

## *Detox*

Welcome to Week 4!

Instructions - This is our last week of detox! Next week we will give you instructions to slowly start incorporating some more healthy carbs. For now, continue with instructions from last week, creating healthful meals for yourself. We will continue to give you food for thought with foods and topics of the week to help you along.

### **Food of the week: Fish**

Seafood, especially fish, can be a great option for healthful eating. Fish offers a high quality source of protein with fewer calories than most other lean meats. Fish also offers other benefits such as omega fatty acids (which have a host of benefits), vitamins (one of the the few good food sources of vitamin D), and antioxidants. All fish is not created equally, and some are more beneficial than others. Fish with darker flesh does tend to have higher levels of omega-3 fatty acids which have many health benefits. Experiment and find fish that you enjoy eating. Most cuts and types are easy and quick to cook. It is very important that your fish be wild-caught as explained in our nutrition chapter. Farm-raised fish are not good for us.

### **Topic of the week: Bringing More Veggies to Our Lives**

Explore local produce in your area. A fantastic way to introduce yourself to more vegetables is to join a CSA (community supported agriculture) co-op. CSAs allow you to buy “shares” of vegetables from small farms. They usually deliver baskets once a week to a designated depot or farmers market for pick up. The variety of produce varies among CSAs, but all are seasonal and fresh (usually picked that day or the day before). Before we started our own garden, we shared a basket with another couple, and we found that we ate more vegetables and rarely bought vegetables from the grocery store. If a CSA is too much of a commitment, consider stopping by a local farmers market in the area.

# Maximum Weight Loss Protocol

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# Week 4 Recipes

### **Rainbow Trout**

1 trout fillet  
1 tsp organic virgin olive oil  
salt and pepper

Heat oven to 450 degrees. Heat saute pan on medium-high with olive oil. Place trout flesh side down for 2 minutes or until brown, flip and cook 1-2 minutes then place in oven (can cover non-oven safe handles with foil if you don't have an oven safe pan). Cook for about 10 minutes until cooked through. Serve with vegetable of your choice.

### **Roasted Tomatoes**

This recipe works as a great side or topper to any protein.  
5-7 plum or cherry tomatoes, cut in half and seeded  
salt and pepper  
1 tsp organic virgin olive oil  
herbs (rosemary, thyme, etc) to your taste, can use chopped or dried

Heat oven to 400 degrees. Place tomatoes cut side up on lined baking sheet. Sprinkle with salt, drizzle oil and top with herbs. Bake until browned and softened about 20 minutes (keep an eye on them as size of tomato will vary cooking time). Top with fresh herbs if desired (basil is great when in season).