

# Ultimate Weight Loss Protocol

## 1100 Calorie Program

Week 1

HEALTH  SHEPHERDS  
Claiming the Good Health Within

Welcome to Week 1 of our 9-Week Nutrition Program!

For those of you looking for a structured approach to transition your eating habits and weight loss, our 9-week programs are an evidence-based approach for accomplishing this. I encourage you to review the material in the book, *Authentic Health*, prior to starting either the 800-calorie or 1100-calorie program as the book will help provide a lot of background information that will help facilitate success. You will need to understand the concepts of metabolic flexibility, food sourcing, mindfulness of eating, hunger management, and the principles of fasting.

The more you understand how your body works, the more success you will have with the program.

Both programs are 9-week low calorie programs. One is a very low calorie program at 800 calories per day and one is moderate at 1100 calories per day. We do not suggest that people stay on a low-calorie diet past twelve weeks. The reasons for this are explained in depth in *Authentic Health*.

In summary, sustained low-calorie diets will eventually lead to your body down-regulating back to your metabolic rate and increasing hunger. The body will try to regulate back to your original weight.

Our program develops metabolic flexibility because it reduces carbohydrates intake and lowers total caloric intake so your body has to generate energy from stored fuel. This should facilitate the process of fat adaptation, where you begin to use your stored fat as a fuel source. These programs are not necessarily ketogenic but practice the concepts of ketosis.

For more info about ketogenic diets, please see our free download on Ketogenic Diets explaining this in more detail.

### Why You Need a 9-Week Program

These programs eliminate junk foods, processed foods, fast food, and sugar intake. For long term healthy eating and healthy weight, these are necessary. In addition to metabolic flexibility, we emphasize food sourcing. Use oils sourced from reputable vendors, organic produce, pasture-raised & naturally-fed animal protein and wild-caught fish. We don't just want to promote metabolic flexibility, but also lower inflammation. Food sourcing helps achieve this.

We want you to get proper nutrients. Our 9-week plan includes plenty of vegetables which will provide a spectrum of necessary nutrients. We also recommend a high quality multivitamin, such as Thorne, to take daily. I recommend at least 4000 units of Vitamin D plus K2 daily. Adding natural fiber supplements to your diet will increase the raw fiber intake. Fiber is a key ingredient to healthy eating. Stay well hydrated on fresh, clean water.

If you need help dealing with hunger, see our free download PDF on hunger, which will provide some helpful strategies. If you complete our program, you will be able to manage your own hunger successfully.

For condiments, we do not recommend processed. There are companies that produce great condiments that are made from whole foods and without artificial ingredients. I recommend Primal Kitchen for items such as mayo, salad dressings, condiments and dips. I also recommend Thrive Market as an online vendor of healthy well-sourced foods.

If you slip up, don't worry about it. Simply start again. There is no right or wrong, it's just a journey. If you make an effort, you'll succeed a little each day with your overall approach. Make it work for you. You can alternate the 800- and 1100-calorie plans. You can also follow intermittent fasting outlined in *Authentic Health* or online at our website.

Don't forget the importance of maintaining stress, playing in movement and getting a good night's sleep. These will contribute to your overall success.

If you have helpful comments or strategies, please visit our Facebook page and share your thoughts and strategies that may help others on this journey.

# Maximum Weight Loss Protocol

## 1100 Calories - *Detox*

Week 1  
Day 1

### Breakfast

Calories 213
Fat 13g
Carbs 5g
Protein 9g

2 eggs  
1 cup spinach  
1 cup sliced mushrooms  
2 Tbsp parmesan cheese  
1 tsp organic coconut oil  
or grass-fed butter

Prepare eggs any way you like (i.e., scrambled, hard boiled for salad, or omelet). Spinach and mushrooms may be sauteed or eaten raw as salad.

### Lunch

Calories 216
Fat 7g
Carbs 8g
Protein 29g

4 oz steamed shrimp (fresh or frozen)  
1 cup sliced zucchini  
1 oz crumbled feta cheese  
1 tsp organic coconut oil  
or grass-fed butter

Saute or steam zucchini, toss with shrimp and feta for warm salad.

### Dinner

Calories 380
Fat 9g
Carbs 41g
Protein 35g

4 oz boneless skinless chicken breast, cooked  
1 cup green beans  
1 cup shredded radicchio (or red cabbage)  
1/2 cup cooked quinoa  
1 tsp organic virgin olive oil

Roast green beans on foil covered pan in 400 degree oven for 15-20 minutes (until starting to brown), toss while hot with radicchio, oil and quinoa, serve with chicken.

### Snacks

Calories 289
Fat 15g
Carbs 21g
Protein 22g

**Snack 1**  
22 almonds, raw or dry-roasted  
**Snack 2**  
1/2 cup organic blueberries (fresh or frozen)  
6 oz low fat Greek yogurt

#### Other

Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol Detox

Week 1  
Day 2

## Breakfast

Calories
Fat (g)
Carbs (g)
Protein (g)

2 eggs  
1 cup sliced mushrooms  
1 cup spinach  
1 tsp organic virgin olive oil

Prepare eggs any way you like (i.e., scrambled, hard boiled, or omelet) or make into frittata (see recipe).

