

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, try 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 (it will 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 fresh for too long, so make in smaller batches.

Each week we will also have a good health topic. Everything from creating life long 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.

# Ultimate 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 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 144
Fat 6g
Carbs 4g
Protein 20g

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

Toss as a salad with shrimp whole or chopped.

### Dinner

Calories 262
Fat 12g
Carbs 11g
Protein 29g

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

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

### Snacks

Calories 165
Fat 10g
Carbs 14g
Protein 8g

#### Snack 1

11 almonds, raw or dry-roasted

#### Snack 2

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

#### 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 2  
Day 2

### Breakfast

Calories 182

Fat 5g

Carbs 22g

Protein 15g

1/2 cup blueberries  
1/2 cup skim 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 increases carbs and decreases protein for meal.

### Lunch

Calories 189

Fat 9g

Carbs 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  
1 Tbsp vinaigrette

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

### Dinner

Calories 223

Fat 8g

Carbs 10g

Protein 29g

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

Follow stir fry instructions from Week 1. If it's more convenient, you can use leftover pork from last night (or chicken from lunch) and add at the end until heated through.

### Snacks

Calories 165

Fat 10g

Carbs 14g

Protein 8g

#### Snack 1

11 almonds, dry or  
oven-roasted

#### Snack 2

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

#### Other

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

Water (8 oz.)

Multivitamin

# Ultimate 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 olive oil or  
grass-fed butter

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

### Lunch

Calories 212

Fat 2g

Carbs 33g

Protein 24g

1 veggie burger  
2 large lettuce leaves  
1/2 c. salsa  
1/2 c. chopped  
cucumber

Chop cooked veggie burger and roll into lettuce leaf like taco with salsa and cucumber.

### Dinner

Calories 235

Fat 11g

Carbs 9g

Protein 25g

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

See recipe page for instructions on Asian slaw from week 1.

### Snacks

Calories 156

Fat 10g

Carbs 13g

Protein 6g

**Snack 1**  
11 almonds, dry or oven-roasted

**Snack 2**  
2 Tbsp hummus with 1  
cup kale chips

#### 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 2  
Day 4

### Breakfast

Calories 196

Fat 5g

Carbs 23g

Protein 18g

1/2 cup blueberries  
1/2 cup skim 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

Carb 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)

Cook chicken as desired, serve with slaw.

### Snacks

Calories 150

Fat 8g

Carbs 11g

Protein 13g

#### Snack 1

11 almonds, raw or dry 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 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 coconut oil, olive oil or grass-fed butter

See baked eggs recipe or prepare as a scramble.

### 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 208

Fat 6g

Carb 16g

Protein 24g

4 oz boneless, skinless chicken breast  
1 cup asparagus, cut into bite sized pieces  
1 cup sliced onions  
1 tsp olive oil

Cook chicken as desired, heat oven to 400 degrees, toss asparagus and onions with olive oil, place on foil lined pan and roast under tender and slightly browned.

### Snacks

Calories 150

Fat 8g

Carbs 11g

Protein 13g

**Snack 1**  
11 almonds, raw or dry 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 2  
Day 6

### Breakfast

Calories 171

Fat 10g

Carbs 5g

Protein 16g

2 eggs  
1 cup sliced mushrooms  
1 cup spinach  
1 tsp olive 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 229

Fat 12g

Carbs 5g

Protein 26g

4 oz boneless, skinless chicken breasts  
2 c. romaine lettuce  
1/2 oz feta cheese  
1 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 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 2  
Day 7

### Breakfast

Calories 182

Fat 5g

Carbs 22g

Protein 15g

1/2 c. blueberries  
1/2 c. grass-fed cow's milk or  
coconut/almond milk  
1/2 c. plain Greek whole-fat  
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 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  
2 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 168

Fat 11g

Carbs 14g

Protein 8g

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

#### 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 2

## Recipes

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

Heat pan on medium high with a couple tablespoons of olive oil. 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) as well as a couple teaspoons of olive oil 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 2)**

Heat oven to 325 degrees. Coat 8 oz ramekin or muffin tin with a drizzle of olive oil. 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 yolk are set.