

THE HORMONE WEIGHT LOSS NUTRITION PLAN



Balancing Hormones & Losing Weight
by Optimizing Nutrient Levels

FARAH SULTAN, M.D.

VITALOGY
WELLNESS CENTER

BOOK ONLINE APPOINTMENT

(205) 859-2136



WELCOME

If you've been struggling with weight loss and hormone imbalances, I welcome you to start the Vitalogy Hormone Weight Loss Nutrition Plan. This program was designed to restore micronutrient levels in the body so you can naturally balance hormones and accelerate weight loss results.

And this truly innovative nutrition program breaks through all dietary barriers and harnesses the power of food to unlock the secrets of weight loss, hormone balancing, and feeling right in your own body. With a food as medicine focus, this nutrition program provides the step-by-step system to regaining optimal health.



Dr. Farah Sultan, MD

DISCLAIMER

This information is for your personal use ONLY. You cannot copy, reproduce, or otherwise sell this product or information in any form without expressed written, dated and signed permission.

The information, including but not limited to, text, graphics, images, and other material contained in this guide are for informational purposes only. No material from this guide is intended to be a substitute for professional medical advice, diagnosis, cure, or treatment.

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide. Consult your physician before starting on a diet or exercise program.



TABLE of Contents

PART ONE	
Introduction	1
PART TWO	
The Hormone Weight Loss Nutrition	3
PART THREE	
The Steps to Balancing Hormones & Losing Weight	6
PART FOUR	
Getting Started	29
Recommended Supplements & Support	31
PART FIVE	
Hormone Weight Loss Food List	33
Healthy Food Swaps	37
Serving Size Portion Guide	43
PART SIX	
Week 1 Meal Plan & Grocery List	46
Week 2 Meal Plan & Grocery List	49
Week 3 Meal Plan & Grocery List	52
Week 4 Meal Plan & Grocery List	55
PART SEVEN	
Recipes	58



PART I

INTRODUCTION

What does all the following have in common?

- Learn how to count points
- Eat 70% of calories from fat
- Only eat during an 8-hour period
- Eliminate all gluten, grains, & dairy
- Don't eat more than 500 calories per day
- Eliminate all carbs and eat more protein
- Calculate macronutrient ratios for best results
- Do not eat any foods from animals
- Only eat these pre-packaged foods
- Drink only shakes everyday

If you haven't guessed it yet, they are all components of the most popular diet fads which focus on excessive rules and restrictions. You most likely have tried one, two or even multiple types of these name brand diets before. The Ketogenic Diet focuses on 70% daily fat intake, the HcG Diet restricts you to 500 calories daily, and the Intermittent Fasting Diet sets hourly intervals to eat. These are just some of the more recent dietary programs which has ignited the "quick weight loss" movement. Don't get me wrong.....some of these dietary plans are effective and have clinical research backing the results, but they shouldn't be used by everyone, nor should they be followed for long periods of times for most people.

Many of my clients over the years have tried these fad-based dieting to lose the weight but to only gain it back plus more. And during this time, all quality of life, eating out at restaurants, and enjoying meals with the family were sacrificed because of the restrictive nature of the diet. If this sounds like you, then you're not alone. From ketogenic diets to restrictive low-calorie food elimination diets, my clients have experimented with the most extreme diets to lose weight and look great. Incorporating "dieting" tactics into everyday eating might have provided initial success but it most likely failed in the long term to keep the weight off.

I've found there can be multiple reasons why someone may not lose the weight they desire. Genetics, lack of exercise, unhealthy eating habits, stress, and other factors can contribute to the unwanted weight gain we so often don't want to address. However, there has been two consistent issues which time after time, when not properly taken care of can lead to the dreaded weight gain, we so badly do not want.



1. Hormone Imbalances – Most diets do not address the possible hormone imbalances which are causing the weight gain in the first place. From getting older to environmental toxin exposure, various factors can influence a change in our hormones which then directly impacts our weight, mood, and energy levels. By just “removing” foods from our diets or counting on crash diets to lose the weight, we often do not address the underlying hormone imbalance issues which are causing insatiable appetites, body fat accumulation, a slowdown in metabolism and a decrease in lean muscle mass.

2. Nutrient Deficiencies – Most diets also have one negative element in common, REMOVE. Diet fads focus on removing specific foods from the diet to lose weight and drop the pounds on the scale. Additionally, most focus on extreme calorie restriction which often leads to periods of starvation. The negative psychological aspect of “removing” something from one’s life often makes the person want it more. When diet programs focus on excessive rules of take out, take out, take out, it’s difficult to sustain this type of dietary program in the long run. The shotgun approach in eliminating multiple types of foods without focusing on specific nutrient-dense foods often lead to poor weight loss results and insatiable appetites because of nutrient deficiencies.

Hormone balance and nutrient optimization goes hand-in-hand when trying to lose weight. Specific nutrients and adequate levels are needed to properly fuel hormone production and balance.

For Example:

- Iodine, selenium, and tyrosine are needed to produce thyroid-stimulating hormones which help control metabolism.
- Zinc and magnesium are vital in the production and maintenance of testosterone hormone levels which are critical in the preservation of lean muscle mass.
- Fiber and probiotics help ensure a balance in leptin and ghrelin hunger hormones which control appetite.

Without optimized nutrient levels in the body, hormone balance can not be maintained and as a result, the weight begins to creep up, making the weight loss effort increasingly more difficult.

By focusing on optimizing nutrient levels and correcting hormone imbalances in the body, you can not only lose the weight, but maintain it and feel great at the same time!

When was the last time you started on a weight loss diet program which focused on hormones and nutrients?



PART TWO

HORMONE WEIGHT LOSS NUTRITION

Introducing the Hormone Weight Loss Nutrition

The Hormone Weight Loss Nutrition is a 4-step program that teaches you how to infuse specific hormone balancing and weight loss promoting foods and nutrients into your daily eating plan. We take ALL the guesswork out of what to eat and do to naturally balance hormones and promote weight loss. The attention will be on **what you can eat and not what you can't eat**. No more excessive restrictive dieting, counting calories, or calculating macronutrients to lose the weight! By using a food as medicine approach to weight loss and hormone balancing, we focus on clinically researched nutrients and the top whole food sources of these nutrients to promote fat burning, weight loss, and hormone balancing.

The concept of using food as medicine is not a new one. In fact, many cultures quite literally used food products and extracts as medicine before there was such a thing as pharmaceutical drugs. Thousands of years ago, people couldn't just drive to the local drug store and buy some over the counter pain relievers to beat a migraine. Instead, they had to use what they had nearby, and that meant food. But here's the crazy part. Most of the time, it worked! True, people didn't live as long as they do today, but they also didn't suffer from obesity, diabetes and heart disease like we do today. Think about the way our diet has evolved throughout history. We went from cooking meals from scratch and inviting family and friends over to dine with us to stuffing our faces with fast food in our car on the way home from work because we have to get the kids to a million different activities, and we need something quick (and cheap). This is widely accepted as the Westernized way of life. The problem is food was never designed to be an afterthought or something we "worked in" to our daily lives. We live life in an entirely different way than our ancestors and even our grandparents did, and that's not always a good thing. Surely by now you've heard the famous saying "let food be thy medicine and medicine be thy food" by the Greek philosopher Hippocrates.

The Infusion of Specific Whole Food Nutrients Can Unlock the Secrets to Weight Loss

So how exactly do specific foods and nutrients help you lose weight? It's what is inside the food, that's so important. Specific vitamins, minerals, amino acids, fatty acids, and herbal extracts found in common foods help unlock the secrets to sustainable weight loss and hormone balancing. It's a matter of knowing which foods and ingredients have these hormone balancing nutrients and how to combine them into delicious meals for weight loss is the key.



Did You Know?

- Vitamin D found in tuna and eggs decreases body fat mass in women (1)
- Curcumin found in turmeric decreases body weight, and improves blood sugar and cholesterol (2)
- Probiotics found in yogurt and sauerkraut reduce body weight and improve quality of life (3)
- Omega 3 fatty acids found in salmon are an effective method in managing obesity in premenopausal women (4)
- Chromium found in chicken can improve insulin hormone sensitivity and blood sugar balance while decreasing body weight (5)

And there are literally hundreds of more clinical research studies just like these that demonstrate the superior effects that specific nutrients have on weight loss and hormone balancing. However, most diet programs do not focus on specific nutrients, or let alone, hormone balancing. They only focus on removing foods and limiting options. With the Hormone Weight Loss Nutrition, our main focus is on nutrients that have clinical research in reducing appetite, balancing blood sugar, improving detoxification, increasing metabolism, and preserving lean muscle mass. And with each of these focuses are specific hormones which impact the results.

The Science Behind the Hormone Weight Loss Nutrition

Have you tried appetite suppressant medications or supplements before to curb cravings? Or metabolic fat burners to speed up metabolism? Or even body building supplements to increase lean muscle mass? If so, you may have experienced preliminary weight loss results because each of these supplemental methods focus on a specific weight loss mechanism of action. However, results were most likely not as quick or long lasting as you expected. This probably holds true as well if you experimented with fad diets such as ketogenic, intermittent fasting, low-carb, Paleo, AIP, etc....

Too often, my clients have tried numerous quick weight loss methods which provide initial success but often fail in the end. This is because weight loss is multi-factorial and no one method can provide sustainable long-term weight loss results without addressing hormone imbalances and nutrient deficiencies. The goal is to focus on each weight loss mechanism of action and balance the appropriate hormones and the nutrients which support these hormones.

My 4-step hormone weight loss system works from different angles to help you lose weight. And with over 50+ hormones in the body, we have selected the specific hormones which are most often associated with weight gain and weight loss. By taking a synergistic, multifactorial approach, we can achieve long lasting weight loss results and at the same time, start feeling right in our own body!



4-Step Hormone Weight Loss Nutrition

1. Appetite Control – Balance Hunger Hormones
2. Fat Storage Release – Unlock the Fat Storage Hormones
3. Fat Detoxification – Eliminate Xenoestrogen Fat Toxins
4. Fat Burning – Boost Metabolism and Increase Lean Muscle



In the next section, we are going to discuss how specific hormones can contribute to weight gain or weight loss. Additionally, we are going to address the targeted nutrients which support optimal hormone balancing function, which ultimately will help you achieve long lasting weight loss results with an improvement in mood, energy, sleep, and digestion.

PART THREE

THE STEPS TO BALANCING HORMONES & LOSING WEIGHT

"I did a weight loss program ten years ago and I lost over 20+ pounds on it, but now, I'm doing the same weight loss program and the weight is not coming off as easily."

Does this sound like you? If so, you are like many of my clients who did weight loss or diet programs in the past, successfully lost weight, but now struggle with even losing five pounds on the same program. Our bodies change over the years, and unfortunately, so do our hormones. With each passing year, hormones such as DHEA, testosterone, and human growth hormones naturally decline while other hormones such as estrogen, progesterone, and cortisol become more uncontrollable because of both internal and external factors. Sadly, these hormones are the same hormones which have the greatest impact to our appetites, body fat, and energy levels. And one of the most frustrating aspects I hear from most of my clients when we talk about hormones is "I don't even know where to start in balancing my hormones because I don't know which hormones to focus on!"

Did you know there are over 50+ hormones in the body which control hundreds of daily metabolic processes? Without these hormones, our bodies would not be able to function properly. Hormones, at their core, are tiny chemical messengers that help different glands and organs in the body talk to each other. Everything from reproductive health to metabolism can be affected by our hormone system. And when one hormone is imbalanced, there is usually a downhill affect causing other hormones to be imbalanced as well.

I've identified 10 specific hormones which are directly related to weight gain and weight loss. These hormones, when imbalanced, can cause you to not only gain weight, but they make it nearly impossible to have a quality of life.



The Top 10 Weight Loss Hormones

- | | |
|------------|----------------|
| ① Leptin | ⑥ Progesterone |
| ② Ghrelin | ⑦ Thyroid |
| ③ Insulin | ⑧ DHEA |
| ④ Cortisol | ⑨ Testosterone |
| ⑤ Estrogen | ⑩ HGH |

Great, this is a start in the right direction, but my clients usually ask, “What do these hormones mean to me, my body, and my weight loss goals?”

To break it down even further, I classify these hormones into four categories or steps, which when focused on simultaneously together, weight loss becomes effortless.

<p>Step 1 - Appetite Control</p> <ul style="list-style-type: none"> • Leptin Hormone • Ghrelin Hormone 	<p>Step 2- Fat Storage Release</p> <ul style="list-style-type: none"> • Insulin Hormone • Cortisol Hormone
<p>Step 3 - Fat Detoxification</p> <ul style="list-style-type: none"> • Estrogen Hormone • Progesterone Hormone 	<p>Step 4 - Fat Burning</p> <ul style="list-style-type: none"> • Thyroid Hormone • DHEA Hormone • Testosterone Hormone • Human Growth Hormone



STEP 1

CONTROLLING APPETITE HUNGER HORMONES

Has this Happened to YOU Before?

"I tried starting on a restrictive, low-calorie diet and after just a couple days, my appetite and cravings were insatiable. I thought I could stick it out but by day 5, I was a mess. My mood swings were becoming unbearable, I was miserable, and every food commercial on TV was making me want to jump in the car and go to a fast-food restaurant. I couldn't take it anymore so I thought if I could just cheat a little to satisfy my hunger, I'll jump right back into the diet tomorrow. Then I never got back to the diet because life became hectic..."

One of the first "self-sabotages" of a weight loss diet is the uncontrollable hunger associated with dropping the calories and eliminating our feel-good foods. This is a natural process because our bodies are used to eating a specific calorie amount each day and our brains become hard-wired to crave the foods which are causing the weight gain in the first place. So, when we drastically drop the calorie load and eliminate all the foods we are accustomed to, our bodies lash out with the insatiable appetite signal of "Feed Me Now!!!"

There are two mechanisms which turn us into a food craving lunatic when we start a restrictive, low-calorie diet.

- 1 **Hunger Hormone Imbalance** – Leptin and ghrelin hormones control hunger and fullness.
- 2 **Brain Chemical Imbalance** – Serotonin and dopamine neurotransmitter brain chemicals control cravings and mood.





Target – Leptin & Ghrelin Hormone Balance

Leptin and ghrelin hormones are the yin and yang of appetite and fullness. Ghrelin hormone becomes active when the stomach is empty; as a result, the brain receives signals that it's time for food. Conversely, the levels of leptin hormones increase after food intake to suppress feelings of hunger. In summary, ghrelin and leptin produce opposite responses to regulate hunger and satiety. It's when there is a dysfunction in this system that our brains are wired to keep eating, even though we are full and do not need any more food.

Ghrelin Hormone

As the stomach empties food into the intestines, ghrelin hormones get produced by special cells in the gut. Ghrelin will then travel to the brain via the blood circulation to initiate feelings of hunger. The primary role of this hormone is to make you “grab some food!” The vast majority of ghrelin gets secreted by the upper parts of the stomach, which explains why bariatric surgeries reduce the levels of this hormone.

Leptin Hormone

Leptin (i.e., the satiety hormone) is synthesized by adipocytes (i.e., fat cells) to signal the brain that you are full. Interestingly, overweight and obese people have an unusually high level of leptin stored in their body fat tissue; however, their cells do not respond properly to the action of this hormone (i.e., leptin resistance). Consequently, overweight people have faulty “I'm full” signals, which inadvertently causes the constant feeling of hunger.

