

30 DAY

# Rapid Fat Loss

Your 3 Phase  
Fat Loss Formula



LOSE  
UP TO  
**30**  
POUNDS!

by John Rowley

# 30 Day Rapid Fatloss

*by John Rowley*

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# 30 Day Rapid Fatloss

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# Introduction

The 30 Day Rapid Fatloss Program will teach you to change:

- your eating habits
- your body
- your relationship with food
- your knowledge of how to properly use food to build a healthier, stronger and leaner version of you

You'll find **3 sections** of *30 Day Rapid Fatloss program manual*. They include Phase 1 (Beginner), Phase 2 (Intermediate) and Phase 3 (Advanced) nutrition programs. You'll use these nutrition programs to get stunning results!

I encourage you to avoid going straight for the advanced program. Instead, prove to yourself that you can **master the Phase 1 diet first**, and then move to another phase.

After 7-21 days of Phase 1, you'll be well prepared to move to Phase 2.

You can stay on the Phase 1 program for as long as you need, or you can mix and match phases as you please. However, you'll get the best results if you strictly follow just 1 of the 3 programs all the way through before trying another Phase.

The **Phase 1 Program** is the nutrition program I recommend you **use first**. It's a grain free, low sugar, low glycemic, moderate carb, adequate protein, and real food diet that includes cheat meals.

The **Phase 2 Program** is where you'll experience **significant fat loss**. Phase 2 completely eliminates the 3 most potentially allergenic foods from your diet and aims to keep your cheat days a little cleaner.

The **Phase 3 Program** is only for people who can successfully stick to the Phase 2 program for a minimum of 14 days. This **advanced program** focuses more on detoxification and macronutrient patterning. It can optimize your fat loss and get you the body you want even faster.

Amazing results happen when you use the 3 phases in order and stick with their recommendations. You'll prepare your body for fat loss and ease your way into the program with Phase 1. Next, you'll accelerate your health and fat loss results while using the Phase 2 Program. Then you'll supercharge your metabolism and burn fat ultra-fast with the Phase 3 Program.

For **optimal fat loss results** while using any of the 3 phases, use high intensity workouts a minimum of 3 days a week.

Alright, that's enough overview of the program. Let's get you started on your journey to **MAXIMUM FAT LOSS!!**



# Before You Begin

## ***“That Which Gets Measured Gets Improved”***

If you think measuring your starting point is a waste of time, think again!! The people who track their progress are the ones who succeed the most - and you want to be successful, right? So, get out a pen and complete the following 4 steps.

**I recommend tracking your body composition a minimum of once every month and adjusting your goals each month to keep your fat loss moving forward.**

### **STEP 1**

Take a picture of yourself showing your thighs, arms, and belly. I know that this may be difficult for you, but you must complete this step. You may not like the picture now, but **you'll want it later**. I've had dozens of clients who were reluctant to take a before picture, and later they would have given anything to have it.

**Take a picture of yourself.** NOW! It doesn't have to be perfect. Think of it this way, the worse you look in your before picture, the better you'll look in your after picture.

### **STEP 2**

Take the worst picture you just took and print it. Seriously! Go **print it**, and put it in one of the following places:

- On your refrigerator door
- On your nightstand where you'll see it everyday
- On your bathroom mirror

### **\*NOTE\***

This will help motivate you to succeed! There's nothing better than a half-naked picture of yourself to motivate you to eat right. Go post your picture NOW!!!

### **STEP 3**

You need to track what you're eating. Current research suggests that if you track what you eat, you're more likely to succeed on a fat loss program. Here are a couple different options for you. Pick one and stick to it!! If it goes in your mouth, track it.

**Option A** - Use your Fat Loss Tracker Sheets and write the date at the top of the page followed by everything you ate for that day. If you keep track of the specific time you ate, it'll help you make minor adjustments to optimize your fat loss.

**Option B** - Take a picture of everything you eat and drink. Research scientists think that this may be even more effective than writing down your meals. Who wants to photograph a cake when you're supposed to be losing fat, right?

### **STEP 4**

On the next page you'll find a picture of a body with places to fill in your current weight, body measurements, and 30 day goal. Print and fill out that form right now to make sure you know your starting point.

#### **Instructions:**

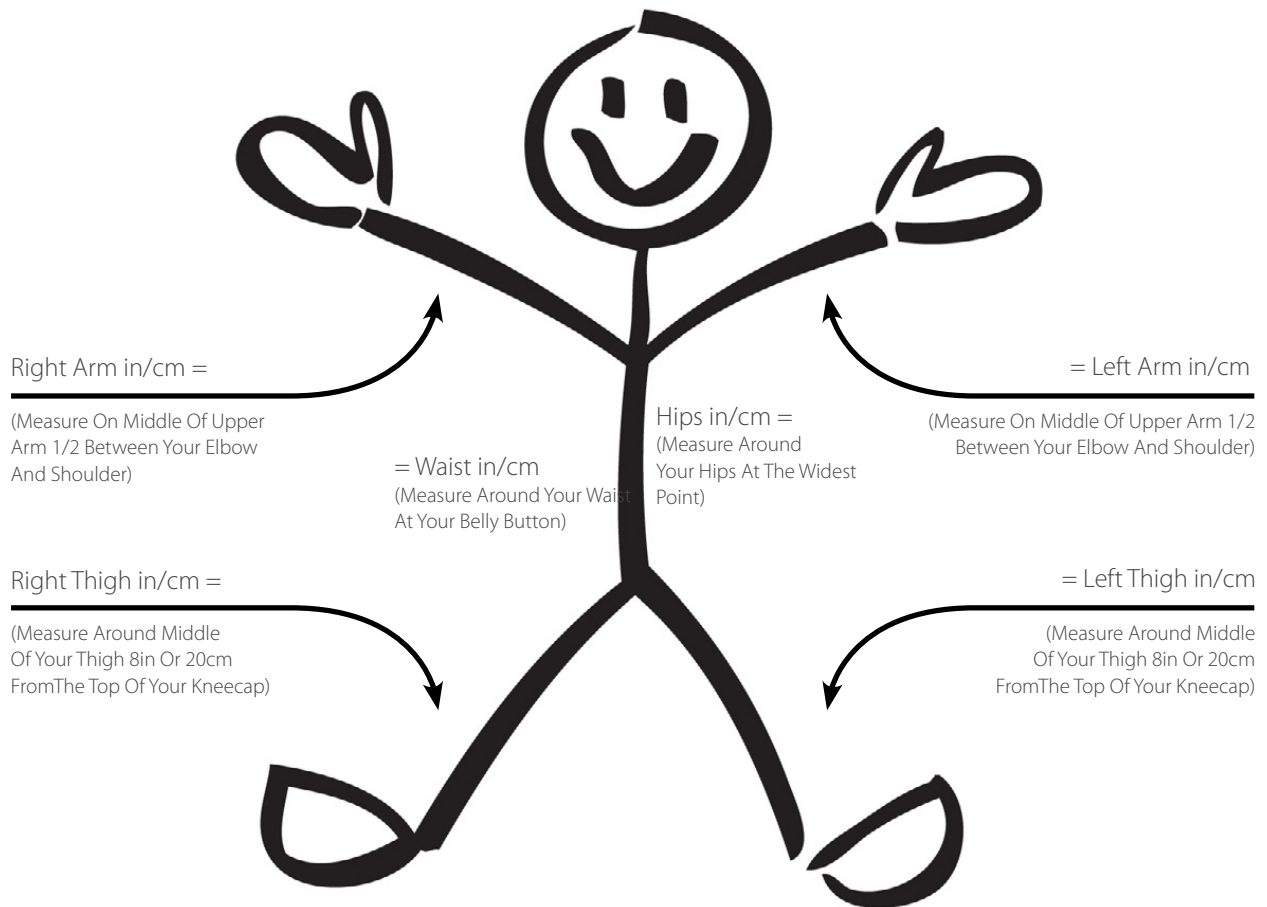
- Measure your arms, waist, belly, and thighs at the points indicated on the chart and write them down. If there isn't a point indicated, use the widest spot on that body part. From there, add all of the inches/cm. together and put that number in the total inches cm. box. (**NOTE:** Total inches/cm. is a much better measure of fat loss than weight).
- Retake your measurements every 30 days to track overall progress and adjust your goals. A great time to take your measurements is on the morning of your cheat day before your first meal. Don't fill out the after measurements until you've completed 30 days of this program.

