

Welcome to Week 3!

Instructions - We are still in detox and need to keep total carbohydrate levels low as we have discussed. Use the last 2 weeks and the food lists to make your own menus for the week. Planning and preparation are key factors as you start to make your own choices instead of following the protocols.

- ◆ Keep a food diary - either on-line or on paper, writing down what you eat increases your success. It also provides information in case you have set backs or plateaus.
- ◆ Measure everything - weight is the most accurate way to measure, but measuring cups can help as well. Consider separating things that are not already portioned into single portions (keep almonds in 1/2 oz. snack sized zip tops so you are not tempted to much on an open can/bag).

Food of the week: Flax seed

Flax seed is a small brown seed with a nutty flavor. Flax seed is high in omega-3 fatty acids which is a healthy oil that improves cholesterol and is required for a number of body functions. Flax seed is also high in fiber and has been shown to help regulate blood sugar. It may also be helpful in reducing the growth of certain types of cancer. Adding a small amount of ground flax seed or flax seed oil is the best way to get the optimal benefits. Try it in smoothies, used in place of olive oil in vinaigrettes, or tossed with vegetables. Since it does have unsaturated fat, it can go rancid so extend the life of ground flax seed or flax seed oil by keeping it in the refrigerator. If you have a problem finding flax seed (ground or oil) at your grocery store, you can search online or a local health food store. Stores carry it usually in the their supplement refrigerator sections.

Topic of the week: Organizing Your Life

Chaos creeps into every part of our lives. Part of eating healthy is taking the time to eat healthy prepared foods. Planning for meals in the week and shopping only once or twice a week helps keep you on track. It also makes you less likely to just stop and grab something because you know there is some thing at home waiting to be prepared. If you have nights that you know are going to be difficult, plan ahead to use the "cook once eat twice" method. Example: Cook chicken breasts one night for dinner followed by shredded or cubed chicken over a salad the next day.

Detox

Making your own meals:

- ◆ Each meal should consist of one serving of protein and one serving of vegetable
- ◆ 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 (2 Tbsp/serving)
 - lamb shank, shoulder, or loin
 - eggs
 - beef tenderloin, top sirloin, flank steak
 - beans, lentils, chickpeas or edamame (soy beans) - limit to one serving per day during detox
- ◆ Non-starchy vegetables (1 cup per serving, 2 cups if leafy greens - refer to our expansive food list in *Authentic Health* for more options)
 - asparagus
 - leafy greens (lettuce, kale, spinach, etc)
 - green beans
 - bell peppers
 - broccoli
 - cabbage
 - celery
 - cucumber
 - eggplant
 - leeks
 - mushrooms
 - okra
 - onions
 - snow peas
 - summer squash
 - tomato
- ◆ Healthy oils - up to 3 teaspoons per day of olive oil or flaxseed oil
- ◆ Berries - during detox you may have one serving (1/2 cup) of berries per day

Detox

- ◆ Dairy - up to one cup of whole-fat or non-fat dairy per day (grass-fed milk, Greek yogurt, non-fat yogurt). Be careful of brands of yogurt as some have more sugar added, try to watch labels closely and compare what is available.
- ◆ 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.

Three meals a day is how our initial menus were set up and you should not go below three, however, some people do well with more small meals during the day. If you choose to do 4-5 meals per day, just alter the serving size of you lean protein accordingly (2-2.5 oz/meal for 5 meals per day or 2.5-3 oz/meal for 4 meals per day). I recommend 2-3 meals daily with longer fasting intervals, but some may do better with more frequent meals and snacks while transitioning their diet.

A note on snacks: snacks are generally not recommended but are included here to help facilitate your success. Snacks are not necessary. Your body is able to control blood sugar through using stored nutrients. You can combine the snacks into the meals or just eliminate them. However, if they help you succeed then use them!

Keep track of calories, fat, carbohydrate and protein as part of your food diary. Our goal is still to hit close to the ranges that we discussed during week one. We are still in detox and want to keep carb levels fairly low. In two weeks, we will start introducing more healthy grains and some fruits.

Ultimate Weight Loss Protocol

Detox

Week 3

Recipes

Flax oil vinaigrette

1/4 c. balsamic vinegar
2 T flax seed oil
1 T dijon mustard
1 clove garlic, minced or pressed
1/2 tsp. salt
pepper to taste

Whisk vinegar, mustard, garlic, salt and pepper together, slowly drizzle in flax oil. This is a great dressing to use over grilled or roasted vegetables. Makes 6 servings of about 1 Tbsp each.

Napa and Chicken Salad

2 chicken breasts, cooked and shredded
1 T olive or walnut oil
1/3 cup rice vinegar
2 T hoisin sauce (find in asian food aisle)
1 T soy sauce
1 T grated ginger
1/2 medium napa cabbage, shredded
1/2 red bell pepper, thin slices
1 c. bean sprouts
2 green onions
1 T cilantro

Whisk oil, vinegar, hoisin, soy sauce, and ginger together. Toss chicken, cabbage, pepper, sprouts, onion and cilantro together. Toss with dressing to coat. Serves 4.