Leptin Hormone – Brain Connection

Two important neurotransmitter brain chemicals which work in conjunction with leptin hormone signaling is serotonin and dopamine. Serotonin is the “feel-good” brain chemical and dopamine is the “reward-center” brain chemical. When you’re depressed or stressed, you usually grab for foods that make you happy. This is the serotonin effect. When you have constant cravings that only select foods help you overcome, then this the dopamine effect. Balancing serotonin and dopamine neurotransmitter levels along with improving leptin communication signaling is key to feeling full and satisfied without insatiable appetite cravings.

Appetite Control Goals

- 1 Improve leptin hormone signaling to the brain by incorporating nutrients which promote fullness.
- 2 Balance serotonin and dopamine neurotransmitter brain chemical levels by incorporating nutrients which assist in the production and stabilization of these neurotransmitters.
- 3 Reduce appetite and cravings of foods which promote weight gain.

Appetite Control Nutrients with Top Whole Food Sources

Nutrient	Benefit	Top Whole Food Sources
Fiber	Leptin-Ghrelin Hormone Balance	Avocado, Chia Seeds, Broccoli
Choline	Leptin Hunger Hormone Regulation	Chicken, Salmon, Eggs
Probiotics	Gut-Brain Satiety	Apple Cider Vinegar, Sauerkraut, Yogurt
Glycine	Appetite Balance	Beef, Turkey, Collagen
MCT Oil	Appetite Balance	Coconut
Tryptophan	Serotonin Balance	Turkey, Chicken, Beef
Phenylalanine	Dopamine Balance	Beef, Chicken, Pork Chops
Tyrosine	Dopamine Balance	Beef, Pork, Salmon
Vitamin D	Neurotransmitter Synthesis	Salmon, Tuna, Egg Yolks
Vitamin B6	Neurotransmitter Synthesis	Salmon, Chicken, Pork Chops
Magnesium	Neurotransmitter Synthesis	Spinach, Tuna, Avocado
Iron	Neurotransmitter Synthesis	Beef, Spinach, Shellfish
Vitamin B12	Appetite Methylation	Tuna, Beef, Crab
Folate	Appetite Methylation	Asparagus, Broccoli, Spinach

Appetite Support Recommended Supplements

Note: Click the “Buy Now” button to purchase supplements directly from our online store.

Metabolic Support

Targeting Fat Cells*

- Affects Adipogenesis and the Genetic Expression of Adipogenic Marker Genes in Multipotent Cells*
- Affects Synovial Fluid and Serum Leptin Levels*
- Supports Weight Loss*



BUY NOW

Metabolic Support represents an advanced, science-based strategy for positively affecting leptin levels. Leptin is a fat-cell derived hormone that is elevated in some individuals. Healthy leptin activity helps balance energy intake and expenditure by influencing appetite, food cravings, and metabolism.*

Fit Probiotic

Probiotic for Body Composition Support*

- Supports Healthy Weight Management*
- Promotes Gut Barrier Function*
- Promotes Intake of Less Calories*
- Supports Reduction of Body Fat Mass*



BUY NOW

Fit Probiotic features vegetarian, gluten- and dairy-free, patented HOWARU® Shape Bifidobacterium animalis subsp lactis B420. This probiotic strain has been proven safe, effective, and well-tolerated. It has been shown to assist with healthy body composition by improving gut barrier function, supporting the reduction of body fat mass, and promoting less calorie consumption.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



STEP 2

FAT STORAGE RELEASE

Has this Happened to YOU Before?

"I'm stressed. My brain doesn't shut off and things at work, at home, and with my friends are constantly stressing me out. The diet I'm on right now, it's difficult to maintain so I'm going back to the way I always eat. But... I want to eat the foods which are easy to make and allow me to have some type of happiness in life, I deserve it! Plus, eating these foods are the one thing that helps me unwind to become less stressed out."

The second "self-sabotage" of losing weight and staying on a diet program is dealing with the external stressors in your life. The constant on-the-go lifestyle we live and stressors we encounter everyday turns us to eating certain foods that gives us the comfort we need at the end of the day. Unfortunately, the persistent stress, and the foods we eat to deal with the stress are another roadblock in losing weight.

There are two mechanisms which allows stress to sabotage our weight loss efforts.

- 1 Stress Hormone Release** – Cortisol hormones produce excess blood sugar in the body.
- 2 Insulin Hormone Resistance** – Excess blood sugar leads to insulin hormone resistance and fat storage.

WEIGHT LOSS



ENJOYMENT
HEALTHY
FIT
ATHLETE
PHYSICAL
MENTAL
ENERGY
MEDICAL
SCIENCE
LIFESTYLE
SPORT
HEALTHY
SPORT
NUTRITION
HEALTHCARE
CARE
HYGIENE
MEDICINE
HEALTHCARE
FITNESS
RELAXATION
HYGIENE
HAPPY

Target – Cortisol & Insulin Hormone Balance

Thousands of years ago, we needed to hunt for our food to survive. At the same time, we also needed to run away and escape from large predators when the situation presented itself. Fueling our bodies for the outburst in energy to escape was dependent on a chemical hormone reaction. First, the stress of the situation caused an increase in cortisol stress hormone levels. This metabolic process then increased the blood sugar glucose levels which our bodies needed for fuel. Lastly, our bodies produced insulin hormones to allow the blood sugar fuel to enter into our cells so we can use this energy efficiently. This situation is commonly referred to as “fight or flight”.

Today, not many people are running away from animal predators anymore, but we are still dealing with stressful situations, nonetheless. Stress from finances, stress from relationships, stress from work, stress from kids, and the list can go on and on. We are still dealing with stressful events every day which places us into the “flight mode” that our ancestors dealt with thousands of years ago. Our bodies encounter these stressful situations, cortisol hormone levels increase, blood sugar glucose is produced, and insulin hormones are released to allow the blood sugar to enter our cells as fuel. However, our bodies are not running away anymore. We lead a sedentary life where most times, we sit at work, sit on the couch and watch tv, and sit in our cars. We are not using or burning up energy from running away, rather, we are sitting around and as a result, our bodies do not need this excess fuel which is being produced. If the body is not using the blood sugar glucose as fuel, it’s conveniently (and personally unwantedly), converts the glucose into fat, which is stored in the body for later use. Unfortunately, we don’t usually end of up needing this stored fat, so it keeps accumulating in our body repeatedly as we encounter more and more stress each day.

So, I think you get it. Our stressful lives are increasing cortisol hormone release which ramps up blood glucose production and insulin hormone release. But rather than using this source of fuel right now, our bodies convert the blood sugar into fat and stores it where we don’t want it most, our bellies! Then the process repeats itself which causes the fat to accumulate and our waistlines to expand.

Cortisol Hormone

Stress is sometimes good, in moderate amounts of course. It allows our body to adapt, boosts cognitive function, protects from infections, and overall shapes how a person responds to different situations in life. But too much stress, can have a negative impact. The hormone most often associated with stress is cortisol. As a steroid hormone produced in the adrenal glands, cortisol hormones can influence the amount of blood sugar being produced in the body. A balanced blood sugar is good because it helps fuel cellular energy. It’s when there is too much blood sugar in the body that our health and weight is negatively impacted. During times of physical, emotional, or mental stress, cortisol hormone levels increase which stimulates the production of blood sugar.



Insulin Hormone

As the blood sugar levels rise in the body, a release of insulin hormones from the pancreas shoots through the body to help control the amount of blood sugar in the bloodstream. Our cells need the blood sugar inside the cell and not outside the cell in the bloodstream. As a lock and key effect, the blood sugar (key) needs to enter the cell and the insulin hormone (lock) allows it in. When the body has persistent high levels of blood sugar from stress and poor dietary habits, our cells become insulin hormone resistant because of the continuous dysfunctional production of insulin hormones. As a result, the blood sugar stays in the blood stream and our bodies converts the blood sugar from glucose to fat and stores it for later use.

Fat Storage Release Goals

- 1 Decrease cortisol stress hormone levels by incorporating nutrients which calms the body and mind.
- 2 Balance blood sugar levels by incorporating nutrients which block glucose absorption in the gut and enhances the metabolism of glucose in the liver.
- 3 Improve insulin hormone sensitivity at the cellular level by balancing insulin hormone production and increasing the health of cells.
- 4 Stop the accumulation of fat in the body by stopping the conversion of blood sugar glucose to stored fat.



Blood Sugar & Stress Balancing Nutrients with Top Whole Food Sources

Nutrient	Benefit	Top Whole Food Sources
Vitamin B-Complex	Decrease Homocysteine Stress	Beef, Spinach, Broccoli
Vitamin C	Stress Reduction & Antioxidant	Bell Peppers, Strawberries, Broccoli
L-Theanine	Cortisol Hormone Balance	Green Tea, Black Tea, Mushrooms
Taurine	Increase GABA Production	Scallops, Shrimp, Eggs
Glycine	Calm the body and brain	Beef, Turkey, Collagen
Fiber	Block Blood Sugar Absorption	Avocado, Chia Seeds, Broccoli
EGCG & Catechins	Block Blood Sugar Absorption	Green Tea
Rosmarinic Acid	Block Blood Sugar Absorption	Rosemary, Sage
Fenugreek	Block Blood Sugar Absorption	Fenugreek
Probiotics	Block Blood Sugar Absorption	Apple Cider Vinegar, Sauerkraut, Yogurt
Prebiotics	Improve Beneficial Bacteria	Garlic, Onion, Asparagus
Vitamin B1	Blood Sugar Metabolism	Pork Chops, Salmon, Flaxseed
Cynarin	Blood Sugar Metabolism	Artichokes
Chlorogenic Acid	Blocks Blood Sugar Release	Tea, Blueberries, Apples
Methionine	Decrease Liver Blood Sugar Production	Ground Turkey, Pork Chops, Beef
Choline	Decrease Liver Blood Sugar Production	Chicken, Salmon, Eggs
Betaine	Decrease Liver Blood Sugar Production	Shrimp, Spinach
N-Acetyl L-Cysteine	Improve Detoxification	Beef, Pork Chops, Chicken
Glutathione	Liver Metabolism	Asparagus, Broccoli, Onion
Vitamin B12	Improve Insulin Sensitivity	Tuna, Eggs, Salmon
Folate	Improve Insulin Sensitivity	Asparagus, Spinach, Broccoli
Chromium	Improve Insulin Sensitivity	Broccoli, Beef, Shellfish
Inositol	Improve Insulin Sensitivity	Beef, Strawberries, Almonds
Allicin	Improve Insulin Sensitivity	Garlic, Onion, Shallots

Nutrient	Benefit	Top Whole Food Sources
Cinnamaldehyde	Improve Insulin Sensitivity	Cinnamon
Vitamin D	Improve Insulin Signaling	Salmon, Tuna, Egg Yolks
Biotin	Insulin Hormone Secretion	Egg Yolk, Sunflower Seeds, Avocado
Magnesium	Insulin Hormone Secretion	Spinach, Tuna, Avocado
Ginsenosides	Insulin Hormone Secretion	Ginseng
Vanadium	Insulin Hormone Enhancement	Black Pepper, Shellfish, Spinach
Curcumin	Anti-Inflammatory	Turmeric
Omega 3	Anti-Inflammatory	Salmon, Chia Seeds, Flaxseeds
Ellagic Acid	Anti-Inflammatory	Raspberries, Blueberries, Walnuts
Alpha Lipoic Acid	Antioxidant	Spinach, Broccoli, Tomato
CoQ10	Cellular Health	Salmon, Olive Oil, Beef

Blood Sugar & Stress Balancing Recommended Supplements

Note: Click the "Buy Now" button to purchase supplements directly from our online store.

Stress Management

Natural Stress Buster*

- Helps the Body Cope with the Physiological Effects of Stress*
- Supports Healthy Cortisol Levels*
- Supports Relaxation and Restful Sleep*
- Promotes Mental Clarity*
- Helps Alleviate Occasional Fatigue*



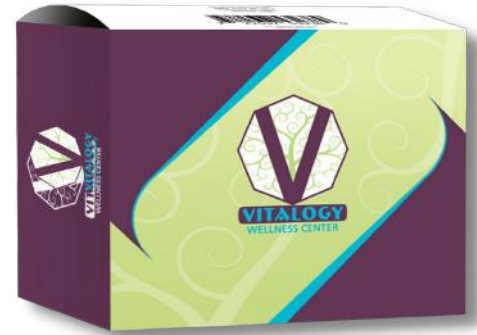
BUY NOW

Stress Management helps your body resist and recover from the effects of everyday stress. Components of this multifunctional formula have been shown to support healthy cortisol levels, help alleviate occasional fatigue, promote mental clarity, and support relaxation and restful sleep.*

Glycemic Factors

Glucose Metabolism Support*

- Supports Healthy Glucose Metabolism*
- Supports Healthy Blood Lipid Levels Already in the Normal Range*
- Improves/Maintains Healthy Nerve Function*



BUY NOW

Glycemic Factors features berberine, a naturally occurring plant alkaloid used for supporting healthy blood glucose levels, and InSea2®, a clinically studied blend of polyphenols derived from sustainably harvested, wildcrafted brown seaweed shown to support a healthy glycemic response to food.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

STEP 3

FAT DETOXIFICATION

Has this Happened to YOU Before?

“I’m feeling exhausted. I can’t sleep, my memory is not what it used to be, I have headaches every week, and I’m just not feeling like I used to. To top it off, my libido is low, and my mood swings are unbearable anymore. I want to start a healthy eating program, but my mind is not into it, and I just don’t feel right.”

The third “self-sabotage” of losing weight is our exposure to environmental toxins and hormone disrupting chemicals. These chemicals cause an array of health issues that can drag us down and leave us feeling less and less like our normal selves. The foods we eat, the water we drink, the air we breathe, and the products we use are full of hormone disrupting chemicals which reside in our bodies, particularly in our fat cells. These hormone disrupting chemicals can increase our levels of xenoestrogens and obesogens in the body.

There are two mechanisms which allows hormone disrupting chemicals to cause weight gain.

- 1 **Estrogen Hormone Dominance** – Xenoestrogens accumulate in our fat cells and trick our bodies to thinking we have more estrogen in the body than we do.
- 2 **Progesterone Hormone Imbalance** – Because our bodies have an increase in “fake” estrogen hormones being stored, there is then a deficiency or an imbalance in estrogen to progesterone hormone ratios.



Target – Estrogen & Progesterone Hormone Balance

A balance of estrogen and progesterone hormone levels can bring harmony to one's life. No more PMS, headaches, brain fog, fatigue, and even the unwanted weight gain. What a wonderful scenario this would be if it was just so easy. The constant fluctuations in estrogen and progesterone hormone levels can wreak havoc on our quality of life. For women, premenstrual, perimenopause, menopause, and post-menopause symptoms can make drudging through the day unbearable. And for men, you too can experience estrogen hormone dominance. This isn't just a female only issue. Did you ever hear of manopause? Gaining extra weight in the belly and breast areas, feeling more depressed, and losing lean muscle mass are just few of the unwanted symptoms men encounter with male estrogen hormone dominance. Going through manopause is when testosterone levels decline because of natural aging or the rise in estrogen hormone levels compared to testosterone hormone levels.

Female Estrogen Fat Mass

In the case of weight loss, too high or too low of estrogen hormone levels in the body can negatively impact body composition, fat mass, and weight loss. During the reproductive years, women gain additional fat deposits in the pelvis, buttocks, thighs, and breast areas. And as the body transitions through menopause, the accumulation of fat is usually stored in the last place we want it, our abdominal stomach area! No matter how many abdominal crunches we do or experimentations with crash diets we try, the belly fat area is the most difficult place to lose the weight.

