

Ultimate Weight Loss Protocol

800 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.

Ultimate Weight Loss Protocol

Detox

Week 1
Day 1

Breakfast

Calories 206
Fat 13g
Carbs 2g
Protein 19g

2 eggs
1 cup spinach
2 Tbsp Parmesan
cheese 1 tsp olive oil or
grass-fed butter

Add a drizzle of olive oil to the pan. Prepare eggs any way you like (i.e., scrambled, hard boiled for salad, or omelet).
Spinach may be sauteed or eaten raw as salad.

Lunch

Calories 198
Fat 2g
Carbs 16g
Protein 31g

4 oz boneless skinless
chicken breasts
1/4 cup black beans, rinsed 2
large lettuce leaves
1/4 cup salsa

Chicken may be broiled, grilled, or baked. Roll up chicken in lettuce leaves with beans and salsa.

Dinner

Calories 234
Fat 11g
Carbs 5g
Protein 29g

4 oz fish fillet (trout, tilapia,
etc.)
1 cup broccoli, fresh or frozen
1/2 cup mushrooms
1 tsp. olive oil

Saute fish in olive oil, 3-4 minutes on each side until cooked through. Saute mushrooms in oil left in pan. Broccoli may be steamed or microwaved

Snacks

Calories 171
Fat 10g
Carbs 16g
Protein 7g

Snack 1
11 almonds, dry or oven-roasted

Snack 2
2 Tbsp hummus with 1 cup sliced red bell peppers

Other

Tea or coffee, no creamer, with up to 2 servings sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

Ultimate Weight Loss Protocol *Detox*

Week 1
Day 2

Breakfast

Calories 195

Fat 5g

Carbs 23g

Protein 17g

1/2 cup blueberries
1/2 cup grass-fed cow's milk
OR 1/2 cup nut milk
1/2 cup Greek yogurt, plain,
whole fat
2 Tbsp ground flaxseed

Put all ingredients in blender for smoothie. May substitute non-fat plain yogurt for Greek yogurt, but this increases carbs and decreases protein for the meal.

Lunch

Calories 255

Fat 12g

Carbs 11g

Protein 11g

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

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

Dinner

Calories 243

Fat 9g

Carbs 16g

Protein 25g

4 oz flank steak, grilled or
broiled
1 cup onions, sliced
1 cup bell peppers, sliced
1 tsp olive oil

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

Snacks

Calories 136

Fat 10g

Carbs 7g

Protein 6g

Snack 1

11 almonds, raw or dry-
roasted

Snack 2

1 wedge Laughing Cow Light
cheese
1 cup of cucumber slices

Other

Tea or coffee, no creamer,
with up to 2 servings of a
natural sweetener such as
Stevia.

Water (8 oz.)

Multivitamin

Ultimate Weight Loss Protocol

Detox

Week 1
Day 3

Breakfast

Calories 199

Fat 12g

Carbs 4g

Protein 17g

2 eggs
1 cup sliced mushrooms
2 Tbsp parmesan cheese
1 tsp olive oil

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

Lunch

Calories 234

Fat 9g

Carbs 14g

Protein 25g

4 oz flank steak (left over from Day 2)
1/2 cup bell pepper, sliced
1/2 cup onions, sliced
1/4 cup salsa

Use leftovers from dinner last night, may roll up in lettuce leaves for "taco" if desired.

Dinner

Calories 279

Fat 8g

Carbs 14g

Protein 30g

4 oz salmon fillet
2 Tbsp soy sauce
1 cup red cabbage, shredded
1/4 cup carrot, grated
1 tsp sesame oil
2 Tbsp rice wine or red wine vinegar

See recipe page for instructions on soy roasted salmon with Asian slaw. Plan to use leftover salmon and slaw tomorrow.

Snacks

Calories 156

Fat 13g

Carbs 10g

Protein 6g

Snack 1
11 almonds, raw or dry-roasted

Snack 2
2 Tbsp hummus with 1 cup sliced red bell peppers

Other

Tea or coffee, no creamer, with up to 2 servings sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

Ultimate Weight Loss Protocol

Detox

Week 1
Day 4

Breakfast

Calories 196

Fat 5g

Carbs 23g

Protein 18g

1/2 cup blueberries
1/2 cup grass-fed cow's milk or nut milk
1/2 Greek yogurt, whole fat, plain
2 Tbsp ground flaxseed

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

Lunch

Calories 267

Fat 14g

Carbs 3g

Protein 31g

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

Combine and toss with dressing.