## Body Composition And Goals Sheet

<b>Before</b>
Date _____/_____/_____
Weight _____
Total in/cm _____

<b>My 30 Day Goal Is To</b>
Lose _____
I Lost _____

<b>After</b>
Date _____/_____/_____
Weight _____
Total in/cm _____





## Body Composition And Goals Sheet

Below is an example of a Body Composition And Goals Sheet filled out in RED = Before goals and measurements, and BLUE = After measurements and results from the 30 days. Use this as a guideline for filling out your Body Composition And Goals Sheet. There's a blank one on the next page and at the beginning of the next section.

Before		
Date	9	/ 21 / 2013
Weight	172 lbs	
Total in/cm	128 in	

My 30 Day Goal Is To	
Lose	8 lbs
I Lost	9 lbs!

After		
Date	10	/ 12 / 2013
Weight	163 lbs	
Total in/cm	11 in!	



After you've decided how you're going to track your progress, you've taken your before pictures, and you've written down your goals and measurements, move on to the Phase 1 Program.

**Don't even think about going to the Phase 1 Program until you've completed everything in this chapter, OK?**

# Section I: Phase 1 Diet

# Phase 1 Diet Outline

The Phase 1 diet is the place for you to start. Follow this diet for a minimum of 7 days - or as long as you like - and once you feel 100% comfortable and want to take your fat loss to the next level, then switch to the Phase 2 Program. The Phase 1 Program consists of the following 3 steps:

## **STEP 1: EAT REAL FOOD**

I know what you're thinking, "I already eat all natural food." I've heard people say this hundreds of times, but when they later showed me their food journals, they were eating tons of processed junk. They weren't lying. They just didn't realize that the foods they ate weren't good for them.

Many of the foods that we used to consider as healthy, aren't. Hybridization and genetic modification - processes that make food last longer and look pretty on the shelves of your grocery store - have altered them.

You don't really need to know what's involved in either process, but you need to understand this one FACT... **Many foods that you think of as healthy, simply aren't.** Studies show that these altered foods cause systemic inflammation that prevents you from losing fat. Altered foods also negatively affect your digestion, making fat loss even harder.

The easiest way to eat real food is to focus on things that come from the earth instead of a bag or box. To make it easier for you, I've included a list of foods that are perfect for this phase. As long as you're following the Phase 1 Program (except for your cheat days), eat exclusively off this list of foods.

## The OK Foods List

\*Eat From This List For Phase 1 - Excluding Cheat Days\*

### **Meats**

Anything goes. If it has eyes, eat it.

The best suggestions are to stick to wild caught seafood, grass fed beef, organic poultry and eggs, and organic pork.

### **Vegetables**

All green leafy veggies like lettuce, spinach, kale, cabbage; other nutrient dense low starch veggies such as: broccoli, asparagus, artichokes, cauliflower, Brussels sprouts, celery, mushrooms etc.; and some medium starches such as carrots, squash and zucchini.

### **Fruits**

Low-sugar fruits like avocados, tomatoes, cucumber, all berries, pears, apples and grapefruit.

### **Tubers**

One serving of potatoes, sweet potatoes or yams ONLY after a workout.

### **Legumes**

Some legumes such as black beans, pinto beans, kidney beans, green beans and white beans. (NOTE: Some people do not tolerate legumes. If this is you, avoid them)

### **Nuts And Seeds**

Eat up to 1 handful a day

### **Dairy**

Cottage cheese, unflavored Greek yogurt, butter and cheese in moderation, whey, and high quality organic dairy are good.

### **Condiments**

Minimal BBQ sauce to add flavor to meats. Fresh salsa (watch out for preservatives/sugars), olive oil, macadamia oil, coconut oil and most herbs and spices are OK and are highly recommended.

## **The NOT OK Foods List**

\* These Items Will Stop The Fat Loss Process!!\*

### **Sugar**

No sugar. Use Stevia to sweeten coffee or tea.

### **Fruits**

High glycemic fruits such as oranges, melons, grapes, bananas etc. (Eat from the OK list)

### **Breads**

White, wheat, bagels, and any pastries will pack on pounds.

### **Pastas**

Avoid white, wheat, rice, corn, or any other pasta.

### **Tortillas**

If you're eating Mexican, order a burrito bowl (with no tortilla). Avoid chips too!

### **Rice**

Ask for veggies as a sub (expect to pay \$1-\$3 extra for some good veggies).

### **Fried and Breaded Items**

Stay away from breaded and deep fried items - no onion rings, French fries, or tempura.

## **Don't Drink Your Calories!!!**

### **Beverages**

Don't drink any soda, flavored coffee drink, juice, or any type of smoothie.