Male Estrogen Fat Mass

And the misconception that females only produce estrogen hormones is a fallacy. Men also produce low quantities of estrogen hormones. Whereas females produce estrogen hormones from their ovaries and adrenal glands, men produce low levels of estrogen hormones in their testes. Men have an estrogen hormone imbalance issue when they suffer from an overactive aromatase conversion of testosterone to estrogen or when they have constant exposure to xenoestrogens. When this process is dysfunctional, men will gain more weight because of estrogen hormone dominance.

Xenoestrogen Toxicity

And if it wasn't bad enough that we are constantly fighting against our hormones and the aging process, we now have to deal with persistent chemical exposure which manifests itself in our bodies as xenoestrogens.

It seems like everything we touch, breathe, and eat anymore has some element or by-product of a chemical. Bisphenol-A, phthalates, and parabens are the most common chemicals which we use in our everyday products and foods. These are just a few of the many thousands of chemicals which are inserted into our food production processes, skincare lines, hair beauty products, furniture, and lawncare services that we rely on every day. We have become accustomed to utilizing these products because they provide cost-effective and convenient solutions to our everyday problems. Just recently, over the past decade, consumers have become more aware of the negative health impact these chemicals can have in our bodies. Cancer (6), chronic fatigue syndrome (7), infertility (8) and even obesity (9), among many other health conditions, can be directly caused by environmental toxins.

These environmental toxins, also known as Endocrine Disrupting Chemicals (EDC) can disrupt hormone signaling and increase body weight. Xenoestrogen is one such endocrine disruptor that mimics the effects of estrogen in the body. Commonly stored in fat cells, xenoestrogens can trick the body into thinking it has too much estrogen which leads to estrogen dominance and fat accumulation. Because there are elevated levels of estrogen hormones in our body, progesterone hormone levels become imbalanced or deficient leading to an estrogen/progesterone hormone issue.

Fat Storage Release Goals

- 1 Limit our exposure to hormone disrupting chemicals by eating more organic foods, consuming more natural products, and reducing our dependence on items which contain these harmful ingredients.
- 2 Improve hormone detoxification pathways by incorporating nutrients which support liver, kidney, and gastrointestinal toxin elimination.
- 3 Balance estrogen and progesterone hormone levels by incorporating nutrients which support hormone signaling, hormone receptors, and hormone production.

Detoxification Nutrients with Top Whole Food Sources

Nutrient	Benefit	Top Whole Food Sources
Sulforaphane	Detoxification & Hormone Metabolism	Broccoli, Cauliflower, Cabbage
Glutathione	Detoxification & Antioxidant	Asparagus, Broccoli, Onion
EGCG	Detoxification & Antioxidant	Green Tea, White Tea, Black Tea
N-Acetyl L-Cysteine	Detoxification & Glutathione	Beef, Pork Chops, Chicken
Calcium D-Glucarate	Detoxification	Apples, Broccoli, Brussels Sprouts
Lignans	Detoxification	Flaxseeds, Sesame Seeds, Blueberries
Fiber	Binds to Toxins for Detoxification	Avocado, Chia Seeds, Broccoli
B-Complex	Supports Detoxification Enzymes	Salmon, Beef, Chicken
Antioxidants	Free Radical Protection	Blueberries, Artichoke, Kale
Curcumin	Free Radical Protection	Turmeric
Probiotics	Gut Microbiome Balance	Apple Cider Vinegar, Sauerkraut, Yogurt
Vitamin B12	Methylation	Tuna, Beef, Crab
Folate	Methylation	Asparagus, Broccoli, Spinach



Detoxification Recommended Supplements

Note: Click the “Buy Now” button to purchase supplements directly from our online store.

Hormone Support

Estrogen Metabolism and Detoxification Support Formula*

- Supports Healthy Estrogen Metabolism*
- Supports a Healthy Ratio of 2-OH:16alpha-OH*
- Supports Detoxification of Estrogen Metabolites/Intermediates*
- Supports Cellular Health in Estrogen-Sensitive Tissues*
- Helps Protect Against Damaging Reactive Oxygen Species, DNA-Damaging Electrophiles, and Cytokines
- Supports Antioxidant Activity with SGS*



BUY NOW

Hormone Support is an ideal combination of DIM (diindolylmethane) and truebroc™ (glucoraphanin) that helps protect estrogen-sensitive tissues by promoting healthy estrogen metabolism and supporting detoxification and neutralization of harmful estrogen metabolites and xenoestrogens.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

STEP 4

FAT BURNING

Has this Happened to YOU Before?

“No matter what I eat or do, I keep gaining weight! I’m trying crash diets, eating low carb, and even going to the gym every day, but my weight loss results are so slow. And when I’m losing weight on the scale, I think I’m losing muscle and not fat because my skin looks way to flabby. I want to be more toned, not flabbier!”

The fourth “self-sabotage” of losing weight is our diminished ability to burn the number of calories needed to lose fat and our inability to maintain muscle tone. As we age, our metabolism rate slowly decreases, making it so much more difficult to lose weight. We try crash dieting and even experiment with new fitness routines to no avail. We’ll lose a little bit of weight but then it feels like we are constantly plateauing. The combined reduction in our metabolism with a decrease in muscle mass is the perfect recipe to gain unwanted weight and fat.

There are two mechanisms which control the rate of our metabolism.

- 1 **Thyroid Hormones** – A deficiency in thyroid hormone production can dramatically affect metabolism.
- 2 **Lean Muscle Hormones** – Diminished DHEA, testosterone, and human growth hormone production can result in less lean muscle mass and thus a decline in metabolism.



Target – Thyroid, DHEA, Testosterone, & Human Growth Hormones

If you weighed 150 pounds when you were 30 years of age and then weighed 150 pounds when you were 60 years of age, does your body look the same in the mirror? Probably not. As we age, we encounter unpleasant and unintended effects which increasingly make it more difficult to lose weight. First, our internal metabolic rate begins to decline so it seems like every time we take a bite to eat, we instantly gain a pound. Our thyroid hormones control many of the metabolic processes linked to metabolism, fat burning, and weight control. When imbalanced, we burn less calories and as a result, the weight doesn't come off as easily. Second, our levels of lean muscle building hormones of DHEA, testosterone, and human growth hormone diminish with each decade of life. In our teens, we felt invincible. We could eat whatever we wanted, had energy to last through the day, and then slept like a rock at night. But now in our 30's, 40's, 50's, 60's, and beyond, we can't even have a cheat meal without gaining a pound. And... looking in the mirror, it seems our muscles are wasting away, and the flabbiness is all over our body. We tried crunches, going to the gym, and everything else to look lean, but nothing is working, at least not long term. The dynamic combination of diminished thyroid hormone metabolism capacity and a decline in lean muscle mass further complicates the fat burning part of the weight loss equation.

Thyroid Hormone

Located in the front of your neck and shaped like a small butterfly, the thyroid gland is responsible for so many metabolic processes in the body. Temperature control, digestion, bone maintenance, and even heart health is all influenced by thyroid hormones. But one of the most important jobs of thyroid hormones is to transform the food you eat into energy. Carbohydrate, fat, and protein metabolism is all regulated by the release of different thyroid hormones. Without proper levels of thyroid hormones, the metabolism rate begins to slow and the process of converting foods into energy and burning calories diminishes. In fact, up to 30% of newly diagnosed hypothyroidism clients, gain up to 30 pounds in one year (10). Essentially, your body and thyroid are working against you during the weight loss journey when you have inadequate levels of thyroid hormones.

DHEA Hormone

One of the most abundant hormones in the body, dehydroepiandrosterone (DHEA) is a helper hormone that is produced in the adrenal glands and assists in producing other hormones such as testosterone and estrogen. As we age, levels begin to decline in your mid-20s. Not much attention is typically given to DHEA, but clinical research has shown higher levels of DHEA hormone can decrease visceral and subcutaneous fat mass and block an enzyme responsible for fat synthesis (11). As an efficient fat-burner, DHEA can turn up the heat in the body to burn more calories.



Testosterone Hormone

Building and preserving lean muscle mass is dependent on one of the prominent male hormones, testosterone. This hormone, like DHEA, also begins to decline in our 20's. Men produce this hormone in much higher levels than women, but nonetheless, testosterone hormone levels are indicative of lean muscle mass and weight loss. In fact, testosterone hormone replacement has been found to reduce waist circumference and obesity (12). Through increasing lean muscle mass, testosterone can enhance metabolism.

Human Growth Hormone

Human growth hormone (HGH) primary jobs or duties are to stimulate muscle and bone growth and to enhance metabolism. As with the other hormones of testosterone and DHEA, HGH naturally declines with age. It's also impacted by poor sleep since HGH production is at its highest during the sleep cycle. The effects of low HGH is systemic but for weight loss, the increase in abdominal and visceral fat is the most profound.

HGH assists in weight loss by increasing metabolic fat lipolysis and lean muscle mass (13). Lipolysis breaks down the fat storage and allows the body to burn the excess fat calories. In addition, HGH blocks fat from re-entering the cell and forces the body to burn it off. This metabolic process, in combination with HGH increasing lean muscle mass can further enhance weight loss results.

Fat Burning Goals

- 1 Improve thyroid hormone metabolism function by incorporating nutrients which enhance the production of thyroid hormones.
- 2 Increase lean muscle mass and basal metabolic rate by incorporating nutrients which support the production of DHEA, testosterone, and human growth hormones.



Metabolism & Lean Muscle Hormone Support Nutrients with Top Whole Food Sources

Nutrient	Benefit	Top Whole Food Sources
Iodine	Thyroid Hormone Production	Cod, Shrimp, Seaweed
Iron	Thyroid Hormone Production	Beef, Spinach, Shellfish
Selenium	Thyroid Hormone Production & T4/T3 Conversion	Brazil Nuts, Tuna, Shellfish
Tyrosine	Thyroid Hormone Production & T4/T3 Conversion	Beef, Pork, Salmon
Magnesium	T4/T3 Conversion	Spinach, Tuna, Avocado
Probiotics	T4/T3 Conversion	Apple Cider Vinegar, Sauerkraut, Yogurt
Vitamin A	Thyroid Cellular Health	Carrots, Sweet Potato, Spinach
EGCG	Thermogenic	Green Tea, White Tea, Black Tea
Antioxidants	Free Radical Protection	Blueberries, Cranberries, Artichokes
Vitamin B-Complex	Hormone Metabolism	Beef, Spinach, Broccoli
Vitamin D	Hormone Metabolism	Salmon, Tuna, Egg Yolks
Zinc	Increase Testosterone	Oysters, Beef, Chicken
Boron	Testosterone Balance	Avocado, Almonds, Apricot
Omega 3	Anti-Inflammatory	Salmon, Chia Seeds, Pumpkinseeds
Quercetin	Anti-Inflammatory	Onions, Apple, Cranberries
Curcumin	Anti-Inflammatory	Turmeric
Arginine	Increase Blood Flow	Watermelon, Turkey, Almonds
Citrulline	Increase Blood Flow	Watermelon, Cucumber, Almonds
Glutamine	Improve Lean Muscle Mass	Seafood, Beef, Chicken
Leucine	Improve Lean Muscle Mass	Beef, Chicken, Pork Chops
Isoleucine	Improve Lean Muscle Mass	Beef, Chicken, Pork Chops
Valine	Improve Lean Muscle Mass	Beef, Chicken, Pork Chops
Lysine	Improve Lean Muscle Mass	Beef, Lamb, Pork
Carnitine	Improve Lean Muscle Mass	Beef, Pork, Cod
Alanine	Improve Lean Muscle Mass	Beef, Chicken, Turkey
Creatine	Improve Lean Muscle Mass	Beef, Salmon, Pork
Collagen	Improve Lean Muscle Mass	Bone Broth, Chicken

Metabolism & Lean Muscle Support Recommended Supplements

Note: Click the "Buy Now" button to purchase supplements directly from our online store.

Thyroid Support

Support for the Thyroid*

- Provides Essential Nutrient, Herbal, and Glandular Support for Production of Thyroid Hormones*

Thyroid Support is a comprehensive BSE-free, bovine, multi-glandular, mineral and herbal formula to support healthy thyroid function.*



BUY NOW

Testo Support

Supports Vitality, Virility, and Vigor*

- Supports Healthy Testosterone Levels†
- Supports Healthy Libido and Performance†
- Supports Overall Vitality†
- Optimizes Physical Strength and Endurance†
- Supports Cognition†

Testo Support features two safe, clinically-tested, standardized, and patented ingredients designed to support vitality and general physical and mental well-being in men and women. Numerous studies have demonstrated that PrimaVie® shilajit and LJ100® Eurycoma longifolia support healthy androgen biosynthesis, which includes modulating the influence of sex hormone-binding globulin.†



BUY NOW

Omega Oil Mono 130

Supports Lean Body Composition*

- Positively Affects the Production of Arachidonic Acid-Derived Eicosanoids*
- Supports Cardiovascular Health*
- Supports Healthy Mental Functioning*
- Supports Healthy Glucose and Insulin Metabolism*
- Supports Lean Body Composition*
- By Supplying the Precursors EPA and DHA, Helps the Body Generate Specialized Proresolving Lipid Mediators, Such as Resolvins and Protectins*



BUY NOW

Omega Oil Mono 130 features natural enzymatically enhanced MaxSimil® monoglyceride fish oil that has a three times greater EPA/DHA absorption rate than an equivalent dose of ethyl ester fish oil. This IFOS five-star certified fish oil outperforms other fish oil supplements through MaxSimil patented lipid absorption enhancement technology (PLATform).*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



PART FOUR

GETTING STARTED

Eliminating the guesswork of what to eat and do everyday is the hallmark of the Hormone Weight Loss Nutrition. We already incorporated the clinically researched nutrients and their top whole food sources into all the recipes and meal plans. Just follow the meal plans, grocery lists, and guides, we did all the difficult work for you! No more excessive restrictions, counting calories, calculating macronutrients, or crash dieting just to lose weight. Over the coming weeks, months, and years, you are going to learn how to eat specific foods which are nutrient-dense with hormone balancing and weight loss promoting nutrients. Further, we will be teaching you how to cook simple, 30-minutes or less meals which infuse these whole food nutrients into delicious recipes. Lastly, we will provide you with the nutrition education guides which will help you transition into a nutrient-based eating lifestyle. Instead of focusing on eliminating foods, we help you focus on viewing specific foods as medicine. Blueberries, avocados, spinach, chicken, turkey, and many other foods can help unlock the secrets to naturally balancing hormones and promoting weight loss.

For ultimate success, follow these simple and easy tips

- 1 Nutrition Guides** – Preview the various nutrition guides to learn more on how to eat healthily.
- 2 Food List** – Preview the food list guide which features all the foods which are hormone balancing and weight loss friendly. Categorized into proteins, fats, fruits, vegetables, pantry items, and drinks, this food list is the go-to guide on selecting the foods which should be incorporated into recipes, meals, and snacks.
- 3 Food Swap Guide** – Everyone has specific meals they like which can satisfy the taste buds and bring enjoyment. The Food Swap Guide provides go-to substitutions for everyone's favorite foods. Pasta, bread, cookies, soda, and more which traditionally lead to hormone imbalances and weight gain, now have healthy food swaps. Eat the same style of foods, but in a healthier way.
- 4 Serving Size Guide** – Follow the serving size guide which provides visual graphics on appropriate portion sizes. Since the Hormone Weight Loss Diet does not focus on calories, it's important to focus on realistic portion sizes.

