BODY FX®

NUTRITION GUIDE

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About Body FX

Body FX got its start as a cutting edge fitness company in San Diego, California, under the direction of husband-and-wife fitness and media experts, James and Jaana Kunitz and has quickly become a fierce worldwide competitor in the media and fitness industry. Driven by the desire to help the public achieve individual success, this dynamic duo and their strong team produces relevant and innovative media for today's consumer. The Kunitz duo has produced hit product DVD's including JNL Fusion, Core Rhythms, Figure 8, Rhythm Rocker, AB Circle, Red Exerciser, Cheryl Burke Disco Abs, and many more, making an unforgettable impact on the health and fitness scene.

The Body FX approach is to spread the gift of fitness to all, as the company believes that improved health and fitness can impact the lives of people in more ways than just physical. The confidence gained by losing body fat, increasing muscle mass, and looking better is what motivates the Body FX team to continue to create fitness media that is readily available and convenient.

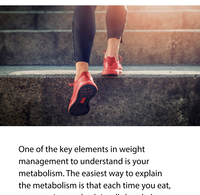
When James and Jaana began developing products, in early 2004, they kept that mission in mind. Their sincere motive, paired with entrepreneurial savvy, led them to international success. Japan, Canada, England, Germany, Italy, France, and Latin America are among the many countries/ territories that they have strategically artnered with for distribution, selling over 30 million DVD's worldwide and counting. Using live shopping, retail, and direct to consumer avenues of marketing, the Kunitz's have inspired at-home customers to achieve real, sustainable results.

Now under the direction of James Kunitz, Body FX will specialize in multiple channels of production, creating some of the most eye-catching infomercials, inspiring DVD series, and informative print and online media.

"It is our goal to INSPIRE people to move and get in SHAPE in doing what they LOVE so it does not feel like working out."

James & Jaana Kunitz
Founders of Body FX

BODY FX
KEY METABOLIC TRIGGERS



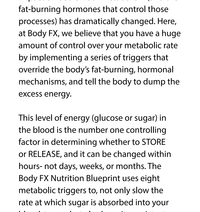
One of the key elements in weight management to understand is your metabolism. The easiest way to explain the metabolism is that each time you eat, enzymes in your body's cells break down the food and turn it into energy. This energy keeps your heart beating, mind thinking, and muscles pumping during a grueling workout. Think of each cell in your body as having its own engine that is fueled by energy from the food you eat. Ultimately, your metabolism is responsible for how quickly or easily you gain and lose fat.

What many people do not understand is that our metabolism has two basic modes: STORE and RELEASE.

In the STORE mode, your body is basically preparing for hibernation or lack of food. When your body enters this mode, it basically stores the "overage" of energy, holding onto as much as possible so that it can be used in the future, when no food is available. Many of our clients are actually down to one meal a day when they start and still cannot lose weight.

In the RELEASE mode, your body thinks it is in a time of bountiful food, so it basically takes the nutrition it needs from the food and releases the excess energy easily, because its knows there is more food to come. You might be thinking that all you have to do is overeat and you'll be fine, but unfortunately, that is not the case. Since the introduction of "processed" foods, the impact of food on our metabolism (and the fat-burning hormones that control those processes) has dramatically changed. Here, at Body FX, we believe that you have a huge amount of control over your metabolic rate by implementing a series of triggers that override the body's fat-burning, hormonal mechanisms, and tell the body to dump the excess energy.

This level of energy (glucose or sugar) in the blood is the number one controlling factor in determining whether to STORE or RELEASE, and it can be changed within hours- not days, weeks, or months. The Body FX Nutrition Blueprint uses eight metabolic triggers to, not only slow the rate at which sugar is absorbed into your bloodstream, but also keep it consistent throughout the day, thus keeping you in, what we call, The Optimal Metabolic Zone.



The Optimal Metabolic Zone

For the past 20 years, we have interviewed doctors, dieticians, and nutritionists to put together shortcuts to get fast, long-lasting results.

This is the only system that brings these eight triggers into one holistic program. Your metabolism will work at optimal level all day long, decreasing your appetite and continually releasing the excess energy, instead of storing it around your midsection.

Let's take a look at the eight metabolic triggers.

Metabolic Trigger #1: Balanced Macronutrients

All foods contain three essential macronutrients: protein, carbohydrates, and fat. The word "macro" simply means large and these are the nutrients that the body needs in large quantities for energy, growth, tissue repair, immune function, metabolism, and other essential functions in the body.

The Body FX Nutrition Blueprint is based on healthy lean protein that is surrounded by a large variety of non-starchy vegetables, healthy fats, and minimal fruit, with very little bread, rice, pasta, or potatoes. We've put together the perfect ratio of these macronutrients to optimize the body's hormone balance and metabolism.

Protein

Protein is the main building block for muscle tissue, ligaments, tendons, and bones. Adequate protein intake allows you to maintain muscle mass while losing weight, keeping your metabolism running at full speed. Cutting back on protein during weight loss, on the other hand, contributes to a loss of muscle mass and a slowed metabolism. With the Body FX Nutrition Blueprint, you will eat lean protein in every meal. This will satisfy your hunger and keep your blood sugar levels steady throughout the day. This will also ensure that you maintain and build the lean muscle mass required to reach your goal. Excess protein, once broken down into simpler forms, can be stored into body fat just as easily as most carbohydrates. Carefully choose proteins low in saturated fat.

Carbohydrates

The primary function of carbohydrates is to provide energy for the body, especially the brain and the nervous system. An enzyme called amylase helps break down carbohydrates into glucose (blood sugar), which gives your body energy.

All carbohydrates, both simple and complex, eventually break down into glucose. Highglycemic (simple) carbohydrates break down more quickly, and once the body has more sugar in the blood than what it needs, it will store the excess in the fat reserve. This storage over time will further increase the amount of stored body fat. Complex carbohydrates take longer to digest, meaning they have a smaller impact on blood sugar and are, therefore, vital for fat loss.

The types of carbohydrates you consume is extremely important. The focus should be on eating good, complex carbohydrates, those that have a low-glycemic index, and can supply the body with a steady stream of blood sugar. In turn, you receive more energy so you can burn calories more efficiently.

Fats

Quality fats are an important component to the body's make up. They keep your skin soft, allow your body to absorb fat-soluble vitamins, and suppress your appetite, while improving your heart health and stoking your metabolism. They also aid in slowing down the immediate impact that sugar has on your metabolism. In addition, fat promotes effective transportation of hormones and strengthens the immune system.

The best sources of fats are essential fats. "Essential" because our body needs them and cannot make them on its own, so they must be ingested by means of our foods or supplementation. These fats include omega 3, omega 6, and omega 9 fatty acids.

Essential fats help to stabilize blood sugar levels and decrease the likelihood of over storage of glucose as body fat.

You will NOT store it as unwanted body fat. Your body will use it up fast! Without some fat in your diet, your cravings and hunger will never be satisfied and you will end up overeating.

Metabolic Trigger #2: Nutrient Density

Nutrient-dense foods are foods that have many essential vitamins, minerals, antioxidants, and phytochemicals that help your body get rid of free radicals and other damaging waste products. These foods give you a bigger nutritional bang for your buck. As an example, compare a cup of broccoli to four saltine crackers. Both snacks have about the same amount of energy, but the broccoli has many more nutrients. The broccoli is nutrient dense; the crackers are energy dense. We suggest you eat nutrientdense foods that will support your optimal cell function and metabolism, during your fat loss.

Metabolic Trigger #3: Meal Timing

Frequency of meals is very important to maintaining an active metabolism, and the timing of meals is critical to performance levels. If you want the energy to make it through a workout and increase your performance in the weeks to come, then you will want to pay close attention to this aspect of the plan. Eating every three hours, divided by five small meals a day, will effortlessly speed up your metabolism. Imagine your metabolism this way: If you have a campfire burning, and you don't add wood to the fire, eventually the campfire will burn out. But if you add a little wood every few hours, the campfire will continue to burn, and burn HOT!

- Breakfast should be eaten within 30 minutes to an hour of waking up.
- Morning snack should be eaten within 2 1/2 to 3 hours after breakfast.
- Lunch should be eaten at the midpoint of your day or 2 1/2 to 3 hours after your am snack.
- Afternoon snack should be eaten 2 1/2 to 3 hours after lunch.
- Dinner should be eaten within 3 hours of the afternoon snack.

Cutting Meals Cuts Results

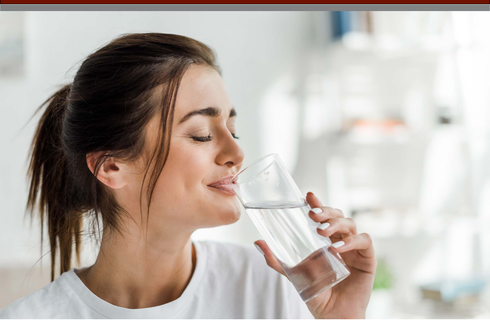
It is a common misperception that if you skip a meal you are going to lose more weight. Only smaller balanced portion sizes and meal frequency will result in sustainable fat loss. Your body needs fuel simply to maintain the basic functions of your body. Maintaining body temperature, respiratory function, digestive function, and so forth, all require proper nourishment. To maintain bodily function, and continue to lose body fat, you will need to eat at least five small meals each day.