You **can drink** black coffee with a splash of cream or half n half (NO SUGAR), one diet soda (better yet stevia-sweetened soda), and up to two SMALL glasses of red wine each day. Other than that DRINK WATER - and lots of it!!!

## **Recommended Supplements For Phase 1**

For optimal results, use the following 3 supplements along with eating a real food diet to enhance your fat loss results

### **Whey Protein** ([Click Here For Our Favorite Whey Protein](#))

Eating whey protein is the easiest way to increase protein consumption throughout your day - it'll help you reduce your appetite and recover faster from your workouts.

### **Fish Oil** ([Click Here For Our Favorite Fish Oil](#))

The Omega-3 Fats found in fish oil help reduce inflammation in your body. That helps you recover even faster and reduces achy joints.

### **Probiotics** ([Click Here for Our Favorite Probiotic](#))

Building healthy bacteria in your gut is critical to immune function and weight loss. The better your intestinal flora is, the faster you digest food and the less stomach discomfort you will feel.

## **STEP 2: OPTIMIZE YOUR FATLOSS HORMONES**

You have a goal of how much weight you want to lose, your starting point measured, a plan on how you will track your nutrition, and a list of the foods you can eat while following the Phase 1 Diet Program. Now you're going to take it a step further and learn the biggest fat loss secret that very few people know... **optimizing your fat loss hormones!**

Without going into detail, let's focus on 2 elements of optimizing your fat loss hormones. If you follow these 2 rules, you'll be melting fat off your body like butter off a hot iron!

### **Rule 1 - Eat The Right Amount Of Each Macronutrient**

#### **Carbohydrates**

Carb's are the most over-consumed nutrient in the American diet with estimates stating that the average adult eats 300g. or more per day. Since you use carbs as fuel for high intensity activities, only extremely active people should consume large amounts of them.

You don't have to eat a low carb diet, but you should eat a moderate carb diet rich in vegetables. In addition, eat less carbs later in the day because you aren't likely to do intense activity after dinner. If you're heading out to play a game of soccer or other intense activity, go ahead and eat a few carbs if you want.

Here are your **carb guidelines**:

- Eat foods on the OK list.
- Have the majority of your carb's at breakfast, post workout, or split between the two.
- Try to minimize your carb consumption in the evening hours (unless you work out at night).
- If you want more definitive guidelines, eat 50g. or less of carbs on non-workout days and 50-150g. on workout days.

### **Protein**

Protein is an often overlooked macronutrient. Its job in the body is to build and repair tissues, including muscle. When you eat a bunch of it, protein causes a release of appetite suppressing hormones that you'll love when you first stop eating processed foods and sugary products.

Here are your **protein guidelines**:

- Eat protein with every meal - especially breakfast.
- Eat protein at least 3 times a day.
- Aim for 0.75-1 g. per lb. (0.45 kg.) of bodyweight up to 150g. women and 200g. men - a 4-6oz serving of meat equals about 30g. of protein, so eat up and get your protein!

### **Fat**

Fat has been a popular topic over the last few decades and has been blamed as the culprit in several diseases including being responsible for the current obesity epidemic. As long as you eat from the OK list, this is **simply not true**.

Recent research suggests that fat barely plays any role in the cause of heart disease. Studies show that control groups eating a diet of 90% fat outperformed control groups eating 90% carb's and protein - when it comes to total weight loss, fat won by a landslide.

Here are your **fat guidelines**:

- Eat foods from the OK list and don't worry about fat.

## **Rule 2 - Timing Is Everything**

In order to maximize your fat loss, start by eating a minimum of 3 meals per day. The most significant fat loss I've seen is from people who eat 3-5 small meals.

Here are your **meal timing guidelines**:

- Eat a high protein breakfast within 30 minutes of waking.
- Eat every 4-6 hours after breakfast (i.e. 8 a.m., noon, 4 p.m., and 8 p.m.).
- Eat 30-50g. (depending on your weight) of protein per meal.
- Eat veggies first, protein second, and carb's last.
- Eat the majority of your carb's with your breakfast or immediately after your workout.
- Reduce your carb intake as the day goes on, and limit your intake at night.
- Drink water before meals and limit it right after meals; you want your food digested instead of diluted and flushed through too fast.

## **STEP 3: CHEAT ONCE A WEEK**

**\*\*Before we tackle this step, I want you to remember that the only way step 3 will work is if you follow the Phase 1 Program to the letter.\*\***

Changing your diet can be tough, but here's the good part... during the Phase 1 Diet Program, you get to break the rules once every week. You're doing a happy dance right now, aren't you?

Some of you may be wondering what cheating means. It's really quite simple - while following the Phase 1 Diet Program, you get to break the rules by eating whatever you want one day per week. (Only during the typical hours you're awake, not a 24 hour period!!)

Yes, I did just say that **you have a free pass to eat whatever you want!!** Enjoy your cheat days because they won't be around forever if you plan to move up through the next Phases.

If you're worried about the effects of a cheat day, trust me, a measly 12 hours of eating whatever you want will not affect your results **as long as you're following the program the rest of the week.**



Some **useful tips** to minimize damage and maximize benefit while cheating are:

- Start your day off with a high protein meal just like you do on all your other days
- Still try to consume your daily amount of protein
- Try to continue reducing carb's in the evening
- Drink lots of extra fluids throughout the day
- Consume hot herbal teas such as green tea or mate tea in order to help digestion and increase metabolic rate (to help burn off a few of the calories you're eating)
- Be sure to exercise or stay active in order for your body to handle all of the excess carb's that day
- Don't eat something if you feel you're having an allergic or uncomfortable reaction from it. Since you'll be writing everything down on your fat loss tracker sheet, make a note and avoid it next time!!
- Don't feel guilty. Be happy and enjoy every mouthful!!!

**Phase 1:**

# **7 Day Meal Plan**

# Phase 1: Meal Plans and Recipes

Figuring out what to eat can be challenging when you're first adopting new eating habits. To get rid of some of your guess work, I've included a full 7-day meal plan for this phase. For your convenience, there are delicious recipes for all of the listed meals (plus a few extra you can substitute or just try later!).

You can mix and match these meal ideas to fit your needs. You can also make your own meal plans and create your own recipes.

