</b>	Apple Cider Vinegar								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Extra Virgin Olive Oil or Flax Seed Oil								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
	<b>Protein</b>	Broccoli								
		Cauliflower								
		Spinach								
Asparagus									<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>	
<b>Afternoon Snack</b>	<b>Protein</b>	Almond Butter								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Almonds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Walnuts								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Pumpkin Seeds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Raw Sunflower Seeds								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Hard Boiled Eggs								
		Turkey Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Chicken Breast								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
	<b>Veggie</b>	Celery Sticks								
		Baby Carrots								
		Peppers (any color)								
		Tomato								
		Broccoli								
		Cauliflower								
<b>Dinner</b>	<b>Protein</b>	Chicken (dark or white meat)								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Turkey (dark or white meat)								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Fish (tuna only 1 time a week)								<a href="http://go.beyonddiet.com/vitalchoiceorganics">go.beyonddiet.com/vitalchoiceorganics</a>
		Beef (lean)								<a href="http://go.beyonddiet.com/grasslandmeatsqs">go.beyonddiet.com/grasslandmeatsqs</a>
		Cottage Cheese								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
	<b>Salad &amp; Dressing</b>	Celery								
		Peppers (any color)								
		Cucumbers								
		Tomatoes								
		Lettuce								
		Apple Cider Vinegar								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
		Extra Virgin Olive Oil / Flax Seed Oil								<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>
	<b>Veggie</b>	Broccoli								
		Cauliflower								
		Spinach								
Asparagus									<a href="http://go.beyonddiet.com/truefoodsmkt">go.beyonddiet.com/truefoodsmkt</a>	