Metabolic Trigger #4: Portion Control

Eating smaller portions keeps your body from getting too much energy at one time, and keeps your metabolism in balance. You do not need to count calories or weigh food, but becoming "small portion aware" is important, especially at the beginning of your fat loss. You do not need to carry around numerous cups, spoons, and scales. Instead, you will use our Body FX Hand Guide- visual hand cues to remind yourself of appropriate serving sizes. (See page 15)

Metabolic Trigger #5: Sugar Restriction

Sugar causes the release of insulin, a hormone that signals your body to store energy from food. If you are constantly consuming foods with a lot of sugar, your insulin is constantly high, causing the energy to store as fat on your waistline. We recommend eliminating all processed sugars (simple carbohydrates) from your diet, such as fruit juice, white bread, most "wheat" bread (which is basically white bread with a little extra fiber), white rice, baked white potatoes, bagels, croissants, pretzels, graham crackers, vanilla wafers, waffles, corn chips, cornflakes, cake, jelly beans, sugary drinks, Gatorade, beer, and anything that has high-fructose corn syrup on the nutritional label. (One exception to this restriction is the Metabolic Reset Meal- see Metabolic Trigger #7) With the Body FX Nutrition Blueprint, you will eat only complex carbohydrates like veggies, oatmeal, legumes, lentils, kidney beans, steamed brown rice, and sweet potatoes. This will lead to drastic reduction of insulin and automatic fat loss, without counting calories.



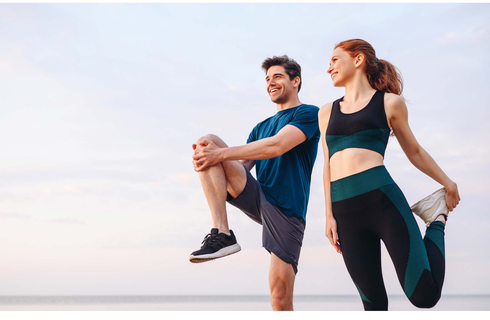
Metabolic Trigger #6: Water Intake

Water is extremely important in triggering fat loss. Without the proper amount of water, your fat burn is compromised. Water makes up close to 70% of our bodies, and our organs contain an even higher percentage of water. Your liver, for example, is nearly 95% water and is responsible for breaking down fatty acids and transporting them to the blood to be metabolized. It is crucial that you drink three liters (12 cups) of water a day, and its consumption needs to be spaced evenly throughout the day.

Metabolic Trigger #7: Metabolic Reset

The greatest impact that you will have on your metabolism is when you first start, within the first couple of weeks. After that, your body tries to find balance. It emembers the sluggish metabolic state it once had and tries to find a balance somewhere in between. Because of this, a "splurge meal," once a week, is not only allowed, but recommended. You are allowed to eat whatever you want at ONE meal. The splurge meal will shock your system with this dramatic calorie spike, alleviating fatloss plateaus and continuing to boost your metabolism week after week.

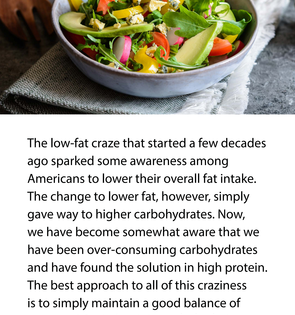
Tip: *Plan ahead and save your splurge meals for social events that you know will be difficult to stay on plan.*



Metabolic Trigger #8: Exercise

The previous seven metabolic triggers will have a huge impact on your metabolism, but we strongly encourage physical activity to go along with your new eating habits. Exercise improves the hormonal environment in your body, making it more conducive to burning calories for fuel instead of storing them as fat.

LOW-FAT DIET



The low-fat craze that started a few decades ago sparked some awareness among Americans to lower their overall fat intake. The change to lower fat, however, simply gave way to higher carbohydrates. Now, we have become somewhat aware that we have been over-consuming carbohydrates and have found the solution in high protein. The best approach to all of this craziness is to simply maintain a good balance of macronutrients (protein, carbohydrates, and fats) and eat real food.

Low-fat diets don't work for many people. In fact, dozens of studies have found that low-fat diets are no better for health than moderate or high-fat diets— and for many people, they may be worse. One reason is that low-fat diets are not satisfying. People finish a meal, but within a few hours, are hungry again, seeking more low-fat fixes for their hunger. This vicious cycle leads to weight gain and, in turn, to the many health conditions associated with excess weight (such as blood triglycerides, low HDL cholesterol, high blood pressure, and diabetes).

Low-fat diets are usually high in carbohydrates, as well. Replacing fat with rapidly digested "fast-carbs," such as white flour, white rice, potatoes, sugary drinks, and refined snacks, can cause quick, sharp spikes in blood sugar and insulin levels, and over time, increase the risk of diabetes and heart disease. High-carbohydrate, low-fat diets also have a negative effect on the fats and cholesterol in our blood. They raise "bad" blood fats (triglycerides) and lower the "good" blood cholesterol (HDL), both of which can increase the risk of heart disease. These diets also tend to increase blood pressure.

With the low-fat diet craze, comes the low-fat or nonfat diet food. Some foods in their natural state contain little or no fat—for example, most fruits, vegetables, whole grains, and dried beans. Naturally, these are healthy choices. But processed foods billed as "low-fat" and "fat-free" are often higher in salt, sugar, or starch than their full-fat counterparts, to make up for the flavor and texture that's lost when food manufacturers slash fat. Low-fat and non-fat salad dressing, for example, are nearly always higher in sugar and salt. We can, therefore, not equate low-fat labels to "healthy" choices.

Some types of fats are healthier than others. Unsaturated fat is the healthiest type of fat. Plant oils such as olive, canola, corn, peanut, and other nut oils; nuts such as almonds, peanuts, walnuts, and pistachios; avocados; and fish, especially oily fish such as salmon and canned tuna, are excellent sources of unsaturated fat. Eating unsaturated fat in place of refined grains and sugar can improve blood cholesterol profiles and lower triglycerides, which, in turn, lowers the risk of heart disease.

It is essential to include a special kind of unsaturated fat, called omega-3 fats, in your diet. Good sources of this type of fat include fish, walnuts, flax seeds, and canola oil. Keep in mind that omega-3 fats from marine sources, such as fish and shellfish, have much more powerful health benefits than omega-3 fats from plant sources, like walnuts and flax seeds, however, omega-3 fats from plant sources still are a good choice, especially for people who don't eat fish.

Sugary soft drinks don't contain any fat—yet the billions of gallons of sugary beverages that Americans drink each year have been a major contributor to the obesity epidemic. Here is a small sample of common drinks that people consume. Notice how high the sugar content is:

Drink Name	Sugar Content	Sugar Equivalent
Snapple Agave Melon Antioxidant Water (1 bottle) 20 fl oz) Sugar Equivalent	33 g Sugar	2 Good Humor Chocolate Éclair Bars
SoBe Green Tea (1 bottle, 20 fl oz)	61 g Sugar	4 Sliced Sara Lee Cherry Pie
Rockstar Energy Drink (1 can, 16 fl oz)	62 g Sugar	6 Krispy Kreame Original Glazed Doughnuts
Arizona Rx Energy (1 can, 23 fl oz)	83 g Sugar	6 Cinnamon Roll Pop-Tarts
Arizona Kiwi Strawberry (1 can, 23 fl oz)	81 g Sugar	7 Bowls of Froot Loops
Smoothie King Peanut Power Plus Grape (large, 40 fl oz)	214 g Sugar	20 Reese's Peanut Butter Cups
Starbucks Peppermint White Chocolate Mocha with Whipped Cream (venti, 20 fl oz)	95 g Sugar	8 1/2 scoops Edy's Slow Churned Rich and Cream Coffee Ice Cream
Tropicana Tropical Fruit Fury Twister (1 bottle, 20 fl oz)	60 g Sugar	Two 7-ounce Canisters Reddi-Wip
Sunkist (1 bottle, 20 fl oz)	84 g Sugar	6 Breyers Oreo Ice Cream Sandwiches
Starbucks Vanilla Frappuccino (1 bottle, 13.7 fl oz)	45 g Sugar	32 Nilla Wafers

Remember, the human body must have some fat in order to function. Fat also gives you a feeling of fullness and satisfaction. Sugar, on the other hand, makes your blood sugar spike and drop quickly, causing you to feel more hungry in the long run, and therefore, seek more calories to consume.

STOP
COUNTING CALORIES

The science of weight loss mostly comes down to calories in an calories out. Burn more calories than you take in and you will lose weight. However, a disregard for the types of nutrients you are eating will not make the changes in your physique and provide you with the level of physical and mental performance you need.

The sources of your calories will have very different effects on your metabolism. Carbohydrates, proteins, and fats all have different pathways and effects, and even different types of carbohydrates will affect the body differently. By taking the time to build your nutrition program from the right foods, you will ensure success, without having to count calories.

More Than a Caloric Deficit

All too often, what types of calories being cut out, and when, are ignored when a person uses a calorie counting method for weight loss. In fact, the more one is focused on calories, the less they are on the food in front of them. It becomes all about the numbers. We firmly believe a person can lose weight and maintain a healthy weight without counting calories, and over the years, we have thousands of satified members to prove it.

The biggest reason counting calories doesn't work is that the same number of calories from different types of food can have very different effects on your body. An excellent article explaining how this works is "Why Calories Don't Matter," by Dr. Mark Hyman. Dr. Hyman's article demonstrates what happens when you ingest 750 calories of soda from a Double Gulp at 7-Eleven versus eating 750 calories of broccoli.

750 Calories of Double Gulp

The Double Gulp is 100 percent sugar. It contains 186 grams—a shocking 46 teaspoons—of sugar. It's hard to imagine, but some people really do consume this much soda at once.