When you create your own meals, remember the following guidelines:

## **Workout Days**

- 150-200g protein
- 100g (or less) of carbohydrate
- 50g fat
- Drink one smoothie on workout days if you want

## **Non-workout Days**

- 150-200g. protein
- <50 carbohydrates
- 100g. fat
- No smoothie without a workout

For those new to cooking, here are a few **terms and techniques** you'll find useful to understand:

- **Diced** - cut into small pieces, typically cube-shaped
- **Julienned** - cut into thin, short strips.
- **Marinate** - allow food to sit in a combination of spices, juices, or oils to absorb the flavors and enhance moisture/juiciness. If marinating overnight, always place the food in your fridge!
- **Minced** - cut or ground into very small pieces
- **Pinch** - the amount of seasonings you can pinch between your finger and thumb... in other words, a very small amount.
- **Reduce/Reduced** - a process of removing water. Note the beginning water level, and then allow the food to simmer until it reaches the recommended point... typically at least ½ of the water evaporates for most recipes.
- **Sauté** - fried quickly in a little hot fat.
- **Sear** - cook the surface of a food quickly with high heat. It's a technique useful for keeping meats juicy.
- **Set** - food is no longer runny, but may not be fully cooked.
- **Simmer** - food is simmering when the liquid is bubbling lightly. Simmering usually happens at a lower heat (or you have to turn to a lower heat once it begins) while boiling happens at higher heat.
- **To taste** - seasonings are often listed "to taste" meaning that you can add as little or as much as you like
- **Toasting nuts** - place nuts in a skillet on your stove over medium heat, stirring every few seconds until you can smell the nutty flavor rising from the skillet. Remove from heat, cool, and enjoy.
- **Toss** - a method of stirring that involves lifting and gently throwing (within the bowl...so, very small throws) food together.
- **Wilt** - heat leafy veggies (spinach, lettuce, etc.) so they are no longer crisp. They'll become limp when they're wilted.
- **Zest** - when something calls for zest, scrape some of the peel off the listed non-waxed fruit...the scraped off part is what you'll use. Avoid the white rind and only use the colorful part.

**NOTE:** *A few of the recipes give directions for taking a skillet from the stove top to the oven. Please make sure you have an oven-safe skillet!!! If not, the handle can melt causing a huge, stinky mess and possible damage to your oven!*

# Phase 1: Meal Plan

<b>Day 1</b>	<b>Breakfast:</b> Spinach Breakfast Frittata <b>Lunch:</b> Hot and Sour Soup <b>Dinner:</b> Salmon and Brussels Sprouts
<b>Day 2</b>	<b>Breakfast:</b> Egg Cups with Curry and Zucchini <b>Lunch:</b> Cucumber Salad with Chicken <b>Dinner:</b> Jalapeno Cod
<b>Day 3</b>	<b>Breakfast:</b> Almond/Cinnamon Cottage Cheese <b>Lunch:</b> Flank Steak Salad <b>Dinner:</b> Stuffed Cabbage Rolls
<b>Day 4</b>	<b>Breakfast:</b> Flax Seed Muffins <b>Lunch:</b> Curry Shrimp Lettuce Wraps <b>Dinner:</b> Egg Drop Soup
<b>Day 5</b>	<b>Breakfast:</b> Eggs with avocado, arugula, and Tomato <b>Lunch:</b> Beef and Peanut Salad <b>Dinner:</b> Chicken with Lemon Almond Broccoli
<b>Day 6</b>	<b>Breakfast:</b> Protein Pancakes <b>Lunch:</b> Pesto Tuna Salad <b>Dinner:</b> Shrimp with Arugula and Roasted Cauliflower
<b>Day 7 (Cheat Day)</b>	<b>Breakfast:</b> Protein + whatever you want <b>Lunch:</b> Whatever you want to eat <b>Dinner:</b> Less carbs here, but still eat what you want

# Phase 1: Recipes

## ***Breakfast***

### ***Spinach Breakfast Frittata***

*(Serves 4)*

- 10 eggs
- 1 cup fresh spinach
- 4 Jalapeno peppers, seeded and then diced
- 1/2 cup diced green onions
- 1 Tbsp. fresh dill, chopped
- 1 tsp. coconut oil or butter
- Salt and pepper

**Directions:** Put a skillet on the stove over medium-high heat with oil or butter. Add spinach, jalapeno peppers, and green onions. Sauté until softened. Season with salt. Whisk eggs with salt, pepper. Add egg mixture to skillet and top with dill. Stir until the eggs start to cook (but are still very wet), then leave on heat for 1 minute to set. Finish by placing under a broiler (make sure your skillet is oven-safe) until eggs are cooked. Once cooled, this can be cut, wrapped, and frozen for later!

### ***Egg Cups With Curry And Zucchini***

*(Serves 8)*

- 8 thin slices organic ham (or turkey)
- 8 large eggs
- ½ cup low fat cottage cheese
- 1 Tbsp. chopped chives
- ½ tsp. curry powder
- 1 zucchini, sliced thinly
- Salt and pepper

**Directions:** Preheat oven to 250F/121C. Arrange a non-stick muffin tin with meat slices, so they line the tin completely (like a cupcake paper). If you don't have or don't want to use a non-stick pan, lightly grease the cups of the tin with coconut oil. Put in the oven for 10 minutes.

Mix eggs, chives, cottage cheese, and chili powder together. Season with salt and pepper to taste.

Remove muffin tin from the oven. Place 1-2 slices of zucchini over the ham in each cup. Add the egg and cheese mixture in equal amounts to each cup. (Or layer the zucchini and egg mixture, if you prefer). Return to oven and bake until the egg is completely set.

### ***Almond/Cinnamon Cottage Cheese***

*(serves 1)*

- 1 cup low fat cottage cheese
- 1 tsp. ground cinnamon
- 2 Tbsp. slivered almonds
- Stevia to sweeten

**Directions:** Toast slivered almonds until browned. Stir into cottage cheese, with cinnamon and stevia. You can make a larger batch of this and save some for later, but wait until you're ready to eat it before adding the almonds!

### ***Flax Seed Muffins***

*(Serves 1)*

- 1 egg
- 1 packet of stevia (or 1 tsp.)
- 1 tsp. of baking powder, aluminum-free
- 2 tsp. of cinnamon
- ¼ cup (or about 6 tsp.) of ground flax seed
- Coconut oil

**Directions:** Grease a microwave safe coffee mug with coconut oil. Crack and place the egg in the mug, and add baking powder. Beat with a fork until combined. Mix in the rest of the ingredients, and microwave for 55 seconds. The muffin should slide out of the mug easily! If you aren't in a hurry, hold off adding the stevia – wait until the muffin is cooked, cut it in two, add a small amount of butter, and sprinkle the stevia on top!