Dinner

Calories 197

Fat 6g

Carbs 8g

Protein 27g

4 oz boneless, skinless chicken breast
1 serving Asian slaw (from Day 3)

Heat oil in pan on medium-high, cook chicken 3-4 minutes on each side or until cooked through. Remove chicken and top with Asian slaw.

Snacks

Calories 150

Fat 8g

Carbs 11g

Protein 13g

Snack 1
11 almonds, dry or salt-roasted
Snack 2
3 oz Primal Kitchen Ranch Dressing
1 cup cauliflower

Other

Tea or coffee, no creamer, with up to 2 servings sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

Ultimate Weight Loss Protocol

Detox

Week 1
Day 5

Breakfast

Calories 198

Fat 6g

Carbs 28g

Protein 14g

1 egg
1/2 cup canned black beans,
rinsed
1/4 cup salsa
1 tsp olive oil

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

Lunch

Calories 179

Fat 8g

Carbs 9g

Protein 21g

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

Combine and toss with dressing.

Dinner

Calories 270

Fat 7g

Carbs 13g

Protein 32g

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

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 145

Fat 9g

Carbs 5g

Protein 17g

Snack 1
1 package reduced fat string
cheese
Snack 2
3 oz Primal Kitchen Ranch
Dressing
1 cup cauliflower

Other

Tea or coffee, no creamer,
with up to 2 servings sugar-
free sweetener like Stevia.

Water (8 oz.)

Multivitamin

Ultimate Weight Loss Protocol

Detox

Week 1
Day 6

Breakfast

Calories 171

Fat 10g

Carbs 5g

Protein 16g

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

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

Lunch

Calories 216

Fat 7g

Carbs 8g

Protein 29g

4 oz cooked shrimp
1 cup sliced zucchini
1 oz feta cheese
1 tsp olive oil

Saute zucchini, toss with feta and serve with shrimp.

Dinner

Calories 208

Fat 6g

Carbs 10g

Protein 29g

4 oz boneless, skinless chicken breast
1 cup green beans
1 cup radicchio, shredded
1 tsp olive oil
1 Tbsp red wine vinegar

Roast green beans in 500 degree oven for 20 minutes until tender and slightly brown. Toss with radicchio, oil, and vinegar.

Snacks

Calories 204

Fat 8g

Carbs 18g

Protein 18g

Snack 1
11 dry roasted almonds

Snack 2
6 oz Greek yogurt, plain
1/2 cup blueberries

Other

Tea or coffee, no creamer, with up to 2 servings sugar-free sweetener like Stevia.

Water (8 oz.)

Multivitamin

Ultimate Weight Loss Protocol

Detox

Week 1
Day 7

Breakfast

Calories 196

Fat 5g

Carbs 23g

Protein 18g

1 cup greek yogurt
1/2 c. blueberries
1/2 c. grass-fed cow's
milk or nut milk
2 Tbsp ground flaxseed

Combine in blender and
process until smooth.

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 Primal Kitchen 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 208

Fat 6g

Carbs 10g

Protein 29g

4 oz boneless skinless
chicken breast, cubed
1 cup broccoli, fresh
1/2 c snow peas
1 c Napa cabbage, shredded
1 tsp olive oil

Coat pan on medium-high
with olive oil, stir fry cubed
chicken 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
2 Tbsp hummus with 1 cup
sliced red bell pepper

Other
Tea or coffee, no creamer,
with up to 2 servings sugar-
free sweetener like Stevia.

Water (8 oz.)

Multivitamin

Ultimate 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 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 a 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).

Add to a nonstick skillet a teaspoon of olive oil and heat on medium. Beat eggs in a 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 (time will vary based on size of pan and number of eggs used).

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

Once meat and vegetables are cooked, briefly add ginger to saute (30 seconds), add soy and vinegar and toss.