> **According to Dr. Hyman:**
> Your gut quickly absorbs the fiber-free sugars in the soda, fructose, and glucose. The glucose spikes your blood sugar, starting a domino effect of high insulin and a cascade of hormonal responses that kicks bad biochemistry into gear. The high insulin increases storage of belly fat, increases inflammation, raises triglycerides and lowers HDL, raises blood pressure, lowers testosterone in men, and contributes to infertility in women.

Beyond these horrifying effects, the article goes on to describe how your appetite is increased thanks to the effect of insulin on your brain chemistry. Insulin blocks a hormone called leptin that helps to control appetite. Your body becomes more resistant to the effects of leptin, so your brain never gets that all-important signal saying, "I'm full." Instead, despite the fact that you've had enough to eat, it says, "I'm still hungry." Furthermore, your pleasure-based reward center is triggered by sugar. This drives you to ingest even more sugar and just fuels your addiction.

Regarding the fructose in the Double Gulp, Dr. Hyman says:

> It goes right to your liver, where it starts manufacturing fat, which triggers more insulin resistance and causes chronically elevated blood insulin levels, driving your body to store everything you eat as dangerous belly fat. You also get a fatty liver, which generates more inflammation. Chronic inflammation causes more weight gain and diabesity. Anything that causes inflammation will worsen insulin resistance. Another problem with fructose is that it doesn't send informational feedback to the brain, signaling that a load of calories just hit the body. Nor does it reduce ghrelin, the appetite hormone that is usually reduced when you eat real food.

As Dr. Hyman puts it, drinking 750 calories of soda creates "biochemical chaos." Soda contains exactly zero nutrients of any value: no vitamins, no fiber, no minerals, no phytonutrients—in short, none of the things that help you process the calories that you consume. These are known as "empty calories." Since your body isn't registering these calories as actual nutrition, you just keep eating all day.

In addition, your taste buds get "hijacked." They get so used to the super-sweet taste of the soda that nothing else tastes very good. If you don't think this is true, try this: Cut out all sugar for one week. Then eat a cup of blueberries. They will taste deliciously sweet. But binge on soda and then eat that same cup of blueberries, and they will be tasteless and boring.

750 Calories of Broccoli

Next, Dr. Hyman looks at what happens in your body if you eat 750 calories of broccoli. (First, we'd like to point out that you would have to eat 21 cups of broccoli to consume 750 calories, so this is really a "thought experiment." If you can actually consume 750 calories of broccoli in one sitting, please let us hear about it!)

Broccoli has one thing in common with the soda: it's made of mostly (although not quite all) carbohydrates. The types of carbohydrates couldn't be more different, however. Carbohydrates make up a wide group of foods whose nutritive value varies hugely, so let's take a closer look at them for a minute.

All carbohydrates are plant based. They are made up of carbon, oxygen, and hydrogen. Although they are as different as sugary drinks and vegetables and grains, they are all technically either sugars or starches, and even the starches convert to sugar once they enter your digestive system.

Here's how Dr. Hyman describes the process:

> The important difference is in how they affect your blood sugar. High-fiber, low-sugar carbohydrates, such as broccoli, are slowly digested and don't lead to blood sugar and insulin spikes, while table sugar and bread are quickly digested carbs that spike your blood sugar. Therein lies the difference. Slow carbs like broccoli heal rather than harm.

As we mentioned earlier, these 750 calories of broccoli comprise 21 cups of food. They contain 67 grams of fiber—more than twice as much as you need and about five times as much as most Americans consume on a daily basis. Broccoli is 23 percent protein, 9 percent fat, and 68 percent carbohydrate, and this amount would give you 510 calories from carbohydrates. What counts as "sugar" in broccoli only amounts to about 1.5 teaspoons. The rest of the carbohydrates are the same low-glycemic compounds found in all non-starchy vegetables. They are very slowly absorbed by the body.

So the basic question we're looking to answer is this: are the 750 calories in soda the same 750 calories that you get from broccoli? Absolutely not! That much is clear. So, why do we as a society insist on treating all calories the same?

Let's examine the real difference between these two sets of calories.

One more time, we'll reiterate that you could not eat this much broccoli. It just wouldn't fit in your stomach. But what would happen if you did? This much broccoli has so much fiber that very few calories would actually be absorbed, and those that were absorbed would be at a very slow rate. You would not experience a blood sugar or insulin spike, meaning no fatty liver or biochemical chaos.

Here are some other benefits, according to Dr. Hyman:

> Your stomach would distend (which it doesn't with soda; bloat from arbonation doesn't count!), sending signals to your brain that you were full. There would be no triggering of the addiction reward center in the brain. You'd also get many extra benefits that optimize metabolism, lower cholesterol, reduce inflammation, and boost detoxification. The phytonutrients in broccoli (glucosinolates) boost your liver's ability to detoxify environmental chemicals, and the flavonoid kaempferol is a powerful anti-inflammatory. Broccoli also contains high levels of vitamin C and folate, which protect against cancer and heart disease. The glucosinolates and sulphorophanes in broccoli change the expression of your genes to help balance your sex hormones, reducing breast and other cancers.

The point here is that all calories are NOT created equal. Consuming the same number of calories from different sources can create widely different effects in the body.

Dr. Hyman cites a study in his article that examined how calories, sugar, and diabetes are related. This study included participants from 154 countries, or practically every country in the world, and it found that people could add 150 calories a day to their diets with almost no increased risk of diabetes. However, if those 150 calories came from soda, then the risk of diabetes increased by 700 percent!

The food you eat doesn't merely contain calories; it also contains information. These calories— which can be fattening or metabolism-boosting, addictive or healing—send a message filled with instructions for your body. These instructions can lead to disease, or they can lead to health.

So, which are you choosing—the Double Gulp or a healthy portion of broccoli?

Quality Not Quantity

Shifting your focus away from calories and emphasizing a dietary pattern that focuses on food quality, rather than quantity, will help to rapidly reduce obesity, related diseases, and cardiovascular risk.

If you're eating according to the Body FX Nutrition Blueprint, you're eating an amazing variety of nutrient-dense foods, from superstar animal foods like seafood, to plant foods like avocados, not to mention the big pile of vegetables at every meal. For most people, this is much more nutritious than anything they were eating.

At Body FX, successful weight loss isn't about counting the calories in your low-carb tortillas, or "earning" every indulgence with an hour of sweating it out on the treadmill. Trying to starve your body into submission, without addressing your underlying metabolic problems and nutritional needs, is ineffective and unnecessarily painful. We believe the key to lasting weight loss is to work with your body, not against it, and address the underlying problem behind the weight gain. Then the weight should come off more or less painlessly, with a minimum of deliberate restriction, and a maximum of delicious healthy meals!

BODY FX NUTRITION BLUEPRINT

The Premise

The Body FX Nutrition Blueprint is a collection of information and recipes that have been used in our TV weight-loss test groups to help the participants lose belly fat and drop weight with quick, incredible results. By eating the right combination of "smart" carbohydrates, quality lean proteins, and a small amount of healthy fats, you too can lose weight and enjoy a leaner, healthier body. Follow this blueprint exactly for eight weeks and watch the results roll in!

The Plan

The Body FX Nutrition Blueprint offers a variety of healthy food options and, also, provides you with the knowledge and tools necessary to make the right food choices. It teaches participants how to combine the right foods to achieve the proper balance of nutritients. Here, we've provided sample recipes that are quick and easy so that you can succeed and stay motivated during your fat loss journey.

You will need to eat five small meals a day- breakfast, lunch, and dinner, with two snacks in between, three hours apart. Eating every three hours allows your body to receive a steady supply of protein throughout the day, helps your metabolism to work at an optimal level, and increases your ability to burn fat. You will think of food only as fuel for your body, and not an indulgence (except for the splurge meal, once a week).

It is recommended that you plan your meals ahead of time. Ask yourself today, "What do I need to eat for breakfast, lunch, and dinner tomorrow? What about the two snacks?" This way, you can plan for possible temptations, and avoid going off plan when you're hungry, tired, or in compromising surroundings. Planning ahead will prepare you for those times in the day when you lack willpower.

Use this blueprint to guide you in your weight loss journey, and in no time, you will come to reap the rewards of just what the right exchanges of carbohydrates, proteins, and fats can do for your body!

The Meal Plan and Timing

The following sample day is based on a participant who wakes up at 6:30am daily, and goes to bed at 10pm.

Meal	Timing (eat every 3 hours)	Sample
Breakfast	7:00 AM	2 eggs 1/2 cup lentils 1 cup broccoli with olive oil
Snack	10:00 AM	1/2 cup cottage cheese 4 celery sticks
Lunch	1:00 PM	4 oz. chicken 1/2 cup black beans 2 cups of veggies
Snack	4:00 PM	1 cup of Greek yogurt 8 almonds
Dinner	7:00 PM	4 oz. salmon 2 cups of veggies

* Total water intake should be 3 liters per day.

The following sample day is based on a participant who wakes up at 6:30am daily, and goes to bed at 10pm.

Extra Tips:

1. Dairy should be limited. Dairy products can cause spikes in insulin, inflammation, and digestive discomfort to those with intolerances. While they can be an effective protein source, limit yourself to no more than 2 cups per day.

2. Add some different seasonings to the meals to give them great taste and variety. Good spices and sauces include: Thick salsa without added sugar, Garlic salt, White truffle sea salt (combine this with tarragon on eggs for a delicious treat!), Thai chili paste.