### ***Eggs With Avocado, Arugula, And Tomato***

*(Serves 4-5)*

- 12 eggs
- 1 avocado, diced
- 2 Tbsp. fresh grated parmesan cheese
- 2 cups arugula
- 1 fresh tomato, diced
- 2 Tbsp. sliced green onion
- 1 Tbsp. freshly chopped cilantro
- Salt and pepper to taste
- Olive oil

**Directions:** Heat a skillet with olive oil over medium heat. Add tomato, green onion, and arugula. Whisk eggs with salt and pepper. Add eggs to the skillet and top with cheese and cilantro. Stir until eggs start to cook, then let set for 1 minute. Finish under the broiler for 2-4 minutes. Serve in slices, topped with avocado. You can make this in advance and freeze it, just leave the avocado off until you're ready to serve it.

### ***Protein Pancakes***

*(Serves 1)*

- 1 Tbsp. organic extra virgin coconut oil
- 1/3 cup almond milk
- 1 egg or 2 egg whites
- 2 Tbsp. all natural whey protein powder
- 2 Tbsp. ground psyllium husk
- 2 Tbsp. organic ground flax
- 1 tsp. baking powder

**Directions:** In a medium-sized mixing bowl, whisk together almond milk, organic coconut oil, and eggs. Add the rest of the ingredients and continue to whisk for one minute until all ingredients are mixed. Heat a large non-stick skillet (or VERY lightly greased regular skillet) over medium-high heat. Do not add cook spray, butter or oil, as there is already oil in the mixture to prevent it from sticking. Pour the pancake mixture into a measuring cup. Pour ¼ cup onto the heated pan. Wait 30-45 seconds and flip (pancake should be golden brown). Reduce the heat to medium. Continue to cook until set, and repeat with the rest of the batter. This recipe should make 4 pancakes. Eat with fruit!



### ***Spinach And Black Bean Breakfast***

- 1 cup spinach
- ¼ cup black beans
- 1 Tbsp. parmesan cheese
- Salsa

**Directions:** This is a super easy breakfast to make! Take all of the ingredients, throw them into a bowl, mix, and enjoy. It's a power-filled breakfast that includes plenty of protein, iron and fiber! This is also great topped with a poached or scrambled egg.



## Lunches

### **Hot And Sour Soup**

*(Serves 4)*

- 1 tsp. coconut oil
- 1 tsp. red curry paste
- 5 cups organic chicken broth
- 1 tsp. lime zest
- 1 Tbsp. minced ginger
- 1 Tbsp. minced garlic
- 1 cup julienned red pepper
- ½ head of Napa cabbage, julienned (or 1 small head)
- ¼ cup fresh lime juice
- 1 pound shrimp deveined and peeled
- 2 cups spinach
- 1 bunch chopped fresh cilantro, chopped green onion

**Directions:** In a large pot, heat coconut oil over medium-high heat. Add in curry paste, ginger, lime zest, and garlic. Sauté until garlic becomes translucent. Add in cabbage, and red pepper. Cook until the veggies start to soften, then add in the chicken stock. When it starts to simmer, add shrimp. Shrimp cook very fast. As soon as they lose transparency and curve into a 'C' shape, they're done! (If they turn into an 'O' shape, they're over-cooked.) Right before serving, add in spinach, and garnish with cilantro and green onion. This can be frozen into individual servings, and defrosted as needed.

### **Cucumber Salad With Chicken**

*(serves 4 – or ¼ this recipe for an individual serving)*

- 2 small chicken breast, cooked
- 1 English cucumber
- 1 cup Greek yogurt
- 2 tsp. minced garlic
- 1 tsp. chopped mint
- 2 Tbsp. chopped dill
- 1 large tomato, diced
- Juice of 1 lemon
- Salt and pepper
- 1 bunch sliced green onion
- 4 cups arugula/spinach mix

**Directions:** Cube cucumber, and put in a bowl with salt and pepper. Add in Greek yogurt, lemon juice, tomato, mint and dill. Mix in chicken, and serve over mixed greens

## **Flank Steak Salad**

(Serves 4)

For the slow cooker:

- 1 pound flank steak, cut in very thin strips
- 1 large onion, chopped
- 2 green peppers
- 2 red onions
- 2 tomatoes, chopped
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. chili flakes
- 1 bunch chopped cilantro
- Salt and pepper

After cooking:

- Greek yogurt
- Shredded cheddar cheese
- Napa cabbage, julienned
- Pickled jalapenos, sliced
- Red onions, sliced
- Lime juice
- Olive oil

**Directions:** Combine all ingredients in the first list in a slow cooker, and cook on low for 8 hours. This can be frozen into individual serving sizes. Serve flank steak over julienned Napa cabbage, with sliced pickled jalapenos and sliced red onions. Toss with equal parts juice from pickles jalapenos, lime juice and olive oil. Garnish with Greek yogurt, and shredded cheddar cheese to taste.

### **Curry Shrimp Lettuce Wraps**

(Serves 4)

- 1 pound cooked shrimp, peeled
- 1 ½ cups Greek yogurt
- 1 Tbsp. curry powder
- 1 Tbsp. lime juice
- 1 cup shredded carrots
- 1 bunch sliced green onions
- 1 can water chestnuts, drained and chopped
- 1 clove garlic, minced
- 1 head butter or Bibb lettuce
- 1 bunch fresh cilantro

**Directions:** Mix all ingredients together in the yogurt. Spoon into lettuce leaves, and garnish with cilantro.

This mixture can also be frozen (except the lettuce and cilantro) for later use.

### **Beef And Peanut Salad**

(serves 4)

Dressing:

- 4 Tbsp. water
- 2 Tbsp. rice wine vinegar
- 1 Tbsp. organic peanut butter
- 1 Tbsp. tamari
- 1 tsp. hot red chili pepper flakes
- 1 Tbsp. grated ginger
- 1 Tbsp. minced garlic
- 1 tsp. coconut oil

**Directions:** Combine all these ingredients together, and use to garnish the following meat and salad.

Meat:

¾ pound flank steak, season with salt and pepper, cooked in a pan over medium heat until medium rare. Slice thin.