- 5 Meal Plans** – Preview the weekly meal plans. You'll notice many of the meals are food choices you most likely already eat, but we created them with a healthy twist. All meal plans are designed for one-person. If cooking for more people, just simply double or triple the amount of ingredients. Lunches are the previous night's dinner. This allows for maximal convenience because people are busy and do not have much time to cook every day. You do not have to follow each day's meals as planned. The advantage of the Hormone Weight Loss Diet is the ability to be flexible. If you want to eat a meal that you see on the 23rd day of the meal plans on day 7, that's fine. Meals can be eaten in any order. However, please choose a variety of meals to eat because we want to incorporate as many whole food nutrients as possible to unlock the hormone balancing and weight loss effect.
- 6 Grocery List** – Each weekly meal plan includes a grocery list for one-person. Review the grocery list and check off any items you may have in your pantry or refrigerator already. Additionally, if you don't like specific foods on the weekly meal plan, use the Food List to swap out ingredients or meals. You have complete control to create your own recipes using the Food List.
- 7 Recipes** – Start cooking with nutrient-infused recipes and meals. Each recipe contains multiple hormone balancing and weight loss promoting nutrients.
- 8 Nutritional Supplements** – For added support, take the hormone weight loss support supplements to optimize nutrient levels, balance hormones, and promote weight loss.



RECOMMENDED SUPPLEMENTS & SUPPORT

Need extra support?

Our exclusive line of hormone weight loss supplements, body contouring treatments, bio-identical hormone therapies, and consultation services can help boost results.

Female Weight Loss Nutrition Program

Targeted female health supplements supporting natural hormone balance, appetite control, energy, and weight loss.



BUY NOW

Male Weight Loss Nutrition Program

Targeted male health supplements supporting natural hormone balance, appetite control, energy, and weight loss.



BUY NOW

Personalized Program Consultation

One-on-One Consultation with Dr. Farah Sultan for program customization.



BUY NOW

Health Coach Support

One-on-One virtual support from Dr. Sultan's certified nutrition health coach.



BUY NOW

Female Bio-Identical Hormone Therapy

Vitalogy customizes female bio-identical hormone replacement therapies to treat our clients' unique hormonal needs.



[SCHEDULE CONSULT](#)

Male Bio-Identical Hormone Therapy

Vitalogy customizes male bio-identical hormone replacement therapies to treat our clients' unique hormonal needs.



[SCHEDULE CONSULT](#)

Virtue RF with Deep RF Body Treatments

Nonsurgical FDA cleared skin rejuvenation system. Tighten and lift skin on arms, knees, thighs, and stomach.



[SCHEDULE CONSULT](#)

Cellutone® Cellulite Treatments

Nonsurgical and noninvasive treatments to reduce the appearance of cellulite and stretch marks.



[SCHEDULE CONSULT](#)

PART FIVE

NUTRITION GUIDES

Hormone Weight Loss Food List

Optimizing Weight Loss by Infusing Nutrient-Based Eating into Meals

Proteins

BEEF

- Ground
- Ribs
- Roast
- Sirloin
- Steak
- Veal

PORK

- Ground
- Chops
- Loin
- Roast
- Ribs
- Shoulder

LAMB

- Chops
- Leg
- Roast
- Sirloin
- Ground

POULTRY

- Chicken
- Turkey
- Eggs

SEAFOOD

- Cod
- Crab
- Lobster
- Mahi
- Salmon
- Sardines
- Trout
- Tuna
- Scallops
- Oysters
- Clams
- Shrimp

WILD GAME

- Bison
- Deer
- Elk

NOTE

Look for words on the packaging such as 100% grass-fed, pasture-raised, no antibiotics, no hormones, wild-caught, organic, Non-GMO

PLANT PROTEINS

- Chia Seed
- Hemp Seed
- Nutritional Yeast
- Spirulina
- Tofu

DAIRY & SUBSTITUTES

- Yogurt (Unsweetened)
- Coconut Yogurt (Unsweetened)

PROTEIN POWDERS

- Collagen
- Egg
- Whey

Fats

*OILS

- Avocado
- Oil Coconut
- Oil Olive Oil

*NUTS

- Almonds
- Brazil
- Walnuts

*SEEDS

- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

*OTHER

- Grass-Fed Butter
- Ghee

*Limit Daily Intake to 1-3 Tbsp.

FRUITS

- Apples
- Avocado
- Blackberries
- Blueberries
- Chili
- Peppers
- Cranberries
- Jalapenos
- Lemon
- Limes
- Oranges
- Pomegranate
- Raspberries
- Strawberries

VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprout
- Cabbage
- Cauliflower
- Celery
- Chard
- Coconut
- Collards
- Cucumbers
- Fennel
- Garlic
- Ginger
- Kale
- Kimchi
- Kombucha
- Lettuce
- Mushroom
- Onions
- Parsnips
- Radish
- Rhubarb
- Sauerkraut
- Seaweed
- Shallots
- Spinach
- Swiss Chard
- Tomatoes
- Watercress
- Zucchini

HERBS & SPICES

- Allspice
- Basil
- Bay Leaves
- Black Pepper
- Cajun Seasoning
- Cardamom
- Cayenne Pepper
- Chili Pepper
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry Powder
- Dill
- Fenugreek
- Garlic Powder
- Ginger
- Italian
- Seasoning
- Lemongrass
- Mint
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Red Pepper
- Rosemary
- Sage
- Sea Salt
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Wasabi

PANTRY

- Almond Flour
- Apple Cider Vinegar
- Balsamic Vinegar
- Beef Broth (Low Sodium)
- Bone Broth (Low Sodium)
- Cacao
- Chicken Broth (Low Sodium)
- Coconut Aminos (Low Sodium)
- Coconut Flour
- Horseradish
- Hot Sauce
- Monk Fruit
- Mustard
- Pickles
- Red Wine
- Vinegar Stevia
- Tomato Sauce (No Sugar Added & Low Sodium)
- Vegetable Broth (Low Sodium)
- Vinegar
- White Wine Vinegar

DRINKS

- Almond Milk (Unsweetened)
- Black Tea
- Coconut Milk (Unsweetened)
- Coconut
- Water Coffee
- Green Tea
- Kombucha
- Oolong Tea
- Sparkling Water
- Water





HEALTHY FOOD SWAPS

On the left side of the column are foods and drinks which have a negative impact on hormone balance and weight loss. Just swap them out with a tasty and healthier version.

REGULAR FLOUR



COCONUT OR ALMOND FLOUR



TORTILLAS



LETTUCE WRAPS



BREAD



BREAD MADE FROM COCONUT OR ALMOND FLOUR



HAMBURGER BUN



PORTOBELLO MUSHROOM



BREADCRUMBS



CRUSHED ALMONDS



PASTA NOODLES



ZUCCHINI NOODLES



PASTA SAUCE



RAO'S HOMEMADE MARINARA SAUCE



PIZZA CRUST



WHITE RICE



MASHED POTATOES



FRIES



MILK



UNSWEETENED ALMOND, COCONUT OR PEA MILK



YOGURT



UNSWEETENED COCONUT YOGURT



BUTTER



GRASS-FED BUTTER



SUGAR



STEVIA OR MONK FRUIT



CORN OR VEGETABLE OIL



OLIVE, AVOCADO, OR COCONUT OIL



POTATO CHIPS



KALE CHIPS



SODA



WATER OR HERBAL TEA





SERVING SIZE COMPARISON CHART

SALAD GREENS



COOKED VEGETABLES — ½ CUP



APPLE



MEAT — 3 OZ.



FISH — 3 OZ.



CHEESE — 2 OZ.



CEREAL — 1 CUP



PANCAKE



SLICE OF BREAD



COOKED RICE OR PASTA — ½ CUP



BEANS OR LENTILS — ½ CUP



SALAD DRESSING — 2 TBSP.



BUTTER — 1 TBSP.



CHOCOLATE — 1 OZ.



NUT BUTTER — 1 TBSP.



TWO FISTS



CUPPED PALM



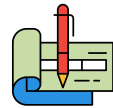
TENNIS BALL



DECK OF CARDS



CHECKBOOK



4 DICE



ONE FIST



COMPACT DISC



CASSETTE TAPE



½ OF BASEBALL



½ OF TENNIS BALL



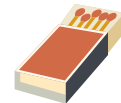
½ OF SHOT GLASS



POSTAGE STAMP



MATCHBOX



ONE THUMB





PART SIX

MEAL PLANS & GROCERY LISTS



WEEK 1 MEAL PLAN

DAY 1

Breakfast	Soft scrambled eggs, bacon, & side of avocado
Lunch	Chicken taco lettuce cups
Dinner	Balsamic chicken skillet

DAY 2

Breakfast	Soft scrambled eggs, bacon, & side of avocado
Lunch	Balsamic chicken skillet (leftover)
Dinner	Chipotle lime shrimp lettuce cups

DAY 3

Breakfast	Blueberries, bacon, & green tea
Lunch	Chipotle lime shrimp lettuce cups (leftover)
Dinner	Italian pork chops with side of cauliflower mash

DAY 4

Breakfast	Blueberries & green tea
Lunch	Italian pork chops with side of cauliflower mash (leftover)
Dinner	Grilled chicken breasts & rosemary grilled asparagus

DAY 5

Breakfast	Apples & green tea
Lunch	Grilled chicken breasts & rosemary grilled asparagus (leftover)
Dinner	Sheet pan blueberry glazed salmon

DAY 6

Breakfast	Apples & green tea
Lunch	Sheet pan blueberry glazed salmon (leftover)
Dinner	Seared flank steak & roasted broccoli

DAY 7

Breakfast	Soft scrambled eggs & green tea
Lunch	Seared flank steak & roasted broccoli (leftover)
Dinner	No-bun burger & side of avocado

WEEK 1 GROCERY LIST

Refrigerated Produce

- 1 pound asparagus
- 1 head broccoli
- 3/4 head butter lettuce
- 1 tablespoon cilantro
- 3/4 teaspoon rosemary
- 1 1/2 cups blueberries
- 1/2 pound brussels sprouts
- 1/2 head cauliflower
- 1/8 cup fresh basil
- 3 ounces mushrooms

Non-Refrigerated Produce

- 2 apples
- 1/2 cup grape tomatoes
- 1 1/4 tablespoon lemon juice
- 3/4 teaspoon lime juice
- 1/2 onion
- 1 1/2 avocado
- 1/2 lemon
- 1/2 lime
- 5 teaspoons minced garlic
- 1/2 shallot

Meat / Seafood

- 3/4 pound bacon
- 3/4 pound chicken breast
- 1 pound flank steak
- 3/4 pound pork chops
- 1/2 pound shrimp
- 3/4 pound boneless chicken breast
- 1/2 cup cooked chicken
- 1/3 pound ground beef
- 3/4 pound salmon

Eggs & Dairy

- 1 1/2 teaspoons butter
- 6 eggs

Spices

- 3 1/4 teaspoons sea salt
- 1/2 teaspoon dried basil
- 1/3 teaspoon dried oregano
- 1 1/2 teaspoons dried thyme
- 1/4 teaspoon garlic powder
- 3/4 teaspoon black pepper
- 1/4 teaspoon ground sage
- taco seasoning

Vinegar and Oils

- 2 tablespoons avocado oil
- 1/3 cup balsamic vinegar
- 2 tablespoons coconut oil
- 5 tablespoons extra virgin olive oil
- 1 tablespoon refined coconut oil

Canned/Jarred Goods

- 1/2 teaspoon capers
- 6 ounces dried tomato
- 1 1/2 tablespoons hot sauce

Deli & Prepared Foods

- 1/4 cup guacamole
- 1/8 cup salsa

Household & Drinks

- Aluminum Foil
- 40 ounces green tea

WEEK 2 MEAL PLAN

DAY 1

Breakfast	Blueberries & soft scrambled eggs
Lunch	No-bun burger with avocado side
Dinner	Orange rosemary pork chops & bacon wrapped asparagus

DAY 2

Breakfast	Blueberries
Lunch	Orange rosemary pork chops & asparagus (leftover)
Dinner	Barbecue chicken with cherry tomato & dill salad

DAY 3

Breakfast	Soft scrambled eggs & green tea
Lunch	Barbecue chicken with cherry tomato & dill salad (leftover)
Dinner	Ginger baked salmon, sautéed spinach, & cauliflower rice

DAY 4

Breakfast	Soft scrambled eggs & green tea
Lunch	Ginger baked salmon, sautéed spinach, & cauliflower rice (leftover)
Dinner	Portobello pizzas

DAY 5

Breakfast	Green tea & side of avocado
Lunch	Portobello pizzas (leftover)
Dinner	Herbed dry rubbed steak & rosemary grilled asparagus

DAY 6

Breakfast	Green tea & side of avocado
Lunch	Herbed dry rubbed steak & rosemary grilled asparagus (leftover)
Dinner	Atlantic cod & garlic-herb butter with cauliflower rice

DAY 7

Breakfast	Blueberries, soft scrambled eggs, & green tea
Lunch	Atlantic cod & garlic-herb butter with cauliflower rice (leftover)
Dinner	Grilled chicken breast with sautéed spinach

WEEK 2 GROCERY LIST

Refrigerated Produce

- | | |
|---|--|
| <input type="checkbox"/> 1 1/2 pound asparagus | <input type="checkbox"/> 1 1/2 cups blueberries |
| <input type="checkbox"/> 1 head cauliflower | <input type="checkbox"/> 1 teaspoon fresh basil |
| <input type="checkbox"/> 1 tablespoon fresh dill | <input type="checkbox"/> 2 tablespoons fresh parsley |
| <input type="checkbox"/> 2 1/4 teaspoons fresh rosemary | <input type="checkbox"/> 1/2 teaspoon fresh thyme |
| <input type="checkbox"/> 2 portobello mushrooms | <input type="checkbox"/> 12 ounces spinach |

Non-Refrigerated Produce

- | | |
|--|--|
| <input type="checkbox"/> 1 1/2 avocado | <input type="checkbox"/> 2 cups cherry tomatoes |
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 3/4 lemon |
| <input type="checkbox"/> 1 3/4 teaspoons lemon juice | <input type="checkbox"/> 3 3/4 teaspoons minced garlic |
| <input type="checkbox"/> 1 onion | |
| <input type="checkbox"/> 1 shallot | |

Meat / Seafood

- | | |
|--|--|
| <input type="checkbox"/> 2 slices bacon | <input type="checkbox"/> 1 1/4 pound boneless chicken thighs |
| <input type="checkbox"/> 1/3 pound ground beef | <input type="checkbox"/> 1/3 pound boneless chicken breasts |
| <input type="checkbox"/> 12 ounces salmon | <input type="checkbox"/> 3/4 pound boneless pork chops |
| <input type="checkbox"/> 1 pound beef steak | <input type="checkbox"/> 1/2 pound ground pork sausage |
| <input type="checkbox"/> 3/4 pound cod | |

Eggs & Dairy

- 4 tablespoons butter
- 8 eggs

Spices

- 3 1/2 teaspoons sea salt
- 1 1/2 teaspoons dried rosemary
- 1/8 teaspoon dried basil
- 1/2 teaspoon cumin
- 1 1/4 teaspoons garlic powder
- 1/8 teaspoon dried oregano
- 1/2 teaspoon ground coriander
- 1 1/2 teaspoons dried thyme
- 3/4 teaspoon ground sage
- 1/8 teaspoon ground ginger
- 1 teaspoon paprika

