

## *Detox*

Welcome to Week 2!

Instructions - Another week's worth of meals are in this packet. Please follow them as closely as possible and recalculate information for any changes you make. Each week we would like to introduce healthy foods that you may not have tried along with examples of healthy recipes. This week: meet Kale!

- ◆ Kale is a hearty green that can be cooked in many different ways. Always wash thoroughly and cut out the thick stems before cooking. These greens can be sauteed (take a bit longer than softer greens like spinach). They also make a great addition to soups (doesn't fall apart like spinach, especially with leftovers). Our recipe this week is for kale "chips." They are crunchy and you can add any flavors or spices you want (garlic, chili powder, etc). They don't keep for too long, so make in smaller batches.

Each week we will also have a good health topic, everything from creating lifelong habits of healthy eating to exercise. This week we would like to focus on portion control. Are you measuring each of the ingredients in your meal? Do you really know how much 4 oz of chicken is by sight? Studies show that on average we underestimate our servings by about 30%! Invest in measuring cups and a small kitchen scale to help make sure you are getting accurate portions. Eventually we will transition to the plate method of portion control (it is hard to measure forever), but it is best to measure everything in the beginning.

# Maximum Weight Loss Protocol *Detox*

Week 2  
Day 1

## Breakfast

Calories 232

Fat 12g

Carbs 16g

Protein 18g

3 oz link chicken sausage  
2 c. kale, chard or spinach  
1 tsp organic coconut oil  
or grass-fed butter

Feel free to stick with an egg meal, but this provides a change of pace. See recipe at end of packet.

## Lunch

Calories 184

Fat 10g

Carbs 4g

Protein 20g

3 oz steamed shrimp  
2 c. spinach  
1/2 c. cucumber, sliced  
2 Tbsp vinaigrette

Toss as salad with shrimp whole or chopped.

## Dinner

Calories 434

Fat 15g

Carbs 32g

Protein 35

3 oz pork tenderloin  
1 c. asparagus, steamed or  
grilled  
1/4 c. roasted red bell pepper  
1 tsp. organic virgin olive oil  
1/2 c. cooked quinoa

See recipe at end for easy pork tenderloin. Serve with asparagus and roasted bell pepper (can find in jars packed in water or make your own).

## Snacks

Calories 211

Fat 13g

Carbs 18g

Protein 10g

### Snack 1

11 almonds, raw or dry-roasted

### Snack 2

4 Tbsp hummus with 1 cup kale chips (see recipe)

### 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 2  
Day 2

## Breakfast

Calories 222

Fat 6g

Carbs 32g

Protein 15g

1 cup organic blueberries  
1/2 cup grass-fed low-fat milk  
1/2 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 229

Fat 13g

Carb 4g

Protein 24g

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

Chicken may be broiled, grilled, or baked. Combine for salad, toss with dressing.

## Dinner

Calories 332

Fat 8g

Carbs 33g

Protein 32g

3 oz pork tenderloin, cut into  
bite sized pieces  
1 c. snow peas  
2 c. shredded napa cabbage  
or bok choy  
1/2 c. cooked brown rice  
Stir fry sauce from week 1

Follow stir fry instructions from week 1. You can use left over pork from last night (or chicken from lunch) and add at the end until heated through if more convenient.

## Snacks

Calories 211

Fat 13g

Carb 18g

Protein 10g

### Snack 1

11 almonds, raw or dry-roasted

### Snack 2

4 Tbsp hummus with 1 cup kale chips (see recipe)

### 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 2  
Day 3

### Breakfast

Calories 210

Fat 13g

Carbs 4g

Protein 19g

2 eggs  
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, or omelet).  
Mushrooms may be sauteed in oil or butter.

### Lunch

Calories 301

Fat 2g

Carbs 40g

Protein 30g

3 oz boneless, skinless chicken breast, cooked and cubed  
1/2 c. cooked black beans  
1/4 c. cooked brown rice  
2 large lettuce leaves  
1/2 c. salsa

Use lettuce leaves to make roll up with rice, beans, chicken and salsa.

### Dinner

Calories 287

Fat 13g

Carbs 9g

Protein 33g

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 Asian slaw from week 1.

### Snacks

Calories 287

Fat 21g

Carbs 19g

Protein 12g

**Snack 1**  
22 almonds, raw or dry-roasted

**Snack 2**  
4 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 2  
Day 4

### Breakfast

Calories 222

Fat 6g

Carbs 32g

Protein 15g

1/2 cup organic blueberries  
1/2 cup grass-fed low-fat milk  
1/2 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 316

Fat 18g

Carbs 5g

Protein 34g

4 oz salmon (from day 3)  
3 cups fresh spinach  
2 Tbsp vinaigrette  
1/2 sliced cucumber

Combine and toss with dressing.

### Dinner

Calories 313

Fat 7g

Carbs 32g

Protein 30g

4 oz boneless, skinless chicken breast  
1 serving Asian slaw (from day 3)  
1/2 c. cooked brown rice

Cook chicken as desired, serve with slaw.

