

Welcome to Week 5!

We are now going to begin to transition off of the very low carbohydrate plan and begin to introduce more carbohydrates back into your diet. We do this very slowly and carefully to help avoid restarting carbohydrate cravings. Hopefully you have noticed fewer cravings of sweets, bread, etc. If you still have daily carbohydrate cravings, you may choose to continue with the low carbohydrate plan. Otherwise, we will start by adding a small serving of whole grains (see list and serving sizes on next page). Please measure these carbohydrates very carefully and continue to measure servings of protein very closely as well.

Food of the week: Quinoa

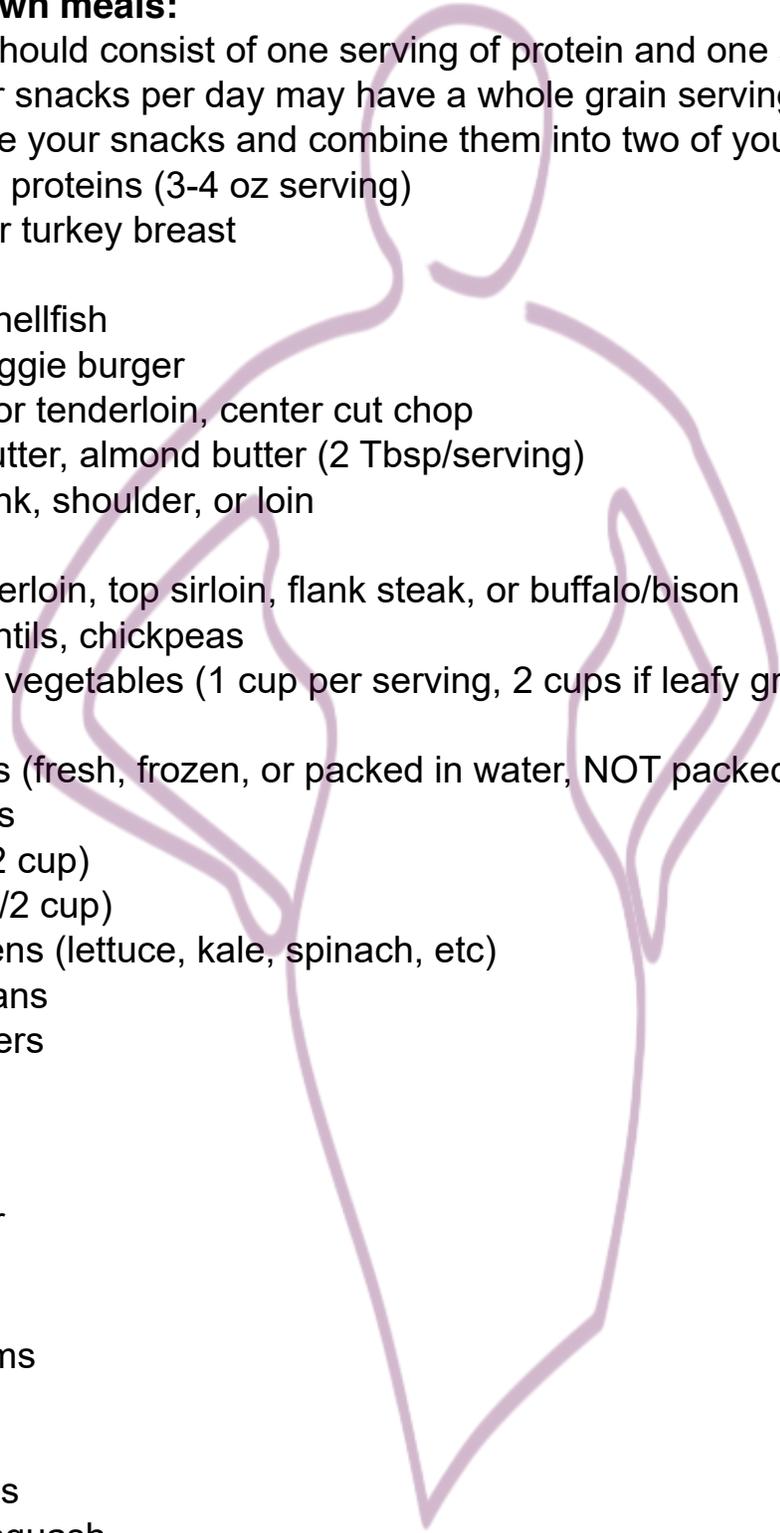
Quinoa is a small grain (seed from a South American plant) that is high in protein and relatively low in carbohydrates. It has a slightly nutty flavor and is slight smaller than couscous (which is a pasta not a grain). It cooks quickly (10-15 minutes) and goes well with earthy flavors like mushrooms, roasted vegetables, greens and winter squashes. Quinoa is one of the few grains which is a complete protein (has all of your essential amino acids). While most grocery stores carry quinoa (usually in the section near dried beans), they are packaged in small boxes and can be expensive. The best sources tend to be natural food stores in their “bulk” section. They also have many of the other healthier whole grains in the bulk section. If these stores are not convenient, you may be able to source them on-line.