## Salad

(toss ingredients together):

- ½ cup bean sprouts
- ½ red onion, sliced
- 1 bunch fresh cilantro, chopped
- 1 cup grated carrots
- 2 cups snap peas
- 1 small cucumber, sliced

## ***Pesto Tuna Salad***

*(Serves 2)*

- 1 can tuna, packed in water
- 1 bunch chopped basil
- 1 tsp. minced garlic
- 2 Tbsp. cottage cheese
- 6 sundried tomatoes (not in oil), chopped
- 1 Tbsp. grated parmesan cheese

**Directions:** Combine all these ingredients together. Serve over a bed (serving) of lettuce.

## ***Black Beans And Veggies***

*(Serves 3-4)*

- 2 cups dry black beans, soaked overnight
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 jalapeno pepper, seeded and diced
- 1 Tbsp. olive oil
- Pinch of cayenne pepper
- 1 bay leaf
- 2 zucchinis, diced
- 2 ears fresh corn kernels
- 2 Tbsp. olive oil
- 2 scallions, finely chopped
- 1 green pepper, chopped
- 1 pint grape tomatoes, halved
- Salt and pepper
- Fresh lemon or lime juice

**Directions:** Heat the oil in a pot. Cook the onions until soft, add jalapeno and garlic. Drain and rinse the soaked black beans and add to the pot along with enough water to cover. Add the bay leaf and cayenne pepper, bring to a boil. Reduce heat and simmer until beans are soft. Heat a large pan over medium high heat with coconut oil and sauté all the vegetables together. Season with salt and pepper, and squeeze lime or lemon juice over mixture. Serve over the black beans.



## ***Dinners***

### ***Egg Drop Soup***

*(4 servings)*

- 1 tsp. butter
- 1 tsp. coconut oil
- 2 cloves garlic, sliced
- 1 thumb-sized piece of ginger, sliced
- 1 bunch cilantro, ends and leaves separated
- ½ tsp. white peppercorns
- 2 green onions, greens and whites separated
- 1 tsp. tamari (gluten-free)
- 1 tsp. fish sauce
- 5½ cups chicken broth
- 1 head Napa cabbage, julienned
- 4 eggs
- 2 cups cooked shrimp, or cooked chicken
- 4 eggs
- Chili flakes

**Directions:** Heat oil in a large pot, and add in peppercorns, garlic, and ginger. Add in cilantro stems and the whites of the green onion. Cook until everything is browned, then add chicken broth and tamari. Let simmer for 5 minutes, and strain. Return stock to heat, add cabbage and shrimp or chicken. In a bowl, whisk 4 eggs. Stir broth until it makes a 'whirlpool' and slowly pour the egg in a thin stream into the soup. Serve garnished with remaining green onion stems and chili flakes.

### ***Chicken With Lemon Almond Broccoli***

*(Serves 4)*

- 4 chicken breasts
- 2 small heads (or 1 large) broccoli
- 4 Tbsp. coconut oil
- 2 tsp. garlic, minced
- 1 Tbsp. fresh lemon juice
- Zest of 1 lemon
- ¼ slivered almonds
- 1 bunch basil, fresh
- Salt and pepper

**Directions:** Preheat oven to 375. Season each chicken breast with salt and pepper, and sear on each side in a pan on your stove over high heat with coconut oil. Remove chicken; add almonds and garlic, and lower heat to medium. Cook until they are both browned, then add broccoli, lemon zest, and lemon juice. Place the chicken breasts on top of the veggies and top with a few basil leaves. Place in the oven. Bake until chicken is cooked through, and broccoli is tender (15-20 minutes).

### ***Jalapeno Cod*** (Serves 4)

- 4 fresh cod fillets
- 3 tsp. chopped jalapeno
- 2 Tbsp. minced ginger
- 4 Tbsp. lemon juice
- 1 bunch cilantro, chopped
- 2 Tbsp. coconut oil
- 3 tsp. tamari
- 1 pound cauliflower
- 10 fresh shiitake mushrooms
- 1 Tbsp. coconut oil

**Directions:** Combine jalapenos, ginger, lemon juice, cilantro, coconut oil, and tamari. Mix with cod. (This can be prepared in advance and frozen.) Let marinate in your fridge for 2 hours, and then bake over mushrooms tossed with 1 Tbsp. coconut oil. Bake at 350F/177C until cod has reached your desired doneness. Serve with steamed cauliflower seasoned with sea salt.

### ***Stuffed Cabbage Rolls*** (serves 4)

- 1 large head of cabbage
- 1 small head of cauliflower
- 2 cups spinach
- 1 onion, diced
- 2 Tbsp. garlic, minced
- ¼ cup chopped parsley
- ¾ pound ground beef (or turkey)
- ½ cup Greek yogurt
- 4 cups marinara sauce (canned without sugar, or homemade)
- 1 tsp. paprika
- Lemon juice
- Salt and pepper



**Directions:** Cut the center out of the cabbage, keeping the leaves intact. Steam the leaves until they are soft enough to work with without them splitting. Steam the cauliflower as well, and roughly chop into pieces. Sauté the garlic and onions until soft. Add the spinach, and cook until it's wilted. Add parsley. Mix this into the meat with the chopped cauliflower, adding salt and pepper. Wrap this mixture by the handful into cabbage leaves, tucking the ends under. Line up in a casserole dish. Combine marinara sauce with Greek yogurt, and pour overtop the cabbage rolls. Cover with tin foil, and cook for 45 minutes at 350F/177C. Remove the foil, and cook for an extra 15 minutes. These can be "rolled" out and frozen, or cooked in sauce and then frozen.

### ***Salmon And Brussels Sprouts***

*(serves 4)*

- 1 tsp. grated lemon peel
- 1 tsp. chopped thyme
- 1 tsp. chopped parsley
- 1 Tbsp. capers
- 2 Tbsp. coconut oil
- 2 Tbsp. lemon juice
- 1 pound Brussels sprouts, cut in half
- 4 salmon fillets or 1 side of salmon
- Salt and pepper

**Directions:** Preheat oven to 375F/177C. Season salmon, sear in pan with 1 Tbsp. coconut oil. Remove. Add 1 more Tbsp. coconut oil to pan, bring to medium heat. Add in Brussels sprouts, browning the sides. Add in lemon peel and remaining ingredients. Place salmon on top and finish cooking in the oven until salmon has reached the doneness you prefer. Typically, it will be light and flaky with the meat being a white color. Check at 10 minutes, and then every 2 minutes until it is done.

### ***Shrimp With Arugula And Roasted Cauliflower***

*(Serves 4)*

- 2 Tbsp. olive oil
- ¼ cup finely chopped shallots
- 1 Tbsp. garlic, minced
- ¼ tsp. crushed chili peppers
- 1 Tbsp. white wine vinegar
- ½ cup water
- 1 pound large shrimp, peeled and deveined
- 3 cups arugula
- Salt and pepper

**Directions:** Heat olive oil in a pan. Sauté shallots and garlic with the chili peppers. Add in water and vinegar. Cook until it's reduced by half. Add in shrimp and cook until just pink. Add arugula and wilt. Season with salt and pepper. See below for Roasted Cauliflower.