*Cal 210, Fat 15g, Carb 5g, Prot 16g*

## Lunch

Calories
Fat (g)
Carbs (g)
Protein (g)

4 oz boneless, skinless, chicken breast, cubed  
2 cups lettuce, romaine, torn  
1 oz feta cheese, crumbled  
1 cup cherry tomatoes  
2 Tbsp vinaigrette

Chicken may be broiled, grilled, or baked. Combine for salad, toss with dressing. (See homemade dressing recipe)

*Cal 267, Fat 16g, Carb 4g, Prot 26g*

## Dinner

Calories
Fat (g)
Carbs (g)
Protein (g)

4 oz flank steak, grilled or broiled  
1 cup onions, sliced  
1 cup bell peppers, sliced  
1 tsp organic virgin olive oil  
1 small corn tortilla

Coat pan on medium-high with oil, saute onions and peppers until softened. Serve with thinly cut flank steak.

*Cal 340, Fat 14g, Carb 27g, Prot 27g*

## Snacks

Calories
Fat (g)
Carbs (g)
Protein (g)

**Snack 1**  
22 dry roasted almonds

**Snack 2**  
2 Tbsp hummus with  
1 cup red bell pepper

### Other

Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

*Cal 287, Fat 21g, Carb 19g, Prot 12g*

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol *Detox*

Week 1  
Day 3

## Breakfast

Calories 247

Fat 16g

Carbs 4g

Protein 22g

2 eggs  
1 cup sliced mushrooms  
4 Tbsp arnesan cheese  
1 tsp organic coconut oil  
or grass-fed butter

Prepare eggs any way you like (i.e., scrambled, hard boiled, or omelet).  
Mushrooms may be sauteed in oil or butter.

## Lunch

Calories 347

Fat 10g

Carbs 37g

Protein 28g

4 oz flank steak (left over from day 2)  
1/2 cup bell pepper, sliced  
1/2 cup onions, sliced  
1/4 cup salsa  
2 small corn tortillas

Use leftovers from dinner last night to create tacos.

## Dinner

Calories 279

Fat 14g

Carbs 8g

Protein 30g

4 oz salmon fillet  
2 Tbsp soy sauce  
1 cup red cabbage, shredded  
1/4 cup carrot, grated  
1 tsp organic coconut oil  
or grass-fed butter  
2 Tbsp rice wine or red wine vinegar

See recipe page for instructions on soy roasted salmon with Asian slaw. Plan to make more and use left over salmon and slaw tomorrow.

## Snacks

Calories 241

Fat 18g

Carbs 15g

Protein 9g

### Snack 1

22 almonds, raw or dry-roasted

### Snack 2

2 Tbsp hummus with 1 cup sliced red bell peppers

### Other

Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol *Detox*

Week 1  
Day 4

## Breakfast

Calories 303

Fat 8g

Carbs 44g

Protein 18g

1/2 cup organic blueberries  
1/2 c. organic steel-cut oats  
1/2 greek yogurt, non-fat,  
plain  
2 Tbsp ground flaxseed

Place oatmeal and berries in bowl, cover with boiling water, microwave for 1 minute on high. Stir in flaxseed and yogurt.

## Lunch

Calories 292

Fat 14g

Carbs 9g

Protein 32g

4 oz salmon fillet  
1 cup sliced red peppers  
3 cups fresh spinach  
1 Tbsp vinaigrette

Salmon left over from the night before either reheated and serve with salad, or flaked cold over salad.

## Dinner

Calories 197

Fat 6g

Carbs 8g

Protein 27g

4 oz boneless skinless chicken breast  
Asian cole slaw (left over from night before)

Cook chicken as desired, serve with slaw.

*Cal 197, Fat 6g, Carb 8g, Prot 27g*

## Snacks

Calories 234

Fat 15g

Carbs 14g

Protein 16g

**Snack 1**  
22 almonds, raw or dry-roasted  
**Snack 2**  
3 oz Primal Kitchen Ranch Dressing  
1 cup broccoli or cauliflower

### Other

Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

*Cal 234, Fat 15g, Carb 14g, Prot 16g*

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol

## *Detox*

Week 1  
Day 5

### Breakfast

Calories 222

Fat 5g

Carbs 25g

Protein 23g

1/2 cup organic blueberries  
1/2 cup grass-fed low-fat milk  
6 oz greek yogurt, non-fat,  
plain  
2 Tbsp ground flaxseed

Put all ingredients in blender for smoothie. May sub non-fat plain yogurt for greek yogurt, but increases carbs and decreases protein for meal.

### Lunch

Calories 226

Fat 9g

Carbs 8g

Protein 29g

4 oz boneless, skinless  
chicken breast, cooked  
2 cups lettuce (not iceberg)  
2 Tbsp organic ranch dressing  
2 Tbsp salsa (no sugar)  
1/2 cup salad vegetables

Recommend a whole-foods sourced ranch dressing. Mix ranch and salsa together, slice chicken, add lettuce and other vegetables (cucumber, bell pepper, etc) and toss.