Topic of the week: Exercise

Now that we are out of detox, start increasing your exercise. Studies have shown that people who have lost weight are more likely to maintain their weight loss if they exercise. On average, people needed about 150-200 minutes of exercise per week (50 minutes, 4 times a week) to maintain weight loss. Over the next month, begin to set goals for physical activity. Make these goals reasonable and clear. Whether it is increasing number of steps (pedometers are easy to get, find your baseline steps and challenge yourself to increase by 10% each week) or if you are starting a more structured program (Couch to 5K, go to www.c25k.com for free program), set challenges and start working up to that 200-minute goal per week.

Detox

Making your own meals:

- ◆ Each meal should consist of one serving of protein and one serving of vegetable, two meals or snacks per day may have a whole grain serving as well. It's also an option to take your snacks and combine them into two of your meals.
 - ◆ Healthy lean proteins (3-4 oz serving)
 - chicken or turkey breast
 - fish fillet
 - shrimp, shellfish
 - tofu or veggie burger
 - pork loin or tenderloin, center cut chop
 - peanut butter, almond butter (2 Tbsp/serving)
 - lamb shank, shoulder, or loin
 - eggs
 - beef tenderloin, top sirloin, flank steak, or buffalo/bison
 - beans, lentils, chickpeas
 - ◆ Non-starchy vegetables (1 cup per serving, 2 cups if leafy greens unless specified)
 - artichokes (fresh, frozen, or packed in water, NOT packed in oil)
 - asparagus
 - beets (1/2 cup)
 - carrots (1/2 cup)
 - leafy greens (lettuce, kale, spinach, etc)
 - green beans
 - bell peppers
 - broccoli
 - cabbage
 - celery
 - cucumber
 - eggplant
 - leeks
 - mushrooms
 - okra
 - onions
 - snow peas
 - summer squash
 - tomato
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Detox

◆ Whole grains or starchy vegetables/fruits - up to 2 servings per day

- quinoa - 1/2 cup cooked
- organic brown, black, wild or red rice - 1/2 cup cooked
- old fashioned or steel-cut oatmeal - 1/2 cup cooked
- buckwheat/kasha - 1/2 cup cooked
- amaranth - 1/2 cup cooked
- pearl barley - 1/2 cup cooked
- corn tortilla - 2 small

- Peas - 1/2 cup cooked
- Sweet potatoes - 1/2 cup cooked (1/2 medium potato)
- Popcorn - 3 cups no-added fat
- Berries - 1 cup
- Apple, pear - 1 medium apple or 1/2 large
- Mango - 1 cup
- Pineapple - 1 cup
- Melon - 2 cups
- Plums, peaches - 1 cup
- Kiwi - 1 cup

Please note that bread is not in the list of whole grain foods. Certain other starchy vegetables (white potatoes) and fruits (bananas, oranges, or dried or sweetened fruits) are not included due to their high glycemic index. If you feel that life is not complete without these foods, you may be able to introduce limited amounts once you have reached your weight loss goal. Many people are surprised how little they crave these foods once completing detox and eating whole foods for a while. Many of the grains listed may be unfamiliar to you. We will try to add different recipes for these grains over the next few weeks. If you are having a hard time locating these grains, most natural food stores have a “bulk” section which are the easiest and least expensive source.

Detox

◆ Other Daily Foods

- Dairy - up to one cup of whole fat dairy per day (grass-fed low-fat milk, greek yogurt, non-fat yogurt on early days of detox). Be careful of brands of yogurt as some have more sugar added, try to watch labels closely and compare what is available to you.
- Nuts - 1/2 ounce of healthy dry-roasted nuts per day (almonds or walnuts), this can be plain as a snack or added to salads, vegetables or yogurt for more flavor
- Healthy oils - up to 3 teaspoons per day of a healthy oil from our list

Ultimate Weight Loss Protocol

Detox

Week 4

Recipes

Quinoa (Basic Recipe)

1 cup quinoa (rinsed and drained)
2 cups water or chicken broth

I usually cook quinoa in a rice cooker which is very convenient and requires measuring and hitting a button (they also make brown rice much easier to cook). If you don't have a rice cooker, bring water or broth to boil, add quinoa turn down heat, simmer covered for 12-15 minutes or until fluffy.

Vegetable Quinoa (4 servings, can divide if making one serving)

2 cups quinoa
1/2 cup thinly sliced onion
1 small eggplant, peeled and chopped
1 thinly sliced red bell pepper
1 cup green beans or asparagus
2 cups sliced mushrooms
1/2 cup cherry tomatoes
1 Tbsp organic virgin olive oil
2 Tbsp balsamic vinegar

Cook quinoa (see above). While quinoa is cooking, heat oil in pan on medium high. Add onion and saute until translucent. Add garlic for 30 seconds then add rest of vegetables and cook until tender (3-5 minutes). Add seasoning to taste (salt, pepper, herbs- basil or thyme work well). Stir in vinegar and then quinoa until combined.