Roasted Cauliflower:

- 1 Tbsp. olive oil
- 1 head cauliflower, cut into florets
- Salt and pepper

**Directions:** Heat oven to 475F/246C. Toss cauliflower in olive oil; season with salt and pepper. Spread out in a single layer on a baking sheet and roast until golden brown. You can use parchment paper on the pan and then spread the cauliflower on top to prevent sticking.

### ***Lentil Soup***

*(Serves 4-6)*

- 2 Tbsp. olive oil
- 1 ½ pounds boneless beef, cut into cubes
- Salt and pepper
- 3 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 large onion, chopped
- 6 garlic cloves, chopped
- 1 ½ tsp. fresh rosemary, chopped
- 1 ½ tsp. dried oregano
- 6 cups beef broth
- 1 can diced tomatoes in juice
- 2 cups lentils, rinsed
- 1/3 cup chopped Italian parsley

**Directions:** Heat the oil in a large pot over medium heat. Season beef with salt and pepper. Add half of the beef to the pot to brown. Using a slotted spoon, remove the browned beef, and repeat with the other half. Remove beef; add onions, celery, carrots, and spices to the pot with a splash of water (a tablespoon or so - enough to prevent burning). Cook until soft, add all of the beef back to the pot with broth and tomatoes. Bring to a simmer. Add lentils. Cook until lentils are tender (roughly 20-30 minutes). Season and garnish with chopped parsley.



# Section II: Phase 2 Diet

# Phase 2 Diet Outline

Once you feel solid with the basics of 30 Day Rapid Fatloss, it's time to progress on to the Phase 2 Diet Program.

Before you start, **make sure you've really mastered the Phase 1 Program** by following it for a minimum of 7 days. If you weren't able to follow the nutrition guidelines from the Phase 1 Program, don't move on to the Phase 2 Program. Instead, stick with Phase 1 until you're being consistent with it.

If you try going to the Phase 2 Program before mastering the Phase 1 Program, you're creating a recipe for disaster!!

There is no reason to feel ashamed if you have to stick to the Phase 1 Program for several weeks or even months. In fact, I've seen great fat loss results when my clients followed the Phase 1 Program exclusively.

Once you're **100% ready** to increase your fat loss potential, dive into the Phase 2 Diet Program.

Phase 2 eliminates the 3 most common components of food that cause intestinal irritation and body-wide inflammation. Even if it seems like you have a perfect fat loss diet, you might still be eating foods that irritate your digestive tract. That causes a flood of health issues and can stall your fat loss permanently.

Before we get to the specifics of the Phase 2 Program, I want to share a list of the 3 villains that can stop you from getting OPTIMAL fat loss results...

### ***Villain 1 – Immunoreactive Proteins***

There are dozens of immunoreactive proteins in the foods we eat, but perhaps the most well-known is the protein called gluten. Wheat, barley, rye, and oats all have gluten. Anything made with those grains - pasta, bread, cereal, etc., and most commercially processed foods - has gluten.

Almost all of the other grains contain immunoreactive proteins too. According to Robb Wolf, author of *The Paleo Solution*, "Oats have avenin, Corn has zein, and rice has orzenin. What all of these proteins have in common is a high content of the amino acid proline. Proline makes these proteins difficult to break down via normal digestion, and it appears to have negative effects on the gut lining and overall health."

Translation: In non-biochemist terms, grains are hard to digest and can cause irritation to your gut and harm your health. If you react to the proteins in grains, your body goes into a state of inflammation - and that has the potential to halt your fat loss as well as making you feel yucky!!

### ***Villain 2 - Phytates***

Phytic acid, discovered in 1903, is the principal storage form of phosphorus in many plant tissues, especially bran and seeds. **Phytate is not digestible by humans** or non-ruminant animals, so it isn't a source of inositol or phosphate when you eat it. Phytic acid chelates - that means it can grab onto minerals and won't let your body absorb them - certain important minor minerals like zinc and iron. To a lesser extent, it also chelates macro minerals like calcium and magnesium.

**Okay. So, what the heck does all that mean?**

Translation – You can't digest phytates and phytic acid. If you try, they'll steal minerals from your food that would have been useful if only you could have absorbed them. Not good!

For these reasons, eliminate foods that have high phytic acid content (grains, legumes, etc.).

### ***Villain 3 – Lectins***

Lectins, not to be confused with the endocrine hormone leptin, are proteins found in grains, beans, and seeds. Once you eat lectins, they bind to the microvilli - tiny little finger-like things that absorb nutrients - in your small intestine.

From there they are able to gain access to your blood and lymph system through a process called endocytosis, which carries the intact lectin across the microvilli membranes as a vesicle. (Don't worry; I'll translate that into easier-to-understand language in a bit!)

This process can cause minor to severe reactions in your immune system and to intestinal health, and it can definitely stall your fat loss!

Translation – Imagine your intestines as a coffee filter. You want the good stuff to pass through, but not the coffee grinds, right? What happens when lectins get through your intestinal walls is similar to when your coffee filter fails to work properly and you end up with coffee grinds in your morning cup of java.

These “coffee grinds” or lectins that make it through to your bloodstream and lymph system have the potential to make you have a bad day - just like the ruined coffee!

I’m sure you can see why cutting lectins out of your diet is important.

### **So, What Foods Contain These 3 Villains?**

Many foods we eat contain one or more of the 3 immunoreactive villains in addition to other problematic substances not discussed in the 3 villains.

Here’s a basic list of foods that you’ll eliminate in the Phase 2 program:

- **Grains:** This shouldn’t be too tough since you already eliminated grains in The Phase 1 Program. Just keep up the good work.
- **Legumes:** Although less problematic than their grainy counterparts, legumes contain one or more of the 3 villains and should be eliminated for the Phase 2 Program.
- **Dairy:** Dairy intolerance is common and often overlooked. That’s why Phase 2 eliminates all dairy except supplemental whey protein and small amounts of butter and ghee. If you find yourself still struggling with digestive discomfort or fat loss plateaus even after eliminating most dairy, it might be worth your time to eliminate all dairy - including the whey protein, butter, and ghee. If you’re allergic or intolerant to a food, there isn’t an amount that is okay to eat.