Vinegar and Oils

- 4 tablespoons coconut oil
- 3/4 cup extra virgin olive oil

Canned/Jarred Goods

- 1/4 cup beef broth
- 1 cup tomato sauce

Drinks

- 40 ounces green tea
- 1/4 cup orange juice

WEEK 3 MEAL PLAN

DAY 1

Breakfast	Soft scrambled eggs
Lunch	Grilled chicken breasts & sautéed spinach
Dinner	Mexican inspired tuna cakes & southwest cabbage slaw

DAY 2

Breakfast	Soft scrambled eggs & green tea
Lunch	Mexican tuna cakes & southwest cabbage slaw (leftover)
Dinner	Skillet tri-tip steak & roasted parsnips

DAY 3

Breakfast	Green tea & side of avocado
Lunch	Skillet tri-tip steak & roasted parsnips (leftover)
Dinner	Grilled chops with savory/garlic & cucumber mint salad

DAY 4

Breakfast	Apples, green tea, and side of avocado
Lunch	Grilled chops with savory/garlic & cucumber mint salad (leftover)
Dinner	Roasted shrimp & steamed asparagus

DAY 5

Breakfast	Apples, green tea, and side of avocado
Lunch	Roasted shrimp & steamed asparagus (leftover)
Dinner	Greek chicken burgers & greek cauliflower rice

DAY 6

Breakfast	Blueberries, bacon, & green tea
Lunch	Greek chicken burgers & greek cauliflower rice (leftover)
Dinner	Wine poached salmon & sautéed heirloom tomatoes

DAY 7

Breakfast	Blueberries, bacon, & green tea
Lunch	Wine poached salmon & sautéed heirloom tomatoes (leftover)
Dinner	Chicken taco lettuce cups

WEEK 3 GROCERY LIST

Refrigerated Produce

- | | |
|--|--|
| <input type="checkbox"/> 1/2 pound asparagus | <input type="checkbox"/> 1 cup blueberries |
| <input type="checkbox"/> 1/4 head butter lettuce | <input type="checkbox"/> 1/2 head cabbage |
| <input type="checkbox"/> 2 cups cauliflower rice | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 2 cucumbers | <input type="checkbox"/> 1 bunch fresh basil |
| <input type="checkbox"/> 1 1/2 tablespoon fresh dill | <input type="checkbox"/> 2 tablespoons fresh mint leaves |
| <input type="checkbox"/> 2 tablespoons fresh parsley | <input type="checkbox"/> 1 1/2 teaspoons fresh rosemary |
| <input type="checkbox"/> 2 1/2 sprigs fresh savory | <input type="checkbox"/> 1 teaspoon fresh thyme |
| <input type="checkbox"/> 3 green onion | <input type="checkbox"/> 3 parsnips |
| <input type="checkbox"/> 13 ounces spinach | |

Non-Refrigerated Produce

- | | |
|--|---|
| <input type="checkbox"/> 2 apples | <input type="checkbox"/> 1 1/2 avocado |
| <input type="checkbox"/> 1 cup heirloom tomatoes | <input type="checkbox"/> 2 tablespoons lemon juice |
| <input type="checkbox"/> 1/2 lime | <input type="checkbox"/> 2 1/4 teaspoons lime juice |
| <input type="checkbox"/> 3 1/2 teaspoons minced garlic | <input type="checkbox"/> 1/4 onion |
| <input type="checkbox"/> 1/2 red onion | |

Meat / Seafood

- | | |
|--|---|
| <input type="checkbox"/> 1/2 pound bacon | <input type="checkbox"/> 1/3 pound boneless chicken breasts |
| <input type="checkbox"/> 1/2 cup cooked chicken | <input type="checkbox"/> 1/2 pound ground chicken |
| <input type="checkbox"/> 1 pound large shrimp | <input type="checkbox"/> 3 pork loin chop |
| <input type="checkbox"/> 12 ounces salmon fillet | <input type="checkbox"/> 1 pound tri-tip steak |

Eggs & Dairy

- 1 1/2 teaspoons butter
- 5 eggs

Spices

- 1 1/2 teaspoons chili powder
- 1 3/4 teaspoons cumin
- 1/2 teaspoon dried oregano
- 1 teaspoon garlic powder
- 5 teaspoons
- 1/2 teaspoon dried basil
- 1 tablespoon black pepper
- 1/2 teaspoon paprika
- taco seasoning

Vinegar and Oils

- 3/4 cup extra virgin olive oil
- 2 tablespoons coconut oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons garlic-infused oil

Canned/Jarred Goods

- 5 ounces canned tuna
- 1 1/2 tablespoons chicken broth
- hot sauce

Frozen Foods

- 5 ounces frozen spinach

Deli & Prepared Foods

- 1/4 cup guacamole
- 1/8 cup salsa

Drinks

- 1/3 cup dry white wine
- 48 ounces green tea

WEEK 4 MEAL PLAN

DAY 1

Breakfast	Oranges
Lunch	Lamb burgers & greek cauliflower rice
Dinner	Pan seared scallops & steamed asparagus

DAY 2

Breakfast	Oranges
Lunch	Pan seared scallops & steamed asparagus (leftover)
Dinner	Simple broiled pork chops & roasted broccoli

DAY 3

Breakfast	Strawberries & green tea
Lunch	Simple broiled pork chops & roasted broccoli (leftover)
Dinner	Cobb salad

DAY 4

Breakfast	Strawberries & green tea
Lunch	Cobb salad (leftover)
Dinner	7-minute Salmon & lemon parsley cauliflower rice

DAY 5

Breakfast	Soft scrambled eggs & green tea
Lunch	7-Minute Salmon & lemon parsley cauliflower rice (leftover)
Dinner	Cinnamon-sage dry rubbed steak & roasted broccoli

DAY 6

Breakfast	Soft scrambled eggs & green tea
Lunch	Cinnamon-sage dry rubbed steak & roasted broccoli (leftover)
Dinner	Bacon wrapped asparagus & lemon parsley cauliflower rice

DAY 7

Breakfast	Green tea & side of avocado
Lunch	Bacon wrapped asparagus & lemon parsley cauliflower rice (leftover)
Dinner	Sausage and veggie sheet pan dinner

WEEK 4 GROCERY LIST

Refrigerated Produce

- 1 pound asparagus
- 1/2 pound brussel sprouts
- 1 tablespoon fresh dill
- 1/2 head romaine
- 2 cups strawberries
- 2 heads broccoli
- 4 cups cauliflower rice
- 1/2 cup fresh parsley
- 4 1/2 ounces spinach
- 8 eggs

Non-Refrigerated Produce

- 1 1/2 avocado
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon minced onion
- 2 orange
- 1 lemon
- 1 teaspoon minced garlic
- 1/8 onion
- 1 roma tomato

Meat / Seafood

- 1/4 pound bacon
- 1 pound beef steak
- 1 cup cooked chicken
- 1 pound pork chops
- 1/2 pound sea scallop
- 2 slices bacon
- 1/4 pound chicken sausage
- 1/3 pound ground lamb
- 12 ounces salmon

Spices

- Adobo seasoning
- 2 1/2 teaspoons sea salt
- 1 1/4 teaspoons dried mint
- 1/3 teaspoon black pepper
- 1 1/4 teaspoons paprika
- 1/3 teaspoon cinnamon
- 1/3 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 1/2 teaspoons ground sage

Vinegar and Oils

- 3 tablespoons avocado oil
- 6 tablespoons olive oil
- 5 tablespoons coconut oil
- 1 1/2 teaspoons red wine vinegar

Canned/Jarred Goods

- 1 tablespoon chicken broth
- 1/2 teaspoon dijon mustard

Drinks

- 40 ounces green tea



PART SEVEN

RECIPES



SOFT SCRAMBLED EGGS

SERVINGS 1**TIME: 15 MINUTES**

INGREDIENTS

- 2 eggs
- 1/8 cup water
- 1/4 teaspoon sea salt
- ground pepper, to taste
- 3/4 teaspoon coconut oil

Directions:

- 1 Whisk eggs, water, salt, and pepper in a bowl until uniform.
- 2 Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
- 3 As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds.
- 4 Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two



SOUTHWEST CABBAGE SLAW

SERVINGS 2**TIME: 15 MINUTES**

INGREDIENTS

- 1 1/2 green onions
- 1/3 cup cilantro
- 1/2 lime
- 1/2 head cabbage
- 1 1/2 teaspoons olive oil
- 1/8 teaspoon cumin
- Sea salt (to taste)
- Hot sauce (to taste)

Directions:

- 1 Thinly slice green onions. Chop cilantro. Juice the lime. Slice cabbage in half and cut out the core. Cut the cabbage thinly by hand or use the shredding disk on a food processor.
- 2 Transfer cabbage, green onions, and cilantro to a bowl.
- 3 In a small bowl, whisk together oil, lime juice, cumin, and salt. Pour the dressing over the cabbage. Toss until evenly coated.
- 4 Garnish with hot sauce and serve.



SAUTEED HEIRLOOM TOMATOES

SERVINGS 2**TIME: 5 MINUTES**

INGREDIENTS

- 1/8 bunch fresh basil
- 1 1/4 teaspoons garlic-infused olive oil
- 1 cup heirloom tomato, cherry or grape tomato
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Roll basil together then cut into thin strips.
- 2 In a 12-inch nonstick skillet over med-high heat, heat half of the olive oil until just smoking. Add tomatoes and season with salt and pepper. Saute, shaking pan frequently until tomatoes soften and skins just begin to wrinkle. About 2 minutes. Do not overcook. Remove the pan from the heat, stir in basil and remaining olive oil. Add salt and pepper to taste.



CHERRY TOMATO & DILL SALAD

SERVINGS 2**TIME: 10 MINUTES**

INGREDIENTS

- 1/2 lemon
- 1 tablespoon fresh dill
- 1/2 shallot
- 1/2 clove garlic
- 2 cups cherry tomatoes
- 1 1/2 tablespoons olive oil
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Juice lemon. Chop dill. Mince shallot and garlic. Halve tomatoes.
- 2 In a bowl, mix together the lemon juice, shallot, garlic, dill, salt, and pepper. Slowly whisk in the olive oil.
- 3 Add the cherry tomatoes to the bowl and toss to coat. Serve & enjoy!



ROSEMARY GRILLED ASPARAGUS

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 1 pound asparagus
- 1 tablespoon coconut oil
- 3/4 teaspoon fresh rosemary
- salt (to taste)
- 1/4 lemon

Directions:

- 1 Preheat your grill or pan
- 2 Trim the ends, rinse, and dry the asparagus. Mince the rosemary, juice the lemon.
- 3 Coat the asparagus evenly with coconut oil, rosemary, and salt.
- 4 Grill for 10 minutes or until soft, turning occasionally, removing some of the thinner spears as they cook. Serve warm and squeeze lemon juice on top.



BACON WRAPPED ASPARAGUS

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 1/2 pound asparagus
- 2 slices bacon
- 1 1/2 teaspoons olive oil
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Preheat oven to 400F
- 2 Wash and pat dry the asparagus. Separate into equal sized bunches.
- 3 Wrap each bunch with bacon, overlapping the bacon as little as possible. This will prevent undercooked parts and allow as much fat to render as possible. Use a toothpick if necessary on the undersides to hold the bunch together.
- 4 Lay each bunch on a slotted pan or use a cooling rack on top of a cookie sheet (this allows the fat to drip away from the bacon) - drizzle with olive oil.
- 5 Place in the oven for 8-10 minutes or until the bacon is cooked well and the asparagus is crispy. Sprinkle with salt and pepper and enjoy!



ROASTED BROCCOLI

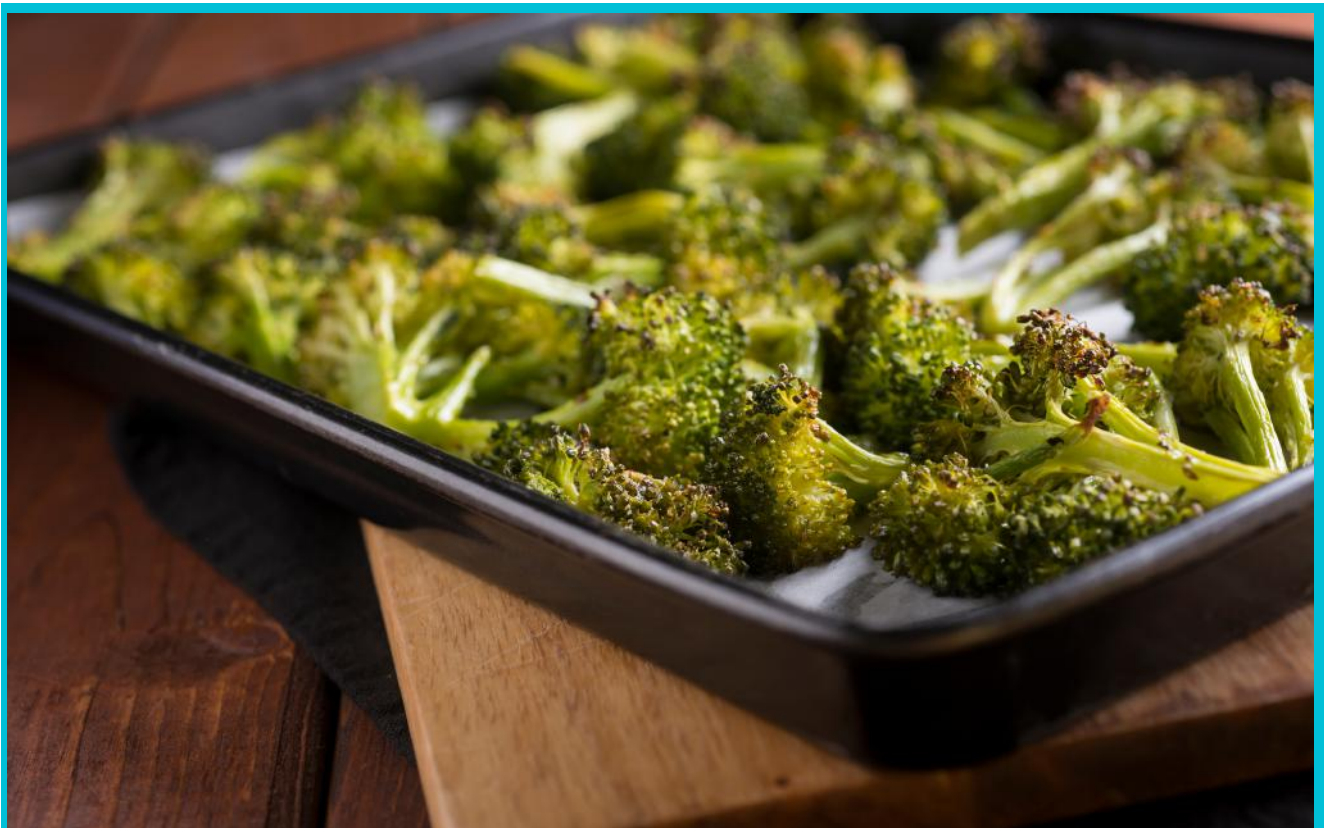
SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 1 head broccoli
- 1 tablespoon olive oil
- Sea salt (to taste)
- black pepper (to taste)

Directions:

- 1 Preheat oven to 400F.
- 2 Remove broccoli florets and discard stems. In an oven-safe dish, spread florets in single layer and drizzle with olive oil, salt, and pepper.
- 3 Roast for 15-20 minutes, or until desired level of crispness.