3. Do not use cream-based salad dressings. Use vinaigrettes, olive oil, or other light, low-sugar and low-carb dressings only.

4. Make the snack size small, about half the size of lunch and dinner. Good examples of snack choices can be found on page 12.

5. It is important to proceed with caution. While it may be tempting to reduce food intake even further thinking you will achieve even greater results, don't do it. Attempting to create to much of a deficit each day will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained. Maintaining proper hydration is key to your success.

6. Maintaining proper hydration is key to your success. As a rule, you want to drink at least eight full glasses (64 oz) of water throughout the day. During workouts when you are sweating, or when spending time in the heat, you will need even more water.*

7 BREAKFAST MEALS

Just as you need to start your car with fuel, you need to jump start your metabolism first thing in the morning to burn the most energy possible throughout the day. Studies show that eating breakfast can increase your resting metabolism for the remainder of the day by as much as 10 percent. Here are 7 breakfast choices for you.

BREAKFAST #1

Egg Omelet with Lentils & Veggies

Ingredients:

- 3 eggs
- 1 cup mixed veggies
- ½ cup lentils or black beans
- Nonstick cooking spray

Directions: In a medium skillet, spray cooking spray and cook all ingredients (scrambled and mixed) over medium heat.

Carbohydrates: 29g, Fat: 15g, Protein: 30g

BREAKFAST #2

Egg White Omelet with Avocado

Ingredients:

- 4 egg whites
- 1 oz. tomatoes, diced
- 1 oz. mushrooms, diced
- 1 oz. green bell pepper, diced
- 1 oz. broccoli, diced
- ½ cup lentils
- ½ avocado
- Nonstick cooking spray

Directions: In a medium skillet, spray cooking spray and cook all ingredients (scrambled and mixed) over medium heat.

Carbohydrates: 33g, Fat: 11g, Protein: 26g

BREAKFAST #3

Herb Omelet with Cottage Cheese

Ingredients:

- 2 eggs
- ¼ yellow onion, finely chopped
- 2 button mushrooms, finely chopped
- 1 tbsp fresh or dried basil
- 1 tsp olive oil for sautéing
- pepper to taste
- nonstick cooking spray
- 1 cup cottage cheese (2%)

Directions: In a medium skillet, spray cooking spray and cook all ingredients, except cottage cheese, (scrambled and mixed) over medium heat. Serve cottage cheese on the side.

Carbohydrates: 17g, Fat: 20g, Protein: 35g

BREAKFAST #4

Eggs & Turkey Bacon

Ingredients:

- 3 eggs
- 3 slices turkey bacon
- 1 cup mixed vegetables
- Nonstick cooking spray

Directions: In a medium skillet, spray cooking spray and cook eggs as desired. In separate skillet, cook turkey bacon thoroughly. Serve eggs and bacon with mixed vegetables of your choice.

Carbohydrates: 13g, Fat: 23g, Protein: 26g

BREAKFAST #5

Eggs & Salad

Ingredients:

- 3 eggs
- 2 cups mixed veggie salad
- 1 tbsp vinaigrette
- nonstick cooking spray

Directions: In a medium skillet, spray cooking spray and cook eggs as desired. Toss clean lettuce and vegetables to serve with eggs and asparagus.

Carbohydrates: 20g, Fat: 24g, Protein: 24g

BREAKFAST #6

Hard-Boiled Eggs, Yogurt & Veggies

Ingredients:

- 3 eggs, hard-boiled
- 1/2 cup plain, fat-free Greek yogurt
- 10 slices cucumber
- 10 cherry tomatoes

Carbohydrates: 15g, Fat: 15g, Protein: 30g

BREAKFAST #7

Turkey & Veggies

Ingredients:

- 2 oz. white turkey, cooked
- ½ avocado
- 1 cup mixed vegetables
- ½ cup lentils, cooked

Carbohydrates: 32g, Fat: 11g, Protein: 29g

7 LUNCH MEALS

Your lunch and dinner will always be a combination of lean protein and vegetables— this combination will guarantee your success in losing excess fat and keeping it off forever. A good salad will be predominately green with a large variety of other colors to maximize the nutritional value. We have provided seven sample lunch combinations for you below.

LUNCH #1

Grilled White Meat & Veggies

Ingredients:

- 3 oz. turkey or chicken breast, grilled
- ½ cup sweet potato
- 2.5 cups mixed green veggies
- 1 tbsp vinaigrette

Carbohydrates: 29g, Fat: 10g, Protein: 34g

LUNCH #2

Chicken Fajitas

Ingredients:

- 3 oz. chicken
- 1 cup mixed vegetables
- ½ cup pinto beans, cooked
- ¼ avocado, sliced
- ¼ cup red onion, finely chopped

Carbohydrates: 35g, Fat: 13g, Protein: 27g

LUNCH #3

Salad with Tuna

Ingredients:

- 3 oz. tuna, packed in water
- 2 cups salad and mixed veggies
- 1 tbsp vinaigrette
- 1/2 cup cottage cheese, 2%

Carbohydrates: 21g, Fat: 13g, Protein: 34g

LUNCH #4

Turkey Spinach Salad

Ingredients:

- 3 oz. turkey breast
- 2 cups salad
- 2 cups mixed veggies
- 1 tsp vinaigrette
- ½ cup pinto beans

Carbohydrates: 35g, Fat: 5g, Protein: 37g

LUNCH #5

Chicken Couscous

Ingredients:

- ½ cup dried couscous (cook according to directions on the package)
- 3 oz. chicken, grilled and sliced
- 1 cup cucumers, sliced
- 1 cup tomato, diced
- 1 tsp olive oil

Carbohydrates: 32g, Fat: 12g, Protein: 21g

LUNCH #6

Grilled Chicken Salad

Ingredients:

- 2 cups mixed salad greens
- ¼ cup cucumbers, chopped
- ¼ cup tomatoes, sliced
- ¼ cup raw mushrooms
- ¼ cup onion, chopped
- 1 tbsp vinaigrette
- 4 oz. skinless chicken breast, grilled

Carbohydrates: 16g, Fat: 18g, Protein: 27g

LUNCH #7

Tuna & Ham Lettuce Wrap

Ingredients:

- 2 oz. tuna packed in water
- 2 oz. sliced ham
- ½ avocado, thinly sliced
- 1 small red onion, chopped
- 4 red leaf lettuce leaves

Carbohydrates: 21g, Fat: 14g, Protein: 26g

7 DINNER MEALS

Your lunch and dinner will always be a combination of lean protein and vegetables— this combination will guarantee your success in losing excess fat and keeping it off forever. A good salad will be predominately green with a large variety of other colors to maximize the nutritional value. We have provided seven sample lunch combinations for you below.

DINNER #1

Broiled Salmon with Steamed Veggies

Ingredients:

- 4 oz. salmon
- 1 garlic clove
- 1 tbsp lemon juice
- ½ cup zucchini, sliced
- ½ cup string beans
- 1 tsp olive oil
- Pepper to taste

Carbohydrates: 9g, Fat: 6g, Protein: 23g

DINNER #2

Halibut & Salad

Ingredients:

- 3 oz. halibut, grilled
- 2 cups of green salad
- 1 tbsp vinaigrette dressing

Carbohydrates: 8g, Fat: 11g, Protein: 22g

DINNER #3

Chicken & Veggies

Ingredients:

- 3 oz. skinless chicken breast, baked
- 2 cups of mixed vegetables, steamed

Carbohydrates: 12g, Fat: 8g, Protein: 20g

DINNER #4

Grilled Meat & Salad

Ingredients:

- 2 oz. lean red meat, grilled
- 2 cups mixed green salad

Carbohydrates: 11g, Fat: 9g, Protein: 19g

DINNER #5

Shrimp & Veggies

Ingredients:

- 1 cup cooked shrimp
- 1 oz. broccoli, chopped
- 1 oz. red bell pepper, sliced
- 1 oz. mushrooms, chopped
- 2 tbsp hummus
- 1 tsp olive oil

Carbohydrates: 6g, Fat: 11g, Protein: 20g

DINNER #6

Grilled Chicken Breast & Veggies

Ingredients:

- 3 oz. skinless chicken breast, grilled
- 2 cups mixed salad (or steamed vegetables)
- 1 tsp vinaigrette

Carbohydrates: 7g, Fat: 10g, Protein: 19g

DINNER #7

Shrimp Stir-Fry

Ingredients:

- 4 oz. cooked shrimp
- 1/4 cup broccoli, chopped
- ¼ red bell pepper, chopped
- ¼ cup mushrooms, sliced
- 1 tsp olive oil

Carbohydrates: 5g, Fat: 6g, Protein: 26g

SNACK LIST

It is VERY important that you eat your two snacks each day. Not only does snacking ensure that your metabolism stays fueled up, but it also prevents you from getting too hungry in the evening and then overeating.

