

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

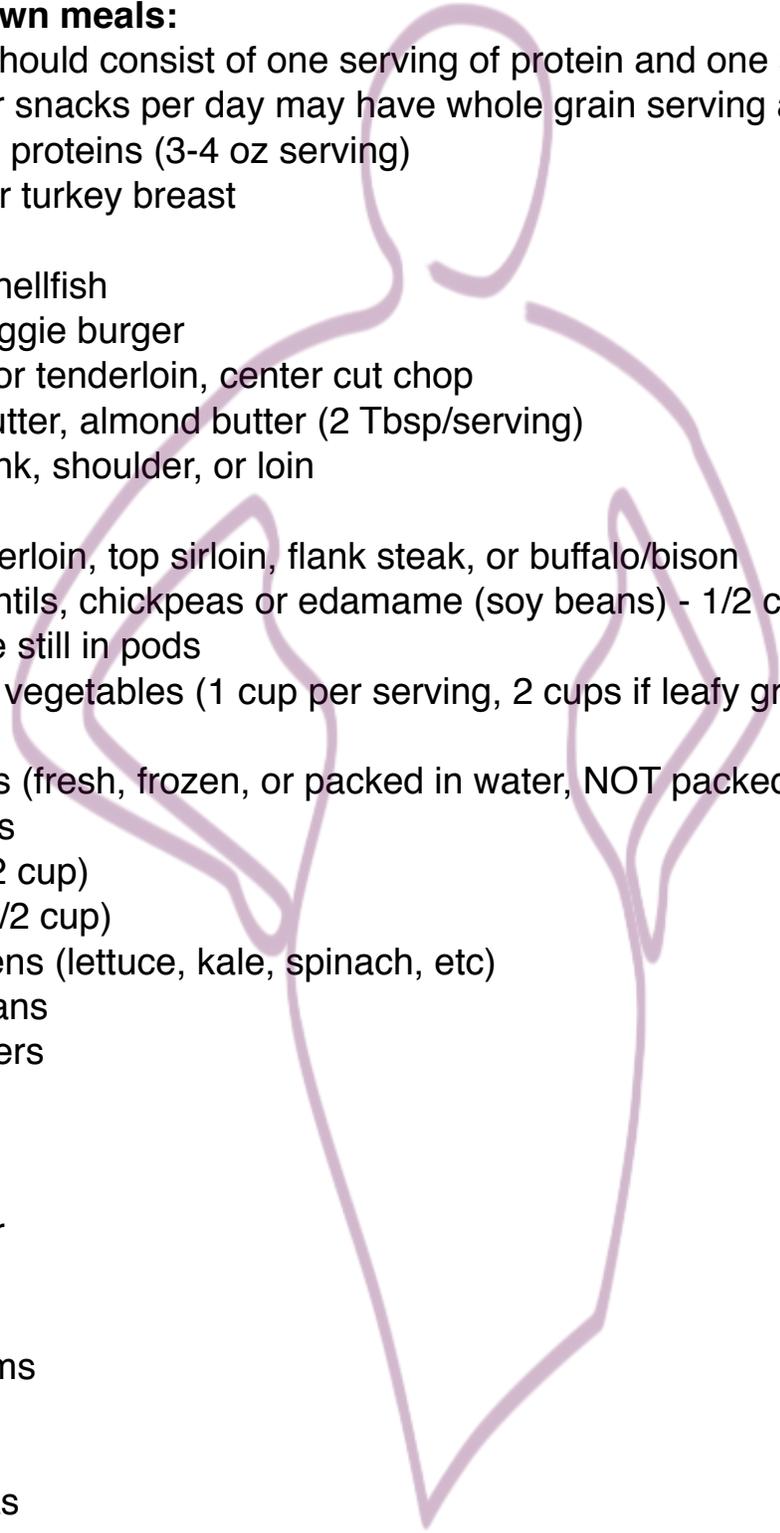
Quinoa is a small grain (seed from a South American plant) that is high in protein and relatively low in carbohydrates. It has a slightly nutty flavor and is slight smaller than couscous (which is a pasta not a grain). It cooks quickly (10-15 minutes) and goes well with earthy flavors like mushrooms, 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. Look for quinoa in the bulk section of your grocery store or health food store or online at sources like Thrive Market. They also have many other healthy whole grains in the bulk section.

Topic of the week: Exercise

Now that we are out of detox, start increasing your exercise. Studies have showed 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, 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 whole grain serving as well
 - ◆ 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 or edamame (soy beans) - 1/2 cup cooked, 1 cup if edamame still in pods
 - ◆ 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
 - 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, look for a store in town that has a “bulk” section, which is the easiest and least expensive source or look online at a whole food store such as Thrive Market.

Detox

◆ Other Daily Foods

- Dairy - up to one cup of whole-fat dairy per day (grass-fed milk, Greek yogurt). Use dairy in small amounts. 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 olive oil or flaxseed oil or may use 2 Tbsp of ground flaxseed or chia seed

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 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.