SAUTEED SPINACH

SERVINGS 2

TIME: 10 MINUTES

INGREDIENTS

- 8 ounces spinach
- 1 tablespoon butter
- Sea salt (to taste)

Directions:

- 1 Thoroughly wash spinach. Tear into bite sized pieces.
- 2 Heat butter or olive oil in a pan over medium-high heat. Add damp spinach and sea salt; sautee uncovered until spinach is just wilted and bright green.



CAULIFLOWER MASH

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 1/2 head cauliflower
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Directions:

- 1 Rinse and break cauliflower into florets
- 2 Add cauliflower florets to a large sauce pan and fill halfway with filtered water. Cover and steam until florets are soft; strain and discard water.
- 3 Add cauliflower to your food processor or blender and process into small batches until very smooth.
- 4 Add oil, salt, and pepper to taste.



LEMON PARSLEY CAULIFLOWER RICE

SERVINGS 4**TIME: 25 MINUTES**

INGREDIENTS

- 1 lemon
- 1/2 cup fresh parsley
- 3 tablespoons coconut oil
- 3 cups cauliflower rice
- Sea salt (to taste)

Directions:

- 1 Zest the lemon. Chop the parsley.
- 2 Heat cooking oil in a pan over med-high heat. Add cauliflower to the pan, stirring frequently. Cook for about 6-8 minutes.
- 3 Stir in lemon zest, parsley, and salt. Cook for an additional 1 minute. Enjoy!



STEAMED ASPARAGUS

SERVINGS 2**TIME: 12 MINUTES**

INGREDIENTS

- 1/2 pound asparagus
- 1 1/2 teaspoons olive oil
- Sea salt (to taste)
- Water

Directions:

- 1 Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler.
- 2 Place them in a large pan and cover with a thin layer of water. Add salt.
- 3 Cook for 5-10 minutes depending on the thickness, or until tender. Drain, and toss with olive oil and salt.



ROASTED PARSNIPS

SERVINGS 2

TIME: 30 MINUTES

INGREDIENTS

- 3 parsnips
- 1 tablespoon olive oil
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Preheat oven to 420F. Wash and cut the parsnips into 1/2 inch pieces.
- 2 Toss with olive oil, salt, and pepper.
- 3 Spread parsnips out on a parchment paper-lined baking sheet
- 4 Roast for 15-20 minutes, or until parsnips are lightly browned and tender



CUCUMBER MINT SALAD

SERVINGS 2**TIME: 15 MINUTES**

INGREDIENTS

- 2 large cucumbers
- 1/2 small red onion
- 2 tablespoons fresh parsley
- 2 tablespoons fresh mint
- 2 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- Sea salt (to taste)

Directions:

- 1 Chop the cucumber, parsley, and mint. Thinly slice the onion.
- 2 Combine cucumbers, onion, parsley, and mint in a bowl.
- 3 In a small bowl, whisk the apple cider vinegar, olive oil, and sea salt.
- 4 Toss the dressing with vegetables and serve. Keep extra dressing and vegetables separate and toss before serving.



CAULIFLOWER RICE

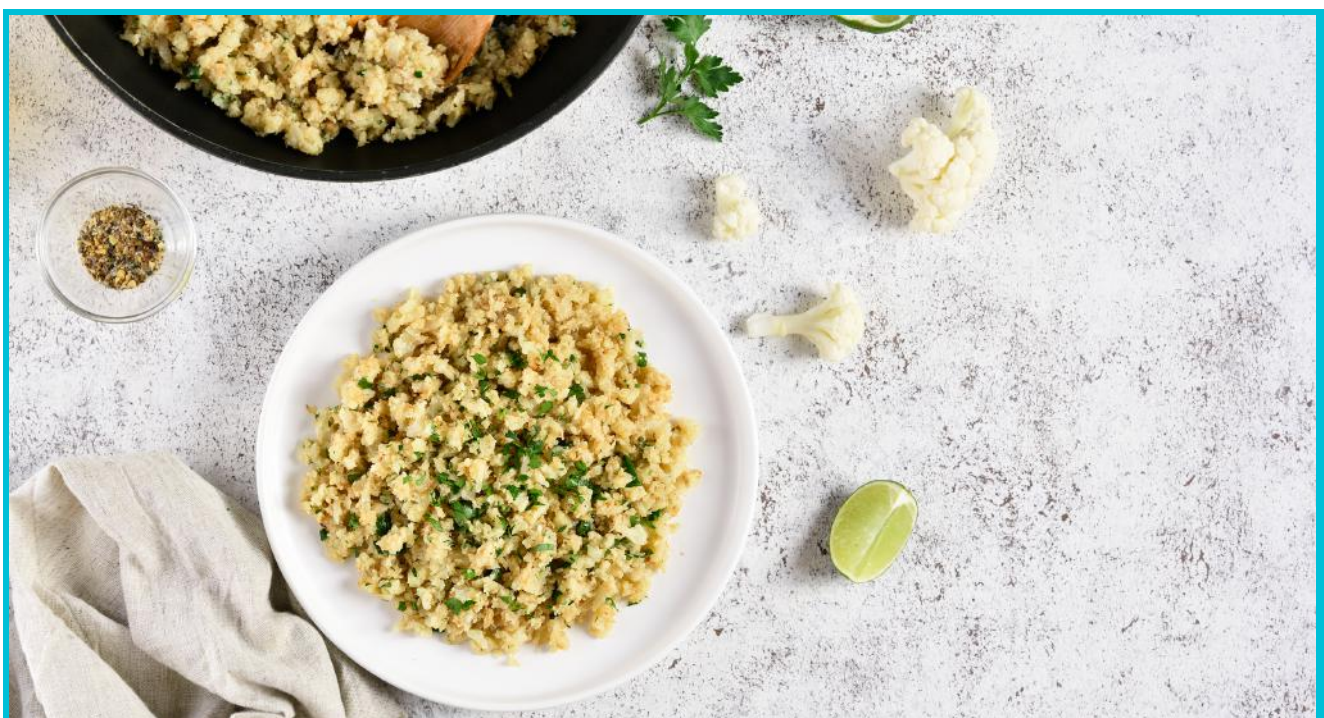
SERVINGS 2**TIME: 15 MINUTES**

INGREDIENTS

- 1/2 onion
- 1 teaspoon minced garlic
- 1/2 head cauliflower
- 1 tablespoon olive oil
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Chop onion. Break cauliflower into florets, then use a food processor or blender to pulse the cauliflower florets into a rice-like texture.
- 2 Heat oil in a skillet over medium-high heat. Saute the onion and garlic for 3-4 minutes, or until the onion is translucent
- 3 Add in the cauliflower rice and saute for an additional 4-5 minutes
- 4 Season with salt and pepper, serve!



GREEK CAULIFLOWER RICE

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 1/4 onion
- 1 1/2 tablespoons fresh dill
- 9 ounces spinach
- 1 1/2 tablespoons olive oil
- 2 cups cauliflower rice
- 1 1/2 tablespoons chicken broth
- 1 tablespoon lemon juice
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Mince the onion and dill. Roughly chop the spinach.
- 2 In a large pan over med-high heat, saute onion in 1/3 of the olive oil until translucent.
- 3 Add another 1/3 of the oil and the cauliflower rice and saute for another 4-5 minutes.
- 4 Add chicken broth and steam mixture for 2 minutes.
- 5 Add the remaining olive oil, chopped spinach, and dill, cook until the greens are just wilted.
- 6 Drizzle lemon juice on top and stir before serving. Add salt and pepper.

LAMB BURGERS

SERVINGS 1**TIME: 20 MINUTES**

INGREDIENTS

- 1/3 pound ground lamb
- 1/2 teaspoon minced garlic
- 1 1/4 teaspoons dried mint
- Sea salt (to taste)
- Black pepper (to taste)
- 1/3 teaspoon cumin
- 1 1/4 teaspoons paprika
- 1/3 teaspoon minced onion
- 3/4 teaspoon coconut oil

Directions:

- 1 Place in a large bowl, add all the ingredients except for coconut oil and combine ingredients well and form into patties.
- 2 Heat grill to medium-high heat and cook patties for 3 minutes on each side. Flip and cook for another 3 minutes until medium-rare. Cook longer if you prefer well done burgers.



PAN SEARED SCALLOPS

SERVINGS 2**TIME: 15 MINUTES**

INGREDIENTS

- 1/2 pound sea scallops
- Sea salt (to taste)
- Black pepper (to taste)
- 1 tablespoon olive oil

Directions:

- 1 Sprinkle scallops with sea salt and pepper.
- 2 Heat oil in pan until a white foam begins to form. Place scallops in the pan in a single layer. Cook for 2-3 minutes, then flip. The scallops should be a nice golden color.
- 3 Cook the second side for 2-3 minutes or until fully cooked. Raw scallops are more translucent - cooked scallops are firm and creamy-white.



ITALIAN PORK CHOPS

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 3/4 pound pork chops
- 1/2 large onion
- sea salt (to taste)
- black pepper (to taste)
- 1 1/2 teaspoons olive oil
- 6 ounces diced tomatoes
- 1 1/2 teaspoons minced garlic
- 1/3 teaspoon dried oregano
- 1/4 teaspoon ground sage
- 1/2 teaspoon dried basil
- 1 1/2 teaspoons dried thyme

Directions:

- 1 Trim fat from pork chops. Dice onion.
- 2 Heat a heavy pan on high until warm. Add oil and heat about 20 seconds.
- 3 Season pork chops with sea salt and pepper and brown on each side, about 1 minute each (5 minutes if it is bone-in)
- 4 Reduce heat to med-low and add onion
- 5 Stir onion and flip pork chops after 2 minutes on each side
- 6 Add tomatoes, garlic, and spices. Simmer about 5-8 minutes, until tomatoes are soft and sauce is warm.



BARBECUE CHICKEN

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- Sea salt (to taste)
- Black pepper (to taste)
- 1 1/4 pound boneless chicken thighs

Directions:

- 1 Mix spices in a bowl. Toss with chicken and thoroughly coat.
- 2 Place on a hot grill. Cook approximately 10 minutes on the first side and 8 minutes on the second side, or until completely cooked. You may have to adjust your cooking time depending on the heat of your grill.



HERBED DRY RUB STEAK

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- Sea Salt (to taste)
- 1 1/2 teaspoons dried rosemary
- 1 1/2 teaspoons dried thyme
- 3/4 teaspoon ground sage
- 1 pound beef steak
- 1 1/2 teaspoons coconut oil

Directions:

- 1 Combine the salt, herbs, and spices together in a small bowl.
- 2 Rub the mixture on both sides of the steak.
- 3 Heat the coconut oil in a cast-iron skillet on medium-high heat. When the fat has melted and the pan is hot, cook the steak 5-7 minutes per side, or until desired doneness is reached.



SEARED FLANK STEAK

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 1 pound flank steak
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon refined coconut oil or tallow
- 1 1/2 teaspoons butter

Directions:

- 1 Allow the flank steak to come to room temperature, then pat dry surface moisture with paper towels.
- 2 Coat both sides of the steak liberally with sea salt and ground black pepper. Be generous. You are creating a crust.
- 3 While the meat comes to room temperature, heat your grill to high heat. You should be able to hold your hand about an inch over the grill grate for only 1 second before it feels hot. Grill for 3-7 minutes.
- 4 If using the stove, add cooking oil to cast iron skillet and get the skillet searing hot. The tallow or cooking oil will keep the butter from burning. Just as the oil seems it will begin to smoke, lay the steak in the pan and allow to sear on each side for 3-7 minutes.
- 5 Do not cook a flank steak past medium as it will continue to cook once taken off the grill or pan.

PRO TIPS:

RARE = 120F
MED/RARE = 125F
MED = 130F

Once finished cooking, place on a wooden board and leave undisturbed for 10 minutes. Slice in thin strips and cut across the grain.

COBB SALAD

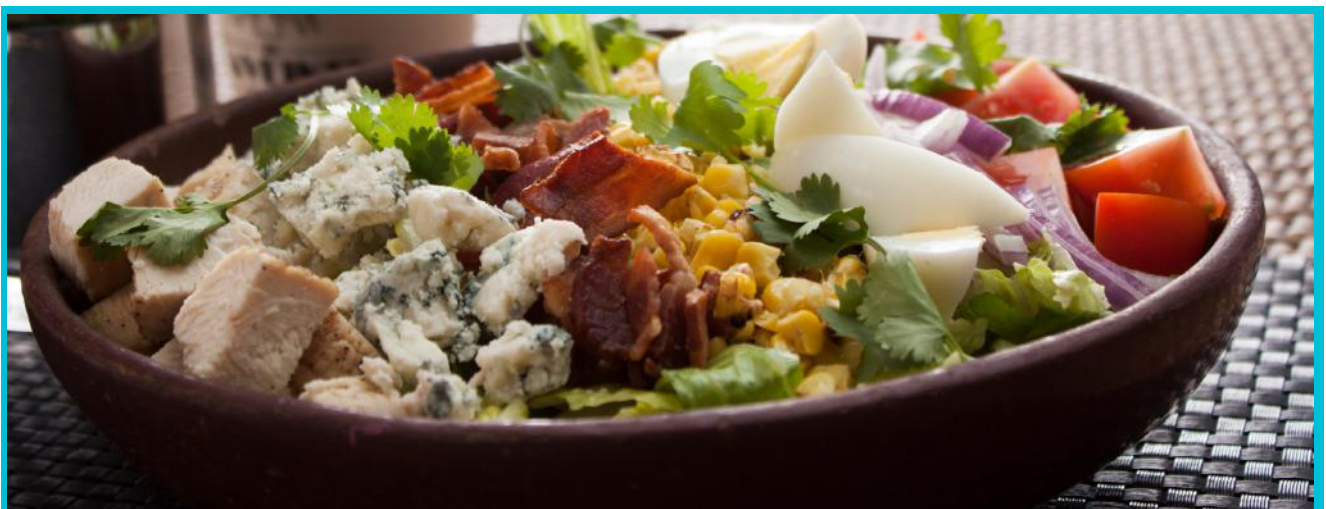
SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 4 eggs
- 1/4 pound bacon
- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon dijon mustard
- 1/2 head romaine
- 1 cup cooked chicken
- 1 ripe avocado
- 1 roma tomato
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Boil enough water to cover your eggs in a pot. Use a spoon to gently drop the eggs in to avoid cracking them. Boil for 10 minutes, then drain the water.
- 2 Place pot of eggs in the sink and add a scoop of ice and cold water and allow them to sit for 2 minutes. Peel, slice, and set aside.
- 3 Cook the bacon in a pan until crispy. Transfer to a paper towel to absorb grease. Crumble the bacon.
- 4 Whisk together the vinegar, olive oil, and mustard in a small bowl.
- 5 Wash and shred the lettuce. Shred the chicken finely. Peel and slice the avocado. Dice the tomatoes.
- 6 Toss the lettuce with the dressing and place in a large bowl. Add remaining ingredients, and season with salt and pepper.