Here are 14 snack choices:

- ½ Cup 2% Cottage Cheese & 7 Mini Bell Peppers
- ½ Cup Plain Fat-Free Greek Yogurt & 12 Almonds
- 1 scoop Protein FX & 1 tsp Peanut Butter
- 1 Cup Plain Fat-Free Greek Yogurt & 8 Cherry Tomatoes
- 1 Cup Fat-Free Greek Yogurt & 1/4 Cup Blueberries
- ½ Cup Cucumbers, 2 tbsp Hummus, and 1 Hard-boiled Egg
- ½ Cup 2% Cottage Cheese, 1/2 cup Blueberries, and 2 Celery Sticks
- 2 Celery Sticks, 2 tsp Peanut Butter, and 1/2 cup Plain Fat-free Greek Yogurt
- ½ Cup 2% Cottage Cheese & ½ Apple
- 1 scoop Protein FX & 5 Unsalted Nuts
- ½ Cup Broccoli & 2 Hard-boiled Eggs
- 2 oz. Turkey Breasts, 1/2 cup sliced Cucumber, and 8 Almonds
- 3 oz. Tuna Packed in Water, 7 Cherry Tomatoes, and 7 Mini Bell Peppers
- ½ Cup 2% Cottage Cheese & 8 Unsalted Nuts

What to Drink and What to Avoid

Water is extremely important in triggering fat loss. It has zero calories, aids in appetite control, and makes up close to 70 percent of our bodies. Our organs contain an even higher percentage! Your liver, for example, is nearly 95 percent water and is responsible for breaking down fatty acids and transporting them to the blood to be metabolized. During your weight loss journey, it is crucial that you drink three liters (12 cups) of water a day, spaced evenly throughout the day.

Avoid or limit drinks that contain calories such as soda, fruit juices, sweetened beverages, and energy drinks. While unsweetened teas are generally fine, sugar-free beverages should be limited or avoided all together.

If you are an avid coffee or tea drinker, you can continue to enjoy your cup per day, however, limit sweeteners as much as possible. Creamers, half-and-half, and milk add quite a bit of sugar and empty calories to your day. If you do use a sweetener, you might want to use a natural alternative such as Stevia, or a very minimal amount of pure cream.

Make A Splash With Your Water

Adjusting to drinking 3 liters of water a day can be difficult for some. You may find it helpful to add a little bit of flavor to your water, by following the recipe below.

Ingredients:

- 2-3 large lemons, thinly sliced
- 1 cucumber, thinly sliced
- 18-20 mint leaves
- ½-1 tbsp ginger, ground

Directions: Thoroughly wash all fruits and veggies and thinly slice the lemon and cucumber. Fill a 3 liter container (or multiple smaller containers) with ingredients and fill to the top with water. Soak in the refridgerator overnight, and enjoy within two days. (Mint leaves will start to go bad after approximately two days of soaking.)

THE "YES" FOOD LIST

These are the foods that help your insulin stay in check and increase your fat loss without counting calories.

FRUIT

It's important to eat different kinds of fruit so that you get a wide variety of vitamins and phytonutrients, like antioxidants. However, you need to limit fruit consumption to 1/2-1 cup per day and you need to eat it before 3 pm. The sugar in fruit, when consumed in excess, can affect the body in a similar way to table sugar.

COMPLEX CARBOHYDRATES (FIBROUS)

- Alfalfa sprouts
- Celery
- Onions
- Artichokes
- Cauliflower
- Peppers
- Asparagus
- Cucumbers
- Beans
- Eggplant
- Spinach
- Broccoli
- Leeks
- Squash
- Brussel sprouts
- Lettuce
- Tomatoes
- Cabbage

COMPLEX CARBOHYDRATES (STARCHY)

- Multigrain bread (like Ezekiel bread)
- Oatmeal
- Legumes
- Lentils
- Kidney beans
- Steamed brown rice
- Sweet potatoes

PROTEIN

- Sashimi
- Beef
- Skinless chicken breast
- Ham
- Lamb
- Skiness turkey
- Veal
- Pork
- Eggs
- Fish
- Crab
- Lobster
- Shark
- Oysters
- Prawns
- Shrimp
- Cottage cheese
- Quinoa
- Plain unsweetened Greek yogurt

FATS

- Unsalted almonds
- Unsalted cashews
- Olives
- Avocados
- Flax seed oil
- Olive oil
- Coconut oil

THE "NO" FOOD LIST

These are the foods that sabotage your fat-loss goals and wreak havoc on our health by creating hormonal imbalances and triggering inflammation. Please avoid these foods at all costs.

ALL SUGAR

- Table sugar
- Fructose
- Maltose
- Sucrose
- Corn syrup
- Artificial sweeteners
- Evaporated cane juice

CARBOHYDRATES (STARCHY)

When digested, these turn into sugar:

- All baked goods
- Bread
- Pasta
- Pastries
- Bagels
- Potatoes
- Cereal
- Potato chips
- Instant oatmeal
- Rice
- Rice cakes

ALL FRUIT JUICE AND SMOOTHIES

ALL SODA

DAIRY

See page 16 for more details on dairy consumption.

- Flavored yogurt
- Ice cream
- Frozen yogurt
- Butter

MISCELLANEOUS FOODS

- Alcohol of any kind
- Candy
- Soda
- Salt (except sea salt kept to a minimum)
- Salted nuts
- Soy sauce
- Mayonnaise
- Salad dressing with creams and sugars (for example, Ranch or Russian)

PORTION SIZES

Even if you eat healthy food everyday, too much food in one sitting will still cause you to have a difficult time getting the results you want. You do not need to count calories, but you do need to be able to eyeball the correct serving sizes. Here are our guidelines on how much you should eat at one time.

When portioning out...

PROTEIN (MEAT OR FISH)

Size of palm = 1 cup
You will eat 3 servings a day

SIMPLE CARBOHYDRATES (FRUIT)

Size of palm = 1 cup
You will eat 3 servings a day

SIMPLE CARBOHYDRATES (FRUIT)

Size of palm = 1 cup
You will eat 1 serving a day

COMPLEX CARBOHYDRATES (FIBROUS/ VEGGIES)

Size of palm = 1 cup
You will eat 4-6 servings a day

COMPLEX CARBOHYDRATES (STARCHY: BROWN RICE/SWEET POTATOES)

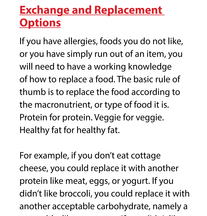
Size of palm = 1 cup
You will eat 1/2 serving a day

FATS (NUT BUTTER/NUTS/ AVOCADOS)

Size of palm = 1 cup
You will eat 1/2 serving a day

OIL

Size of 1/2 of thumb = 1 tbsp.
You will eat 3 servings a day
(thumb and a half)

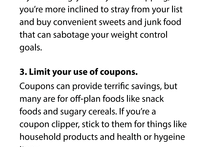


Exchange and Replacement Options

If you have allergies, foods you do not like, or you have simply run out of an item, you will need to have a working knowledge of how to replace a food. The basic rule of thumb is to replace the food according to the macronutrient, or type of food it is. Protein for protein. Veggie for veggie. Healthy fat for healthy fat.

For example, if you don't eat cottage cheese, you could replace it with another protein like meat, eggs, or yogurt. If you didn't like broccoli, you could replace it with another acceptable carbohydrate, namely a vegetable, like asparagus. If you didn't like almonds, you could replace it with avocado. And, so on.

Learning how to replace foods with like macronutrients will give you the knowledge to stay on plan, even when the exact foods aren't available. Plan ahead for social events or times that you are dining out by thinking of what will be available to replace the foods in your meal plan. Before you know it, creating the ideal plate will be second nature!



Before You Hit the Store

Once you have an idea of how to plan a healthy menu, you also have everything you need to create a grocery list. The following are tips to help simplify your shopping task:

1. Create a meal library as personal reference.
Write your menus down for the week, and keep them in a notebook. Refer to your notebook each week prior to going to the supermarket.

2. Eat before you go shopping.
If you're hungry while you're shopping, you're more inclined to stray from your list and buy convenient sweets and junk food that can sabotage your weight control goals.

3. Limit your use of coupons.
Coupons can provide terrific savings, but many are for off-plan foods like snack foods and sugary cereals. If you're a coupon clipper, stick to them for things like household products and health or hygeine items.

4. Don't shop with your kids.
This may be difficult to swing, but children can often be a distraction while you shop and you may be tempted to give in to their pleas for cookies and sweets. Hire a sitter for an hour or two, have your spouse watch them, or ask a friend.

5. Shop only from your list.
The rule of thumb is if it's not on the list, don't buy it. Weight loss requires discipline, and you'll be more inclined to get the results you desire if you eliminate as many temptations as possible. Keeping only the foods on the plan in your house is very helpful!

Eating on the Go

It is easier to follow a set meal plan when you are at home. Being able to avoid temptation and preparing meals from scratch definitely makes things more controllable. Unfortunately, it isn't realistic to assume you can eat at home all the time. Use these simple tips to help you stick to the program, even when away from home:

Bring it with you. Avoid being tempted by junk food or the drive-thru window by taking wholesome foods like nuts, yogurt, or a shake with you, wherever you go. Refer to the snack section for tips.

Use smaller storage containers. Buy small containers that you can take with you to control your portion sizes. This also helps you more closely monitor what you are eating and when.

Guide to Dining Out

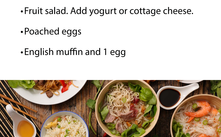
When trying to lose weight or simply maintain a healthy lifestyle, going out to eat can really derail your progress, if you let it. However, with careful planning, it is possible to enjoy a night out while still sticking to your goals.

Restaurants always serve oversized portions so customers feel that they are getting their money's worth. Keep this in mind when ordering and eating your meal. If you want a smaller portion, ask your server to bring you half the normal amount of food and either immediately put the other half in a take-out bag or see if one of your friends would like to split the entrée with you.

Do not be afraid to order what you want, even if it is not on the menu. It is the job of the wait staff to please you, and they know if they cater to your needs, you are more likely to return. Be specific and do not shy away from asking questions.