### 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 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 2  
Day 5

## Breakfast

Calories 213

Fat 13g

Carbs 6g

Protein 17g

2 eggs  
2 Tbsp grated parmesan cheese or low-fat monterey jack  
1/4 cup salsa  
1 tsp organic coconut oil or grass-fed butter

See baked eggs recipe or prepare as a scramble.

## 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 208

Fat 6g

Carbs 16g

Protein 24g

4 oz boneless, skinless chicken breast  
1 cup asparagus, cut into bite sized pieces  
1 cup sliced onions  
1 c. sweet potato (1/2" thick)  
1 tsp organic virgin olive oil

Cook chicken as desired, see recipe for roasted vegetables and sweet potatoes.

## 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 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.)

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# Maximum Weight Loss Protocol *Detox*

Week 2  
Day 6

## Breakfast

Calories 171

Fat 10g

Carbs 5g

Protein 16g

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

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

## Lunch

Calories 269

Fat 16g

Carbs 5g

Protein 26g

4 oz boneless, skinless chicken breasts  
2 c. romaine lettuce  
1/2 oz feta cheese  
2 Tbsp vinaigrette  
2 sun dried tomatoes (NOT oil packed)

Soak tomatoes in hot water until soft. Chop finely and mix with vinaigrette. Toss with salad.

## Dinner

Calories 343

Fat 6g

Carbs 41g

Protein 32g

4 oz boneless, skinless chicken breast  
3/4 c. cubed sweet potato  
1 cup green beans  
1 cup radicchio, shredded  
1 tsp organic virgin olive oil  
1 Tbsp red wine vinegar

Roast sweet potatoes per yesterday's recipe. Roast green beans in 500-degree oven for 20 minutes until tender and slightly brown. Toss with radicchio, oil, and vinegar.

## Snacks

Calories 328

Fat 16g

Carbs 30g

Protein 22g

**Snack 1**  
22 dry roasted almonds

**Snack 2**  
6 oz greek yogurt, plain  
1 cup organic blueberries

### 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 2  
Day 7

## Breakfast

Calories 222

Fat 6g

Carbs 32g

Protein 15g

1 c. organic blueberries  
1/2 c. grass-fed low-fat milk  
1/2 c. plain greek fat free yogurt  
2 Tbsp. ground flaxseed

Put ingredients in a blender for a smoothie.

## Lunch

Calories 208

Fat 8g

Carbs 17g

Protein 22g

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 429

Fat 16g

Carbs 43g

Protein 34g

4 oz boneless skinless chicken breast, cubed  
2 cup broccoli, fresh or frozen  
2 Tbsp slivered almonds  
1 tsp. organic virgin olive oil  
1/2 c. 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.

## Snacks

Calories 213

Fat 13g

Carbs 18g

Protein 10g

**Snack 1**  
22 almonds, dry roasted  
**Snack 2**  
4 Tbsp hummus with 1 cup kale chips

### 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 2 Recipes

### **Sausage and Greens (Day1)**

Heat pan on medium high with coating of organic coconut oil or grass-fed butter. Cook sausage until cooked through (may need to cut in rounds or slice in half depending on thickness). Add greens and 1/4 cup chicken broth and cook until greens are tender. Each green has a different flavor and cooking time. Spinach will cook in less than a minute. Chard will take 1-2 minutes. Kale may take 5-10 minutes (always cut off the fibrous stems of kale). Try different greens until you find one that appeals to you.

### **Kale Chips (Day 1)**

Great way to get something crunchy and healthy. Remove thick stems from kale, rinse and then dry the leaves. Toss with salt and pepper (any seasoning if desired), lightly coat with organic coconut oil or grass-fed butter, and place on foil lined pan. Bake at 350 for 10-15 minutes until crisp but not burned.

### **Pork Tenderloin (Day 1)**

Heat oven to 400 degrees. Heat oil in oven safe saute pan on medium high. Brown tenderloin on all four sides (1-3 minutes each side). Place pan in oven (or transfer to baking pan if not oven safe) and bake for 10-16 minutes or until cooked through or 145 degrees on meat thermometer in thickest part.

### **Baked Eggs (Day 5)**

Heat oven to 325 degrees. Coat 8 oz ramekin or muffin tin with organic coconut oil or grass-fed butter. Crack 2 eggs into ramekin, place in baking pan and fill pan with hot water 1 inch deep. Bake for 20 minutes, top with cheese, bake for another 5-10 minutes until white and yoke are set.

### **Roasted Sweet Potatoes (Day 5)**

Cut sweet potato into 1/2 thick rounds, place on baking sheet lined with foil and organic coconut oil or grass-fed butter. Cover pan tightly with foil. Put into cold oven and bake at 425 deg for 30 minutes. Uncover, add any other vegetables to roast, bake 15-20 minutes, turn potatoes over and bake another 15-20 minutes until brown.