WINE POACHED SALMON

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 1 teaspoon fresh thyme
- 12 ounces salmon fillet
- 1/3 cup dry white wine

Directions:

- 1 Chop the thyme. Divide salmon into 6-ounce portions.
- 2 Place salmon in a skillet. Pour wine over the top and sprinkle with thyme.
- 3 Heat over high heat until wine starts to simmer, then cover and reduce heat to low-medium.
- 4 Simmer until salmon is cooked (completely opaque and segments lake apart easily) - approximately 10-12 minutes



CHICKEN TACO LETTUCE CUPS

SERVINGS 1**TIME: 20 MINUTES**

INGREDIENTS

- 1/2 cup cooked chicken
- 3/4 teaspoon lime juice
- taco seasoning (to taste)
- 1/4 head butter lettuce
- 1/8 cup salsa
- 1/4 cup guacamole

Directions:

- 1 Shred the cooked chicken in a large bowl. Generously sprinkle with taco seasoning. Stir in lime juice.
- 2 Remove leaves from the head of lettuce. Rinse and pat dry.
- 3 Fill each leaf with seasoned chicken, salsa, and guacamole. Enjoy!



ATLANTIC COD WITH GARLIC-HERB BUTTER

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

GARLIC-HERB BUTTER:

- 3 tablespoons butter
- 1/2 teaspoon fresh parsley
- 1 teaspoon fresh basil
- 3/4 teaspoon minced garlic
- 1/2 teaspoon fresh thyme
- Sea salt (to taste)

COD:

- 1 tablespoon olive oil
- 3/4 pound cod fillet
- Sea salt (To taste)
- Black pepper (to taste)
- Fresh parsley (optional)

Directions:

- 1 For the garlic-herb butter: soften butter, finely chop parsley and basil.
- 2 Combine all ingredients in a medium-sized bowl. Stir until the garlic, herbs, and salt are evenly distributed throughout the softened butter
- 3 Transfer butter mixture to the center of a sheet of plastic wrap to form a log. Wrap tightly and place inside the refrigerator for 15-20 minutes.
- 4 For the cod: heat olive oil in a large skillet over med-high heat. Pat cod fillets dry with a paper towel and season both sides with salt and pepper.
- 5 Add fillets to hot skillet and cook for 2-3 minutes, or until they become golden brown. Reduce heat to medium and carefully flip each fillet. Top each fillet with an equal amount of herb butter and continue to cook for another 3-4 minutes. While cooking, spoon the herb butter back over the fillets and it melts.
- 6 Remove from heat and transfer fillets to a serving plate. Drizzle with melted herb butter and garnish with some fresh parsley.

CINNAMON-SAGE DRY RUBBED STEAK

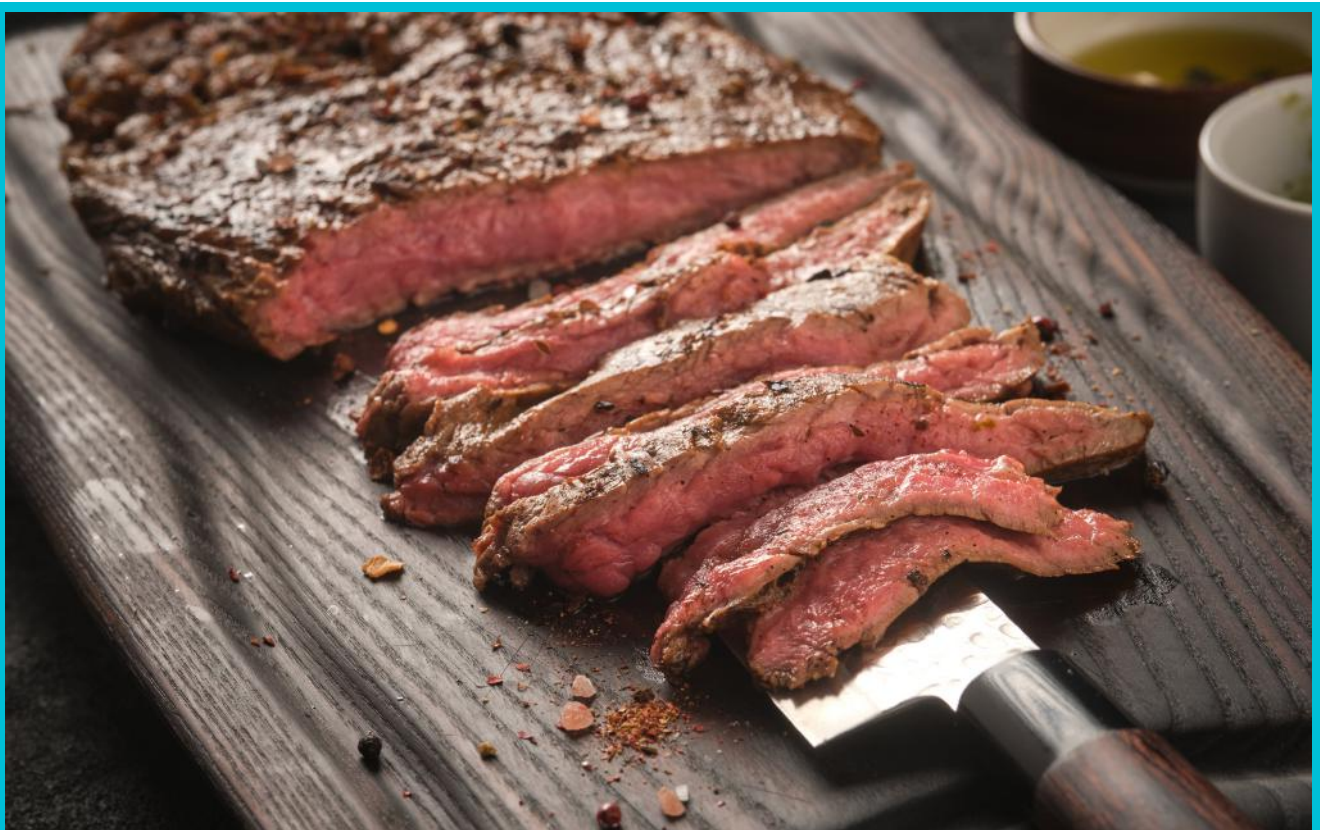
SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- Sea salt (to taste)
- 1 1/2 teaspoons ground sage
- 1/3 teaspoon cinnamon
- 1 pound beef steak
- 1 1/2 teaspoons coconut oil

Directions:

- 1 Combine the salt, herbs, and spices together in a small bowl.
- 2 Rub the mixture on both sides of the steaks.
- 3 Heat the coconut oil in a cast-iron skillet on med-high heat. When the fat has melted and the pan is hot, cook the steaks for 5-7 minutes per side, until desired doneness is reached.



ORANGE ROSEMARY PORK CHOPS

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 1 1/2 teaspoons fresh rosemary
- 1/2 shallot
- 3/4 pound boneless pork chops
- Sea salt (to taste)
- Black pepper (to taste)
- 1 tablespoon olive oil
- 1/4 cup beef broth
- 1/4 cup orange juice

Directions:

- 1 Chop rosemary. Peel and mince shallot.
- 2 Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove pork chops to a serving platter and cover to keep warm.
- 3 Add shallots to the pan, and saute until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes.
- 4 Pour sauce over pork chops and serve garnished with extra rosemary.



SAUSAGE & VEGGIE SHEET PAN DINNER

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 1/8 cup avocado oil
- 1/2 teaspoon minced garlic
- 1/4 pound chicken sausage
- 1/2 pound brussel sprouts
- Sea salt (to taste)

Directions:

- 1 Preheat oven to 450F. Mince garlic. Cut sausages into 1/2 inch pieces. Cut broccoli into 1 inch pieces.
- 2 Pour the oil into a bowl and stir the garlic into the oil.
- 3 Divide all of the sausage and vegetables among two large, rimmed sheet pans.
- 4 Drizzle 1/2 of the oil and salt on each pan and mix everything well with your hands. Spread the vegetables out evenly on the pans.
- 5 Roast on the lower rack for 15-20 minutes, flipping everything 1-2 times during the roast. Once everything has golden brown spots and the vegetables are cooked through, remove from oven and serve.



GRILLED CHOPS WITH SAVORY & GARLIC

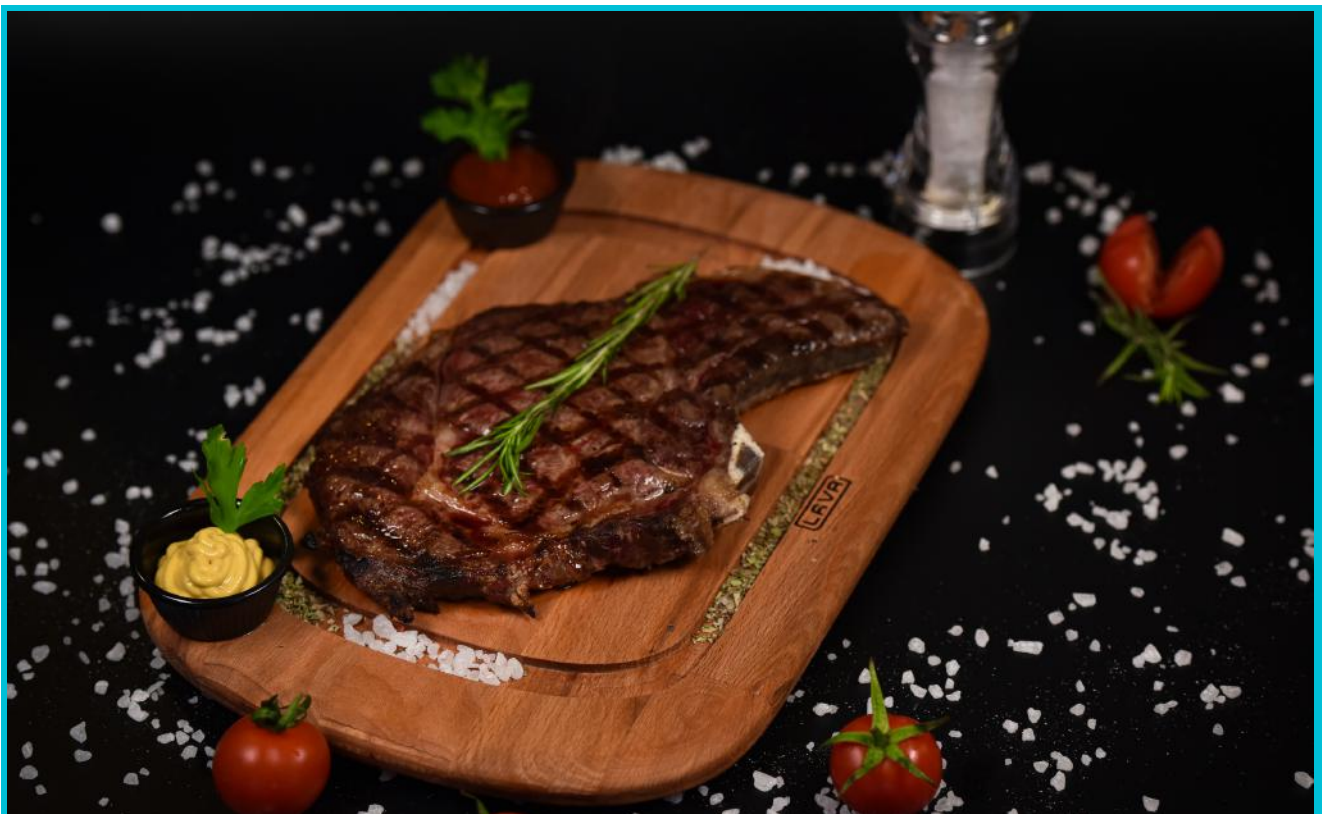
SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 2 teaspoons minced garlic
- 2 1/2 sprigs fresh savory
- 3 pork loin chops, or lamb
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Mince fresh savory. Rinse chops under cool water and pat dry with a paper towel.
- 2 Sprinkle each side with salt and pepper
- 3 Lightly, press garlic and herb mixture into the meat, flip to the opposite side, and repeat.
- 4 Grill chops over med-high heat, 4-5 minutes per side



PORTOBELLO PIZZAS

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 2 portobello mushrooms
- 1 1/2 teaspoons olive oil
- Sea salt (To taste)
- Black pepper (To taste)
- 1/2 pound ground pork sausage
- 1 teaspoon minced garlic
- 1 cup tomato sauce
- 1/8 teaspoon dried basil
- 1/8 teaspoon dried oregano

Directions:

- 1 Preheat oven to broil.
- 2 Wipe dirt off dry mushrooms, remove stems, and use a spoon to gently scrape the gills from the underside of the cap. Brush olive oil inside the cap of each mushroom and sprinkle with salt and pepper.
- 3 Broil mushrooms for 5 minutes on each side, remove from oven and reduce heat to 350F.
- 4 In a bowl, combine pork sausage, garlic, sea salt, and pepper. Mix with hands until thoroughly combined.
- 5 In a medium saucepan, cook the sausage until browned, about 5-8 minutes.
- 6 Gently distribute an even portion of meat mixture into each mushroom cap.
- 6 Stir basil and oregano into the tomato sauce and pour sauce over each mushroom cap, setting aside any extra sauce for another use.
- 7 Return caps to the oven for 2-3 minutes to allow the sauce to warm. Serve & enjoy!

GRILLED CHICKEN

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 3/4 pound boneless skinless chicken breasts
- 1/8 cup olive oil
- 1 1/4 tablespoons lemon juice
- 1/4 teaspoon sea salt

Directions:

- 1 Put the chicken between two pieces of plastic wrap and pound the thicker parts with a meat tenderizer until the thickness is about even, then add all the ingredients into a bowl and let the chicken marinate in the refrigerator for 30-60 minutes.
- 2 Heat your grill to medium-high. Oil the grate.
- 3 Grill the chicken for 4-5 minutes on each side then let rest for 5 minutes before serving.



7-MINUTE SALMON

SERVINGS 2**TIME: 10 MINUTES**

INGREDIENTS

- 12 ounces salmon
- 1 teaspoon avocado oil
- Sea salt (to taste)
- Adobo seasoning (to taste)

Directions:

- 1 Season the fish with a small amount of avocado oil, salt, and seasoning of your choice. Flip to ensure it is skin-side up.
- 2 Place in a preheated broiler oven for 4 minutes.
- 3 Remove from oven and peel off the skin, then flip. Cook for another 3 minutes or until fish flakes.



SKILLET TRI-TIP STEAK

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 1 1/2 teaspoons fresh rosemary
- 1 tablespoon olive oil
- Sea salt (to taste)
- Black pepper (to taste)
- 1 teaspoon garlic powder
- 1 pound tri-tip, approximately 1 inch thick

Directions:

- 1 Heat olive oil in a large cast-iron or another heavy-duty skillet over medium-high heat.
- 2 Finely chop fresh rosemary.
- 3 Combine salt, pepper, garlic powder, and rosemary in a small bowl. Rub the mixture on all sides of the steak and place in the hot skillet. Sear steak on both sides, approximately 2 minutes per side.
- 4 Reduce heat to medium and continue cooking the steaks for another 6-8 minutes, turning once on each side. This will yield a medium steak, cook for another 2-3 minutes for well done.
- 5 Remove steaks from skillet and cover loosely. Rest for 5-10 minutes before serving. Cut against the grain for more tender results.



NO-BUN BURGER

SERVINGS 1**TIME: 20 MINUTES**

INGREDIENTS

- 1/3 pound ground beef
- 1/3 teaspoon sea salt
- 1/4 teaspoon garlic powder

Directions:

- 1 Preheat grill to 375F (med-high)
- 2 In a large bowl, add the beef. Sprinkle evenly with sea salt and garlic powder. Mix ingredients until combined.
- 3 Form into 6oz patties that are about 3/4in thick.
- 4 Make an indentation in the middle of the patty to prevent bulging in the center of the hamburger as it cooks.
- 5 Place the burgers on the grill. Cook 4-5 minutes on the first side. Flip the burgers over and cook an additional 4-5 minutes, until the burgers have reached the desired doneness.