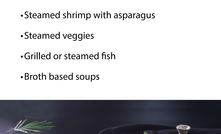
DELI

- Salad with a lean protein. Protein can be grilled chicken, poached salmon, seared tuna, slicedturkey, hard-boiled egg, feta, or beans. Ask for the dressing on the side.
- Grilled chicken or fish with steamed vegetables
- Turkey or roast beef sandwich, open-faced (throw away the bread). Enjoy with lettuce, tomato, mustard, and pickle.
- Turkey burger, chicken burger, veggie burger (skip the bun)
- Salad and baked sweet potato
- Fruit salad. Add yogurt or cottage cheese.
- Poached eggs
- English muffin and 1 egg



CHINESE

- Steamed chicken and broccoli
- Steamed shrimp with asparagus
- Steamed veggies
- Grilled or steamed fish
- Broth based soups

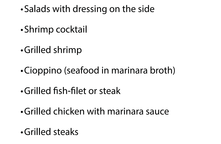


JAPANESE

- Sushi (brown rice or replace rice with cucumber)
- Sashimi
- Chicken teriyaki, sauce on the side
- Salmon teriyaki, sauce on the side
- Salads, edamame, and/or steamed veggies

ITALIAN

- Salads with dressing on the side
- Shrimp cocktail
- Grilled shrimp
- Cioppino (seafood in marinara broth)
- Grilled fish-filet or steak
- Grilled chicken with marinara sauce
- Grilled steaks



MEXICAN

- Salads with grilled fish or chicken
- Open face tacos or burritos with grilled fish or chicken (skip the tortilla)
- Enjoy salsa and a tablespoon or so of guacamole
- Skip the cheese and sour cream

GAS STATIONS & CONVENIENCE STORES

Obviously, eating items from a gas station or convenience store is not ideal. However, if you have no other options, consider:

Proteins:

- Yogurt or cottage cheese
- Hard-boiled eggs
- Protein shakes

Carbs:

- Fresh fruit
- Popcorn (low salt and no butter)

Fats:

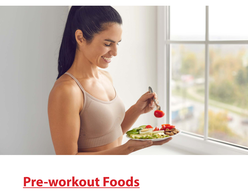
- Raw unsalted nuts or seeds

Avoiding the Yo-Yo

In the beginning of your nutrition program, your body is going to go through withdrawals, and a period of cleansing. This is to be expected and, in a matter of a few days, energy levels will increase. Over time, the body will grow accustomed to getting the fuel it needs. It will also become increasingly more important to maintain the supply of that fuel.

Missing meals or allowing long periods of time between meals can slow the metabolism and result in not only poor energy levels, but will also result in poor nutritional decisions. Studies indicate that those who skip the first meal of the day are four times more likely to be overweight than those who don't.

When your diet includes skipping meals, you are sending the message to your body that these are periods of starvation. Excessively low calories and missed meals are setting you up for the yo-yo effect. While you may think that good results can be achieved quickly, eventually, the body will get the idea that fewer calories are coming in. It will adapt, but will do so with a decrease in energy and a slower metabolism. You can prevent this by adhering to the plan.



Pre-workout Foods

Eating the right foods before a workout can help you to maximize your efforts and results. Pre-workout meals should be made up of slow-burning complex carbs, such as fruit, vegetables, whole-grain bread, or sweet potatoes. As carbs are your body's main source of energy, 65 to 70 percent of the total calories of a pre-workout meal should come from carbs.

Post-workout Foods

Meals following a workout are probably the most important meal of the day. Generally, it is right after a workout that your body is literally starving for nutrients. That is why it is so important to feed your muscles and replenish depleted energy sources. Besides drinking plenty of water, after a workout, you should be eating foods high in amino acids, carbs, and protein. Skinless chicken breast, dark green vegetables, eggs, salmon, sweet potato, spinach, tuna, or a whey protein shake are all good examples of foods to eat postworkout.

Build Muscle to Prevent Fat Loss Plateaus

As you develop more lean muscle tissue, not only does your body take on a better overall shape, it also helps you to burn body fat faster and prevent fat loss plateaus. However, just as your lean muscle increases, you could also experience a sticking point on the scale. These sticking points are the result of muscle gains being equal to fat loss. If one week you lose one pound of body fat and gain one pound of lean muscle tissue, then the results on the scale are the same for that week.

The goal should always be to gain muscle. However, if you're concerned about becoming too muscular, rest assured the additional muscle gained will serve to promote your progress, as it will boost the metabolism and assist you in burning more, even at rest.

If You Want to Gain Muscle

Gaining weight while remaining lean requires a careful increase of fuel over the course of your program. Your first goal should be to reach your initial fat loss goal, before making muscle-building your primary goal. Even as you lose body fat, the nutrition program, combined with activity, will result in an increase in lean muscle. Once you have reached your desired lean weight, you can increase muscle by doing one or more of the following:

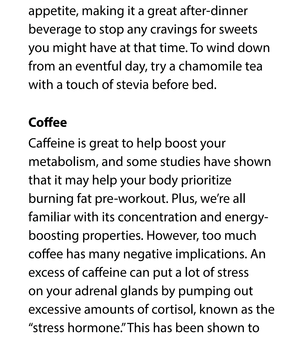
- Slightly increase protein levels at each meal. (Foods like eggs, chicken, turkey and fish).
- Have a protein shake with fruit after each workout.
- Supplement the meal plan with branch chain amino acids (BCAA's), available in powder form which can easily be added to your water, or pill form, either of which can be consumed daily.

If You Stop Losing Weight

Weight is not the best indication of your success in the short term. The scale only tells part of the story. Just as a pound of feathers and a one-pound brick are not the same in size and shape, your body's composition will also not always be the same. As you lose body fat and gain lean muscle mass, it will prove difficult to use the scale as a tool to properly assess your progress. The scale, paired with body fat testing or circumference measurements, will prove to be far more effective in determining results.

If after a few weeks, your weight is still not decreasing, you can try one or more of the following:

- Recheck your measurements and portions to determine if you have been consuming the suggested amount
- Make sure you don't have hidden calories in your beverages that you have not logged. Soda, juice, and alcohol could easily set you back.
- Are you consuming diet drinks and sugar free beverages? Studies now show that people who consume diet soda are 40 percent more likely to be overweight.
- Contact a Body FX Trainer for assistance. This wonderful resource may be just the boost you need to keep you accountable and informed about your weight loss journey!



Extra Metabolic Accelerators

When you have adopted the Key Metabolic Triggers (page 2) into your daily habits and they have become easy to execute, consider the following additional metabolic accelerators:

Warm Water with Lemon

We recommend you have this EVERY morning when you wake up to help flush your digestive system and boost your metabolism. You can also sip this throughout the day. Squeeze half of a lemon into 12 ounces of warm water, and enjoy.

Herbal Teas

Green tea has amazing properties related to the antioxidants found in the tea leaves. Peppermint tea can help suppress your appetite, making it a great after-dinner beverage to stop any cravings for sweets you might have at that time. To wind down from an eventful day, try a chamomile tea with a touch of stevia before bed.

Coffee

Caffeine is great to help boost your metabolism, and some studies have shown that it may help your body prioritize burning fat pre-workout. Plus, we're all familiar with its concentration and energy-boosting properties. However, too much coffee has many negative implications. An excess of caffeine can put a lot of stress on your adrenal glands by pumping out excessive amounts of cortisol, known as the "stress hormone." This has been shown to get in the way of losing your dreaded belly fat! Please refrain from having more than one cup per day.

Cinnamon

Cinnamon is helpful in glucose (sugar) metabolism. It improves the way fat cells respond to sugar, increases insulin sensitivity, and helps lower blood sugar levels. You can sprinkle a teaspoon of cinnamon on your on your oatmeal or add it to your tea, coffee, or yogurt.

Sleep

There is strong evidence that a chronic lack of sleep can alter the mix of hormones in your bloodstream that control appetite and regulate weight gain. When you don't get enough sleep or you sleep poorly, your brain increases signals to your body that it needs to eat, and decreases signals that you've had enough. This goes back to the stress hormone cortisol, which is responsible for cravings for high-fat "comfort" foods. It is common that those who can't sleep, or are tired during the day, opt for food as a pick-me-up. This is obviously detrimental to your weight loss! With a minimum of seven hours of sleep per night, you can experience a positive effect on your metabolism, appetite control, and immune system.

BODY FX
VEGETARIAN BLUEPRINT

Vegetarian diets have become quite popular in this modern day and age. With an increase of Vegetarian and Vegan documentaries, and more and more influencers preaching meat-free lifestyles, we have made note of the need for a Vegetarian meal plan.

While, we do not encourage Vegetarian or Veganism for weight loss, mostly because of the large amount of carbohydrates in even the protein sources, we have laid out a blueprint that includes soy* and plant-based protein options so that everyone can be successful in their individual weight loss journeys. Please note that our program was not designed for Vegetarian and Vegan diets, and you may not experience results as quickly as those who eat meat. Regardless, we value all in our community, meat eaters and meat free alike, and want to see everyone live a more healthy and active life with our weight loss programs.

*Please consult your physician before increasing your soy intake and changing your diet.

The Meal Plan and Timing

The following sample day is based on a participant who wakes up at 6:30am daily, and goes to bed at 10pm.

Meal	Timing (eat every 3 hours)	Sample
Breakfast	7:00 AM	4 egg whites 1/2 cup lentils 2 cup mixed veggies (chopped mushrooms, bell pepper, broccoli, and tomatoes)
Snack	10:00 AM	½ cup cottage cheese 4 celery sticks
Lunch	1:00 PM	Lettuce, 4 outer leaves ½ tomato ½ avocado 4 slices tempeh (85g) ½ cup cottage cheese
Snack	4:00 PM	1 cup of Greek yogurt 8 almonds
Dinner	7:00 PM	6 oz. tofu 2 cups of veggies ½ cup black beans

* Total water intake should be 3 liters per day.