### Dinner

Calories 363

Fat 12g

Carbs 32g

Protein 34g

4 oz boneless, skinless  
chicken breast  
1 cup broccoli  
1/2 cup snow peas  
1 cup napa cabbage  
2 tsp organic coconut oil  
or grass-fed butter  
1/2 cup cooked brown rice

See recipe at end of packet for stir fry.

### Snacks

Calories 244

Fat 15g

Carbs 17g

Protein 16g

**Snack 1**  
22 almonds, raw or dry-roasted  
**Snack 2**  
3 oz Primal Kitchen Ranch Dressing  
1 cup cauliflower

#### Other

Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol Detox

Week 1  
Day 6

## Breakfast

Calories 198

Fat 6g

Carbs 28g

Protein 14g

1 egg  
1/2 cup canned black beans,  
rinsed  
1/4 cup salsa  
1 tsp organic coconut oil  
or grass-fed butter

Prepare eggs any way you like (i.e., scrambled, hard boiled, or omelet).  
May be wrapped in lettuce leaf for "taco."

## Lunch

Calories 236

Fat 13g

Carbs 13g

Protein 22g

3 oz chunk light tuna in water  
1/2 cup green beans (cooked)  
4 large black olives, sliced  
2 cups lettuce, romaine, torn  
2 Tbsp vinaigrette

Combine and toss with dressing.

## Dinner

Calories 442

Fat 16g

Carbs 38g

Protein 38g

4 oz boneless, skinless  
chicken breast  
1 cup broccoli (fresh or  
frozen)  
2 Tbsp slivered almonds  
1 tsp organic virgin olive oil  
1/2 cup cooked quinoa

Heat oil in pan on medium-high, cook chicken 3-4 minutes on each side or until cooked through. Remove chicken, add broccoli and saute until tender, top with almonds. Serve with quinoa.

## Snacks

Calories 244

Fat 15g

Carbs 17g

Protein 16g

**Snack 1**  
22 dry roasted almonds

**Snack 2**  
3 oz greek yogurt mixed with  
1 tsp packaged ranch mix  
1 cup cauliflower

### Other

Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol Detox

Week 1  
Day 7

## Breakfast

Calories 235

Fat 6g

Carbs 33g

Protein 18g

1 cup Greek yogurt  
1 c. organic blueberries  
1/2 c. grass-fed low-fat milk  
1 Tbsp ground flaxseed

Combine in blender and process until smooth.

*Cal 235, Fat 6g, Carb 33g, Prot 18g*

## Lunch

Calories 221

Fat 11g

Carbs 21g

Protein 14g

1 black bean or veggie burger patty  
2 c. romaine lettuce, torn  
1/2 c. cucumber  
2 Tbsp organic ranch dressing  
2 Tbsp salsa

Cook patty per package direction, cut into strips or chunks, mix salsa and ranch and toss with rest of ingredients as salad.

## Dinner

Calories 318

Fat 14g

Carbs 10g

Protein 38g

4 oz pork loin or tenderloin, sliced  
1 cup broccoli, fresh  
1/2 c snow peas  
1 c napa cabbage, shredded  
1 tsp organic coconut oil or grass-fed butter

Coat pan on medium-high with oil or butter, stir fry pork until cooked through, add broccoli then snow peas, then cabbage and any flavorings (see recipes for stir fry sauce).

## Snacks

Calories 204

Fat 8g

Carbs 18g

Protein 18g

**Snack 1**  
22 almonds, dry roasted  
**Snack 2**  
4 Tbsp hummus with 1 cup sliced red bell pepper

**Other**  
Tea or coffee. You may add 1 tsp of organic whole creamer and/or up to 2 servings of sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

# Maximum Weight Loss Protocol

## *Detox*

# Week 1 Recipes

**Homemade Vinaigrette** - making your own allows you to control all the ingredients and this will keep well in the fridge for a few weeks

1/3 cup organic virgin olive oil  
1/3 cup red wine vinegar  
1/3 cup water  
1 Tbsp dijon mustard

Whisk mustard, water and vinegar together, slowly drizzle in oil while whisking. Keep in bottle with top to allow you to shake before each use.

**Frittata** - think of it as a crustless quiche and a great way to get veggies in the morning (and use up any left over vegetables)

Coat small non-stick skillet with organic coconut oil or grass-fed butter and heat on medium, beat eggs in bowl with any seasoning. Saute any vegetables until softened, pour eggs over top and cover (any pot lid, does not have to fit tightly). Cook for 5 minutes or until eggs cooked through (will vary based on size of pan and number of eggs used). You can place under broiler to help finish top if pan is oven-safe.

**Stir Fry Sauce** - Great to toss on vegetables and any meat especially chicken and shrimp. This is for individual portion but can easily be multiplied.

1/2 Tbsp grated ginger  
1 Tbsp soy sauce  
1 Tbsp rice wine vinegar

Heat pan to medium high, add organic coconut oil or grass-fed butter. Add meat and saute until done. Add vegetables and stir fry until softened, briefly add ginger to saute (30 seconds), turn off heat, add soy and vinegar and toss.