TIPS:

- Add desired veggies on top - tomatoes, pickles, onions, etc



GINGER-BAKED SALMON

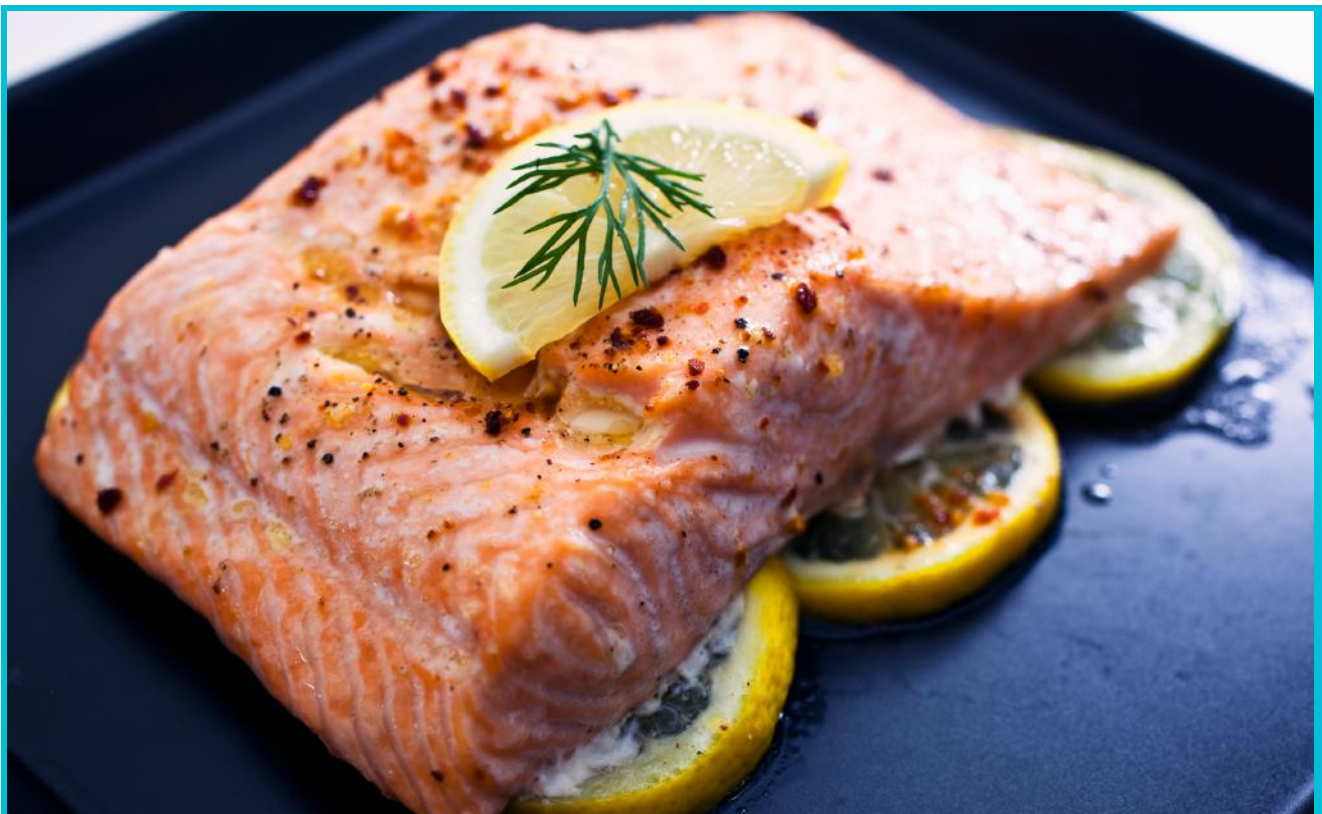
SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 12 ounces salmon filets
- 1 tablespoon coconut oil
- 1/8 teaspoon ginger
- Sea salt (to taste)
- 1 1/2 tablespoons fresh parsley

Directions:

- 1 Preheat oven to 400F
- 2 Melt coconut oil, mince parsley.
- 3 Wash and dry the salmon fillet and place it on an oiled baking dish. Spread the coconut oil over the fillet and then sprinkle the ginger and sea salt all over. Bake for 15-20 minutes (depending on the thickness of your fillet), or until the thickest part barely flakes.



ROASTED SHRIMP

SERVINGS 2**TIME: 12 MINUTES**

INGREDIENTS

- 1 pound large shrimp (shelled and deveined, tails left on)
- 1 tablespoon garlic-infused olive oil
- Sea salt (to taste)
- Black pepper (to taste)

Directions:

- 1 Preheat oven to 425F
- 2 Pat the shrimp dry with paper towels on a large sheet pan, then toss them well with the olive oil, salt, and pepper.
- 3 Arrange the shrimp in a single layer on the pan and roast for 5-7 minutes or until they have just turned pink and have begun to curl. They should just be cooked through, do not overcook.
- 4 Serve warm or chilled with lemon wedges. Or, let them cool, remove the tail, and add to salads.



SIMPLE BROILED PORK CHOPS

SERVINGS 2**TIME: 15 MINUTES**

INGREDIENTS

- 1 teaspoon fennel seeds
- Sea salt (to taste)
- Black pepper (to taste)
- 1 pound pork chops

Directions:

- 1 Turn oven broiler on high and preheat for about 10 minutes.
- 2 Grind fennel seed in a spice grinder. Combine with salt and pepper. Sprinkle liberally over both sides of the pork chop.
- 3 Place pork on a roasting pan and broil the first side for 6-8 minutes, depending on the thickness of your pork chop. Flip and broil for another 6-8 minutes.
- 4 Let the pork chops rest for 5 minutes before eating. Enjoy!



CHIPOTLE LIME SHRIMP LETTUCE CUPS

SERVINGS 2**TIME: 25 MINUTES**

INGREDIENTS

- 1/2 pound shrimp
- 1/2 lime
- 1/2 head butter lettuce
- 1 tablespoon cilantro
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon avocado oil
- 1 teaspoon minced garlic
- 1 1/2 tablespoons hot sauce

Directions:

- 1 Peel and devein shrimp, then slice them in half lengthwise. Zest 1/2 of the lime and juice the rest. Separate the lettuce leaves. Chop the cilantro.
- 2 Season shrimp with salt and pepper and toss to coat.
- 3 Heat oil in a large skillet over medium-high heat. Add the shrimp in a single layer and cook until just cooked through, 3-4 minutes, tossing halfway through.
- 4 Add garlic, lime zest, and hot sauce and toss until well combined and heated through, 1-2 more minutes.
- 5 Remove from heat and stir in the lime juice. Serve in lettuce leaves. Top with cilantro, Enjoy!



GREEK CHICKEN BURGERS

SERVINGS 2**TIME: 25 MINUTES**

INGREDIENTS

- 1 1/2 green onions
- 1 1/2 teaspoons olive oil
- 1 1/2 teaspoons minced garlic
- 5 ounces frozen spinach
- 1/2 pound ground chicken
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Sea salt (to taste)

Directions:

- 1 Chop green onions.
- 2 In a saute pan heat oil to medium heat. Add garlic and green onions saute for about 2 minutes. Do not let garlic brown. Remove from heat.
- 3 Ring out liquid from frozen spinach and mince.
- 4 In a mixing bowl, combine all remaining ingredients. Form into patties.
- 5 Grill or saute burgers on medium heat until cooked through



SHEET PAN BLUEBERRY GLAZED SALMON

SERVINGS 2**TIME: 25 MINUTES**

INGREDIENTS

- Aluminum foil
- 1/2 pound brussel sprouts
- 1/4 lemon
- 3/4 pound salmon
- 1/8 teaspoon olive oil
- sea salt (to taste)
- 1/2 cup blueberries, fresh or frozen
- 1/4 cup balsamic vinegar

Directions:

- 1 Line a baking sheet with aluminum foil. Slice brussel sprouts in half. Slice lemon.
- 2 Place salmon and brussel sprouts on baking sheet.
- 3 Drizzel sprouts and top of salmon with oil. Sprinkle sea salt over top.
- 4 Place sheet into a COLD oven.
- 5 Turn oven on to 400F and set timer for 25 minutes.
- 6 While fish and sprouts are cooking, add blueberries and balsamic vinegar to a pot. Bring to a boil and let reduce for 10 minutes, stirring occasionally.
- 7 When blueberry sauce is thickened, remove salmon from oven and pour blueberries all over the salmon. Top with lemon slices and let cook for additionally 10 minutes, or until salmon is cooked.
- 8 Remove from oven and add a little more salt if desired.

MEXICAN INSPIRED TUNA CAKES

SERVINGS 2**TIME: 20 MINUTES**

INGREDIENTS

- 5 ounces canned tuna
- 1/4 bunch cilantro
- 1 1/2 teaspoons lime juice
- 1 egg
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons cumin
- 1/2 teaspoon paprika
- Black pepper (to taste)
- Sea salt (to taste)
- 1 tablespoon coconut oil

Directions:

- 1 Drain tuna. Mince cilantro.
- 2 Mix together all ingredients except coconut oil. Form into patties using a 1/4 cup scoop
- 3 Heat coconut oil in a skillet over medium-high heat. Working in batches as needed, add tuna patties to the skillet and cook for 3-4 minutes. Carefully flip and cook for another 2-3 minutes, until golden brown



BALSAMIC CHICKEN SKILLET

SERVINGS 2**TIME: 30 MINUTES**

INGREDIENTS

- 1/2 shallot
- 3 ounces mushrooms
- 1/2 cup grape tomatoes
- 1/8 cup fresh basil
- 3/4 pound chicken breast
- 1 tablespoon avocado oil
- sea salt (to taste)
- ground pepper (to taste)
- 1/8 cup balsamic vinegar
- 1 1/2 teaspoons minced garlic
- 1/2 teaspoon capers

Directions:

- 1 Finely chop shallot. Slice mushrooms. Cut tomatoes in half. Chop basil.
- 2 Using a large skillet, coat the pan with your oil
- 3 Add salt and pepper to chicken breasts and cook covered for about 5-7 minutes on each side
- 4 Remove chicken from heat and set aside
- 5 Add more oil if needed, then add mushrooms and shallots to pan. Saute until softened then remove from pan and set aside.
- 6 Add balsamic vinegar, then add garlic, tomatoes, and cook on low-med heat for about 5 minutes, stirring, then add basil.
- 7 Return chicken to the pan and add capers. Add more fresh basil and serve.

THANK YOU



DR. FARAH SULTAN, MD

REFERENCES

1. Salehpour, A., Hosseinpanah, F., Shidfar, F., Vafa, M., Razaghi, M., Dehghani, S., Hoshiarrad, A., & Gohari, M. (2012). A 12-week double-blind randomized clinical trial of vitamin D₃ supplementation on body fat mass in healthy overweight and obese women. *Nutrition journal*, 11, 78. <https://doi.org/10.1186/1475-2891-11-78>
2. Jamilian, M., Foroozanfard, F., Kavossian, E., Aghadavod, E., Shafabakhsh, R., Hoseini, A., & Asemi, Z. (2020). Effects of curcumin on body weight, glycemic control and serum lipids in women with polycystic ovary syndrome: A randomized, double-blind, placebo-controlled trial. *Clinical nutrition ESPEN*, 36, 128–133. <https://doi.org/10.1016/j.clnesp.2020.01.005>
3. Michael, D. R., Jack, A. A., Masetti, G., Davies, T. S., Loxley, K. E., Kerry-Smith, J., Plummer, J. F., Marchesi, J. R., Mullish, B. H., McDonald, J., Hughes, T. R., Wang, D., Garaiova, I., Paduchová, Z., Muchová, J., Good, M. A., & Plummer, S. F. (2020). A randomised controlled study shows supplementation of overweight and obese adults with lactobacilli and bifidobacteria reduces bodyweight and improves well-being. *Scientific reports*, 10(1), 4183. <https://doi.org/10.1038/s41598-020-60991-7>
4. González-Acevedo, O., Hernández-Sierra, J. F., Salazar-Martínez, A., Mandeville, P. B., Valadez-Castillo, F. J., De La Cruz-Mendoza, E., & Algara-Suárez, P. (2013). Efecto de la suplementación de omega 3 sobre IMC, ICC y composición corporal en mujeres obesas [Effect of Omega 3 fatty acids on body female obese composition]. *Archivos latinoamericanos de nutrición*, 63(3), 224–231.
5. Kim, C. W., Kim, B. T., Park, K. H., Kim, K. M., Lee, D. J., Yang, S. W., & Joo, N. S. (2011). Effects of short-term chromium supplementation on insulin sensitivity and body composition in overweight children: randomized, double-blind, placebo-controlled study. *The Journal of nutritional biochemistry*, 22(11), 1030–1034. <https://doi.org/10.1016/j.jnutbio.2010.10.001>
6. Miranda-Galvis, M., Loveless, R., Kowalski, L. P., & Teng, Y. (2021). Impacts of Environmental Factors on Head and Neck Cancer Pathogenesis and Progression. *Cells*, 10(2), 389. <https://doi.org/10.3390/cells10020389>
7. Bell, I. R., Baldwin, C. M., & Schwartz, G. E. (1998). Illness from low levels of environmental chemicals: relevance to chronic fatigue syndrome and fibromyalgia. *The American journal of medicine*, 105(3A), 74S–82S. [https://doi.org/10.1016/s0002-9343\(98\)00162-4](https://doi.org/10.1016/s0002-9343(98)00162-4)
8. Pizzorno J. (2018). Environmental Toxins and Infertility. *Integrative medicine (Encinitas, Calif.)*, 17(2), 8–11.
9. Braun J. M. (2017). Early-life exposure to EDCs: role in childhood obesity and neurodevelopment. *Nature reviews. Endocrinology*, 13(3), 161–173. <https://doi.org/10.1038/nrendo.2016.186>
10. Santini, F., Marzullo, P., Rotondi, M., Ceccarini, G., Pagano, L., Ippolito, S., Chiovato, L., & Biondi, B. (2014). Mechanisms in endocrinology: the crosstalk between thyroid gland and adipose tissue: signal integration in health and disease. *European journal of endocrinology*, 171(4), R137–R152. <https://doi.org/10.1530/EJE-14-0067>
11. Villareal, D. T., & Holloszy, J. O. (2004). Effect of DHEA on abdominal fat and insulin action in elderly women and men: a randomized controlled trial. *JAMA*, 292(18), 2243–2248. <https://doi.org/10.1001/jama.292.18.2243>
12. Saad, F., Yassin, A., Doros, G., & Haider, A. (2016). Effects of long-term treatment with testosterone on weight and waist size in 411 hypogonadal men with obesity classes I–III: observational data from two registry studies. *International journal of obesity (2005)*, 40(1), 162–170. <https://doi.org/10.1038/ijo.2015.139>
13. Dietz, J., & Schwartz, J. (1991). Growth hormone alters lipolysis and hormone-sensitive lipase activity in 3T3-F442A adipocytes. *Metabolism: clinical and experimental*, 40(8), 800–806. [https://doi.org/10.1016/0026-0495\(91\)90006-i](https://doi.org/10.1016/0026-0495(91)90006-i)