Extra Tips:

1. Dairy should be limited. Dairy products can cause spikes in insulin, inflammation, and digestive discomfort to those with intolerances. While they can be an effective protein source, limit yourself to no more than 2 cups per day.

2. Add some different seasonings to the meals to give them great taste and variety. Good spices and sauces include: Thick salsa without added sugar, Garlic salt, White truffle sea salt (combine this with tarragon on eggs for a delicious treat!), Thai chili paste.

3. Do not use cream-based salad dressings. Use vinaigrettes, olive oil, or other light, low-sugar and low-carb dressings only.

4. Make the snack size small, about half the size of lunch and dinner. Good examples of Vegetarian-friendly snack choices can be found on page 22.

5. It is important to proceed with caution. While it may be tempting to reduce food intake even further thinking you will achieve even greater results, don't do it. Attempting to create to much of a deficit each day will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.

6. Maintaining proper hydration is key to your success. As a rule, you want to drink at least eight full glasses (64 oz) of water throughout the day. During workouts when you are sweating, or when spending time in the heat, you will need even more water.*

3 VEGETARIAN BREAKFAST MEALS

Just as you need to start your car with fuel, you need to jump start your metabolism first thing in the morning to burn the most energy possible throughout the day. Studies show that eating breakfast can increase your resting metabolism for the rest of the day by as much as 10 percent. Here are 3 breakfast choices for you.

BREAKFAST #1

Egg Omelet with Veggies

Ingredients:

- 4 egg whites
- ¼ cup mushrooms, chopped
- ¼ bell pepper
- ¼ cup broccoli, chopped
- ¼ cup tomato, chopped
- ½ cup lentils

Carbohydrates: 27g Fat: 0g
Protein: 26g

BREAKFAST #2

Eggs and Tempeh

Ingredients:

- 4 egg whites
- ½ cup tomatoes
- 4 slices tempeh (85g)

Carbohydrates: 19g Fat: 2g Protein: 24g

BREAKFAST #3

Tofu and Veggies

Ingredients:

- 4 oz. tofu
- 1 cup mixed veggies
- 1/3 cup lentils

Carbohydrates: 23g Fat: 5g Protein: 21g

3 VEGETARIAN LUNCH MEALS

Your lunch and dinner will always be a combination of lean protein and vegetables— this combination will guarantee your success in losing excess fat and keeping it off forever. A good salad will be predominately green with a large variety of other colors to maximize the nutritional value. We have provided three sample lunches for you below.

LUNCH #1

Protein Bowl with ½ Scoop Protein Powder

Ingredients:

- ½ cup black beans
- ¼ avocado
- 2 tbsp salsa
- 1 cup lettuce, shredded
- ¼ cup plain greek yogurt (as a sour cream)
- ¼ cup brown rice
- ½ scoop protein powder.

Carbohydrates: 37g Fat: 5g Protein: 26g

LUNCH #2

Quinoa Salad Scramble

Ingredients:

- 1 whole red bell pepper, diced
- ¼ cup quinoa, cooked
- ¼ cup edamame
- ¼ cup black beans
- 4 egg whites
- lime juice from 1 lime
- 1 tsp olive oil
- cilantro to taste

Carbohydrates: 38g Fat: 8g Protein: 26g

LUNCH #3

Black Bean Omelet

Ingredients:

- 2 whole eggs + 2 egg whites
- ¼ cup black beans
- ¼ cup tomato
- ¼ yellow onion
- 2 button mushrooms
- 1 tsp olive oil
- 1 tbsp fresh basil

Carbohydrates: 19g Fat: 15g Protein: 25g

3 VEGETARIAN DINNER MEALS

DINNER #1

Tofu Bento

Ingredients:

- 6 oz. tofu
- ½ cup brown rice
- 5 oz. broccolini
- ¼ red bell pepper
- ¼ orange bell pepper
- 1 tbsp low sodium soy sauce

Carbohydrates: 37g Fat: 9g Protein: 27g

DINNER #2

Bean Chili with Salad

Ingredients:

- 1 green bell pepper
- ¼ yellow onion
- 4 slices tempeh (85g)
- 1/3 cup red kidney beans
- 1 tsp olive oil
- 2 cups mixed greens
- 1 tsp vinaigrette

Carbohydrates: 39g Fat: 10g Protein: 19g

DINNER #3

Bean Chili with Salad

Ingredients:

- 1 large portabello mushroom cap
- 1/4 cup quinoa, cooked
- 1/4 yellow onion
- 1/2 tomato
- 1/2 cup spinach
- 1 oz. shredded almond mozzarella cheese
- 1 tsp olive oil
- 4 slices tempeh (85g)

Carbohydrates: 32g Fat: 11g Protein: 22g

VEGETARIAN SNACK LIST

It is VERY important that you eat your two snacks each day. Not only does snacking ensure that your metabolism stays fueled up, but it also prevents you from getting too hungry in the evening and then overeating. Here are 6 snack choices.

- ½ Scoop Protein Powder with 8 Almonds
- 1 Scoop Protein Powder with 4 Celery Sticks
- ½ Cup Greek Yogurt with 1 Hardboiled Egg
- ½ Cup Greek Yogurt with 8 Almonds
- ½ Cup Cottage Cheese with 4 Celery Sticks and 1 tsp Peanut Butter
- ½ Cup Cottage Cheese with Small Salad
- ½ Cup Cottage Cheese & 3 Celery Sticks

MEASURE
YOUR SUCCESS

You are about to get into the best shape of your life, so let's make sure you track it! In order to track your progress, you are going to start with your "before" photo. Follow these easy guidelines to get the best photos.

Clothes

Wear a swimsuit, or something similar, in order to clearly determine the areas that need your focus. The more skin you see, the better. It will help you to fully see your complete transformation later. If you're a male, wear shorts and take off your shirt for photos. Ladies, wear a sports bra and shorts, or a bikini, so that your waist, belly, and thighs are visible. (No underwear)

Backdrop

You want your backdrop to be as plain as possible. Pick an uncluttered spot for your photos. We recommend using a white wall.

Angles

You can't take too many pictures. The more you have, the more you will be able to reference later. You will definitely want to take a few front shots with your hands on your hips, some side shots with both hands on your sides, and some back shots with your biceps flexed and with your hands on your hips. Set your phone or camera to portrait mode (not landscape). Make sure you can see yourself head to toe, while still posing close enough to see details.

Pose

You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you've become.

Success

You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you've become.

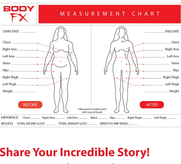
Sample Photos

Front view. Hands down. | Front view. Hands on your hips. | Side view. Hands down.

Side view. Hands on hips. | Diagonal view. | Personal photos.

Measure Your Success

Don't forget that you are going to want to see a calculated result, as well. We have included our Measurement History card for your convenience. You will measure each area at its widest point to get the most accurate reading. Write down your "before" measurements the same day you take your "before" photos. Likewise, write down your "after" measurements the same day you take your "after" photos.



BODY FX MEASUREMENT CHART

START DATE		END DATE	
Chest		Chest	
Right Arm		Right Arm	
Left Arm		Left Arm	
Waist		Waist	
Hip		Hip	
Right Thigh		Right Thigh	
Left Thigh		Left Thigh	
Weight		Weight	

BEFORE — Measure at widest point. Write down measurements.

AFTER

DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____

RESULTS: TOTAL INCHES LOST _____ TOTAL WEIGHT LOST _____ WAIST TO HIP RATIO _____

Share Your Incredible Story!

Send in your "before" and "after" pictures to support@bodyfx.com, along with your stats, to be considered for cash and prizes!

Measuring Your Weight

Use the same scale, and wear the same clothes, each time you weigh yourself. The clothing should be as light as possible or, better yet, wear no clothes at all, and be sure to choose an accurate and reliable scale. Make sure it measures half-units (1/2 lb.) accurately. Do not put the scale on an uneven or soft surface, such as carpet.

When should you weigh? Ideally, you should measure your weight in the morning. If you can't do that, then try to weigh yourself at the same time each day. It's normal for most women to gain a little weight before their period, so you can put off weighing yourself until after your period.

How often should you weigh? Weigh yourself once a week, at the same time of the day. Body weight, by itself, is not the best way to see your true transformation. This is because when you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Muscle tissue is more dense than fat tissue. But that's okay—you want more muscle and less fat! That's the reason it's important to also measure your body in inches.

Measuring Your Inches

All you need is a measuring tape and a friend who is familiar with the directions below:

1.Biceps (right and left arm) measurement: Flex the bicep muscle and measure exactly at the peak (the spot between the shoulder and the elbow)

2.Chest measurement: Measure around your chest, across both nipples. Make sure the tape is flat to your body and perpendicular to the floor. Hang your arms down so you can get the lats (back muscles) in the measurements.

3.Waist measurement: Measure your waist by placing the measuring tape exactly across the belly button (including the love handles). Make sure the tape is flat against your body and perpendicular to the floor.

4.Hip measurement: Stand with feet close together. Measure the widest part of your butt and keep the tape flat against your body and perpendicular to the floor.

5.Thigh (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure the middle part of your thigh (spot halfway between the inseam and the knee).

6.Calf (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure at the peak of the calf.

**Remember to be consistent with your measurements. Measure your body at the exact same place every 30 days, starting on Day 1.

FINAL STRATEGIES FOR SUCCESS

At this point, you have all the tools to begin your weight loss journey. The most important thing is that you stay motivated and mentally strong. To help you stick to the program, we put together seven final strategies that will keep you producing results, week after week.

Your Aha! Moment

To determine the success of your transformation, we encourage your weight loss journey begin with an "aha!" moment. An "aha!" moment is the moment you realize that enough is enough and changes need to be made. Some people call it an "epiphany," while others think of it as a turning point. If you have not had one yet, we encourage you to dig deep and try to find what is inspiring you to do this and use that as a motivating factor on your journey.

When you are experiencing your "aha!" moment, take time to notice how you feel. Do you feel depressed, tired, afraid, unsure? Breathe into these feelings and amplify them. Look at your life with your eyes wide open and see what this new revelation means for you. Release limiting beliefs and embrace possibilities to ride the tide of the moment.

As soon as you have had your moment, take action steps. Here are few examples of helpful suggestions in this regard:

Track Everything in Your Diary

Journaling plays a critical role in turning a goal into an action plan and evaluating the success of your efforts. Thus, it is very important that each day you write down everything you eat. By keeping track of your progress, you are keeping yourself honest and accountable. You can look back at the end of each day and figure out if you were on target with your goals. If you were not, you can see what needs to change by looking into your exercise and eating patterns. Documentation is critical in your training if you wish to have any perspective as to how your program is working for you.

Knowing where you are, helps you to know where you are going. Our most successful members prove that tracking your food intake for a week or more yields the best results, but even recording your food for one day can make a difference. Be specific and track everything. Carry a pen and paper at all times to record consumption of food, and do not rely on memory because at the end of the day, chances are high that you'll forget something "minor."

Other journaling tips to consider:

- Use the journal forms on bodyfx.com or use a notebook of convenient size. Make sure it is large enough to write in comfortably, but small enough to take with you.
- Always have a pen that you will use only for your journal.
- Log the time of day and emotions surrounding your food choices. This will help you better assess the time in between your snacks and meals. The further out your meals are from one another, the greater the fluctuations in your blood sugar will be, and the more likely you will overeat at yourext meal. You should include your five small meals (breakfast, lunch, dinner, and two snacks) plus your water intake. Get used to this habit-it's important!
- Remember to accurately assess portion sizes. That means you'll have to measure out all of your food choices at least for a few days. You may quickly realize that your portion sizes are much larger than you actually need.
- Record where you consumed food and assess how often you are eating in appropriate settings. Food should be consumed in an enjoyable environment, free of distractions and disturbances. Several studies show that eating in front of the TV or in the car actually makes people eat much more.
- Be honest! Do not lie to yourself by underreporting your food consumption.
- Each week go back and read the entries from the week before so you can see how well you are doing with your journaling and how you are progressing with your nutrition plan.
- Don't stop writing! You are not expected to be the world's best journal keeper. Just make it a point to be as consistent as possible. Even if you are missing entries, you should still keep logging new events.
- Share all or part of your fitness journal with someone. Sharing your journal increases your accountability.

Tupperware - Your Best Friend!

Make a habit of preparing your meals one to three days in advance. This will save you time and eliminate excuses regarding convenience.

We recommend getting 6 to 12 containers, ranging from 1 to 2 cups in size for snacks, and 3 to 5 cups in size for meals. It's also great to have tiny containers for dressings, oils, and other condiments.

Keep in mind that if you are going to be reheating your food in these, you want to choose ones that are BPA free and won't fall apart in the microwave/oven. If you are going to be prepping for a few days in a row, it can be a good idea to buy containers that are the same sizes so they can be easily stacked.

Make a Public Commitment to Your Fat Loss

Tell your friends and family your specific goals for your planned weight loss. Over the years, we have noticed that our members who make a public commitment to their weight loss do much better than those who don't. The support and encouragement from people close to you can help reinforce your motivation and strengthen your willpower. Also, it is harder to publicly admit that you have not achieved your goals or have given up on your plan, so making this commitment will keep you accountable. Furthermore, loved ones can help you overcome inevitable setbacks.

Use social media sites such as Facebook or Twitter to update your progress and receive that muchneeded encouragement. The best support you can get is from our own Body FX community itself, where likeminded people are going through the same triumphs and setbacks as you, on their journey to health.

Post Your Picture Somewhere Visible

Start by posting your before photo somewhere you will see it often throughout the day (i.e. on your refrigerator door, bathroom mirror, or closet wall). This will keep you motivated to leave the old you behind, and help you to see how far you have come as the weeks go on.

Take Pictures of Your Food

Take pictures of everything you eat for the next five days and post them on your Facebook page or Body FX community page. Every post of a plate of fresh veggies with lean protein tells the world that you are eating mindfully and consuming healthy meals. These posts will get a thumbs-up from your friends and help you, and perhaps others watching, to stay motivated. For sizing, put your hand next to your plate in the pictures so it is easy to see if your portion sizes are correct.

Become a Leader

The absolute best way to ensure your success is to become the leader of a group. Find co-workers, friends, neighbors, or family members who want to achieve the same type of goals that you do. Be the point of contact for the group. Meet or talk often to share your achievements and challenges. Being a leader keeps you accountable to yourself, and others looking to you for inspiration.

READY-SET-GO!

If you are still unsure of where to start on your weight loss journey, we have come up with an action list for you:

❒ Read the Body FX Nutrition Guide cover to cover.

❒ Take a before picture of yourself for your Day 1 reference point. Post it where you will see it often, for instance, on your refrigerator or the bathroom mirror, as a visual reminder of your progress.

❒ Take your starting weight and measurements. See the measurement chart and read the directions how to do this on page 24.

❒ Sign in on the community forums. Post your comments there under several different topic matters. You can post anything that's on your mind—your hopes, your fears, gratitude for others' advice, gratitude for being alive! You will be amazed at how easy it is to lose weight when you have a supportive and empathetic community cheering you on!

❒ Throw away the junk food from your refridgerator and pantry.

❒ Post "Yes" and "No" food lists on your refridgerator to remind you what you can and cannot eat during this eight-week program.

❒ Go to the grocery store and buy the ingredients from the sample day on page 18, and any optional recipes listed.

❒ Prepare your food (breakfast, lunch, dinner, and two snacks) for the next three days.

❒ Set a timer to alert you to EAT EVERY THREE HOURS.

❒ Keep a FOOD JOURNAL. During the first week, write down every single thing that goes in your mouth so that you know you are staying on track and create good habits. From this point, remember: FOOD is FUEL and not an indulgence!

You can do this! Make one change at a time and you will see results! Guaranteed!

BODY FX
MAINTENANCE GUIDELINES

Getting to your fitness goal is a huge accomplishment! Bravo! The challenge now lies in how to maintain your results. Do you need to eat so little and so clean forever? Can you go back to eating the things you used to? How you do you transition from weight loss to eating regularly? Let's start with the answers to those questions so that you can learn the tools for life after weight loss.

Do you need to eat so little and so clean forever? Yes and no. You no longer need to be a deficit of food intake, however, eating clean should be a lifestyle not just to maintain weight, but also to maintain health. The best way to find this balance is to indulge in a splurge meal once a week. This ensures that you still get to eat foods you enjoy without losing all of the progress you've worked hard to attain.

Can you go back to eating the things you used to? Yes and no. Yes, you can enjoy meals you have missed in your splurge meals, but no, you cannot resume your old habits. Remember, those old habits are what got you to the point of seeking weight loss in the first place! The best way to manage the fattier and higher-carbohydrate foods you enjoy is to continue exercising, and to greatly reduce the portion and frequency of those foods.

How do you transition from weight loss to eating regularly? The best way to transition from eating a deficit of food, especially that of lower and less starchy carbohydrates, is to slowly introduce more food, and healthy carbohydrates back into your regular diet. We have broken this down into a weekly transition as guidance:

Week 1- Resume weight loss eating habits, with the addition of an extra serving of vegetables everyday (including even starchy veggies such as beans, potatoes, or corn) If you maintain your weight, or even lose weight this week, move on to Week 2's additions.

Week 2 - Resume weight loss eating habits, with the daily extra serving of veggies from Week 1, along with the daily extra serving of fruit, preferrably, one of the fruits not included in the plan. If you maintain your weight, or even lose weight this week, move on to Week 3's additions.

Week 3 - Resume weight loss eating habits with the extra daily serving of veggies from Week 1, extra daily serving of fruit from Week 2, and now extra daily serving of dairy. This can be of any fat percentage, and would include a serving of milk, yogurt, cheese, etc. If you maintain your weight, or even lose weight this week, move on to Week 4's additions.

Week 4 - Resume weight loss eating habits with the extra daily serving of veggies from Week 1, extra daily serving of fruit from Week 2, extra daily serving of dairy from Week 3, and now extra daily grains from Week 4. You can choose from pastas, breads, rice, etc. If you maintain your weight, wonderful! If you lose weight, continue in the order of week one of meals to add.

If you gain any weight while on a particular week, stay there for a couple weeks. Continue to workout, and see if your weight evens out. If it doesn't, you may find that there are some foods that trigger inflamation in you, or cause you to gain weight. If you were to reintroduce all foods at once, you would be unable to track which foods your body is sensitive to.

Remember, living a healthy life is more than just a diet, it's a lifestyle. These tips will guide you, along with the habits acquired like meal frequency, portion size, and the other Metabolic Triggers (See page 2).