## **OK, LET'S REVIEW THE BASICS**

Before you move on to the Phase 2 Diet, review the following 3 basic principles that you'll continue using:

### **Basic Principle 1 – Continue Eating The Right Amount Of Carbs For Your Needs**

Having access to a slightly different OK food list doesn't give you a free pass to violate the principles outlined in Phase 1. In fact, it is crucial that you maintain moderate carb consumption throughout Phase 2.

Our general recommendation for carbohydrate consumption is between 50-150g. of carbs per day. If you have **more weight to lose**, stay closer to 50g. If you have **less weight to lose** stay closer to 150g.

The variance from person to person can be rather large, hence the broad recommendation. When choosing how many carbs you should eat, take into consideration the amount of weight you have to lose, your activity level, and your energy levels. Start on the lower end and listen to your body. If your energy crashes, increase your carb intake slightly. If your fat loss stalls but your energy is still good, decrease your carb intake. If you've been eating a lot of carbs and are tired, decrease them. Too many carbs can make you just as tired (and sometimes more!) than not enough.

### **Basic Principle 2 – Continue Timing Your Carbohydrate Intake Correctly**

In addition to choosing the right amount of carbohydrates to eat, remember to correctly time when you eat them. Eating the majority of your carbs close to your workouts will ensure that they get used, your blood sugar will stay regulated, and you'll continue to lose fat.

Don't consume carbs before a sedentary activity like parking your rump to watch 3 hours of nighttime TV or immediately before bed. They'll be stored as body fat if you do!



### Basic Principle 3 – Continue Eating Adequate Protein Throughout The Day

Calculate how much protein you need and then eat it in equally divided portions throughout the day. Remember what you learned in Phase 1 - protein consumption helps alleviate sugar cravings, accelerates recovery between workouts, and decreases your overall appetite.

Keep protein consumption at 100-150g. per day for women and 150-200g. per day for men unless your doctor gives you different instructions.

Enough about what you can't eat and the principles of the Phase 2 Diet! Here's the OK list for what you can eat during the Phase 2 Program:

<b>The OK Foods List</b> *Eat Off This List For The Phase 2 Program (Excluding Cheat Days)*	
<b>Meats</b>	Anything goes. If it has eyes, eat it. The best suggestions are to stick to wild caught seafood, grass fed beef, organic poultry and eggs, and organic pork.
<b>Vegetables</b>	All green leafy veggies like lettuce, spinach, kale, cabbage; other nutrient dense low starch veggies such as: broccoli, asparagus, artichokes, cauliflower, Brussels sprouts, celery, mushrooms etc.; and some medium starches such as carrots, squash, and zucchini.
<b>Fruits</b>	Low-sugar fruits like avocados, tomatoes, cucumber, all berries, pears, apples and grapefruit.
<b>Tubers</b>	Eat one serving of potatoes, sweet potatoes, or yams, but ONLY after a workout!
<b>Dairy</b>	Only high quality (preferably grass fed) butter or ghee should be used. Whey protein is fine.
<b>Nuts And Seeds</b>	Eat up to 1 handful a day.
<b>Condiments</b>	Fresh salsa (watch out for preservatives/sugars), olive oil, macadamia oil, coconut oil, palm oil, vinegar, and most herbs and spices are highly recommended.

## **Recommended Supplements For Phase 2**

For optimal results, use the following 5 supplements along with eating a real food diet to enhance your fat loss results (see the Supplement Guide for more details):

### **Whey Protein** ([Click Here For Our Favorite Whey Protein](#))

Eating whey protein is the easiest way to increase protein consumption throughout your day - it'll help you reduce your appetite and recover faster from your workouts.

### **Fish Oil** ([Click Here For Our Favorite Fish Oil](#))

The Omega-3 Fats found in fish oil help reduce inflammation in your body. That helps you recover even faster and reduces achy joints.

### **Probiotics** ([Click Here For Our Favorite Probiotic](#))

Building healthy bacteria in your gut is critical to immune function and weight loss. The better your intestinal flora is, the faster you'll digest food and the less stomach discomfort you'll feel.

### **Digestive Enzymes** ([Click Here For Our Favorite Digestive Enzyme](#))

These enzymes help digest your food and allow you to absorb macronutrients, vitamins, and minerals from your food. They increase the effect you get from taking probiotics.

### **Blood Sugar Support** ([Click Here For Our Favorite Digestive Support](#))

Controlling your blood sugar is critical for losing fat. Supplements that support healthy blood sugar levels help you burn fat faster and keep you in the fat burning zone—even if you slip up from time to time and eat too many carbs.

## **What About A Cheat Day?**

OK, so the Phase 2 Program is a bit stricter than the Phase 1 Program. I warned you that eventually you'd have to give up your cheat day to progress.

However, in the Phase 2 Diet, **you still get ONE cheat day each week!!**

However, there is one special rule to this cheat day:

1. Your one cheat day each week during the Phase 2 Program **MUST** be gluten-free!!! Stay away from the bread and pasta, but enjoy some sweets or gluten-free options.

Before you shrug your shoulders and admit defeat, look through the recipes in the 7-Day Meal Plan section to see all the awesome things you can eat during the Intermediate Program.

Some **useful tips** to minimize damage and maximize benefit while cheating are:

- Start your day off with a high protein meal just like you do on all your other days
- Still try to consume your daily amount of protein
- Try to continue reducing carbs in the evening
- Drink lots of extra fluids throughout the day
- Consume hot herbal teas such as green tea or mate tea in order to help digestion and increase metabolic rate (to help burn off a few of the calories you're eating)
- Be sure to exercise or stay active in order for your body to handle all of the excess carb's that day
- Don't eat something if you feel you're having an allergic or uncomfortable reaction from it. Since you will be writing everything down on your fat loss tracker sheet, make a note and avoid it next time!!
- Don't feel guilty. Be happy and enjoy every mouthful!!!



# Phase 2 : Meal Plans and Recipes

Figuring out what to eat can be challenging when you're first adopting new eating habits. To get rid of some of your guess work, I've included a full 7-day meal plan for this phase. For your convenience, there are delicious recipes for all of the listed meals (plus a few extra you can substitute or just try later!).

You can mix and match these meal ideas to fit your needs. You can also make your own meal plans and create your own recipes.

When you create your own meals, remember the following guidelines:

## **Workout Days**

- 150-200g protein
- 100g (or less) of carbohydrate
- 50g fat
- Drink one smoothie if you want

## **Non-workout Days**

- 150-200g. protein
- <50 carbohydrates
- 100g. fat
- No smoothie without a workout

For those new to cooking, here are a few **terms and techniques** you'll find useful to understand:

- **Diced** - cut into small pieces, typically cube-shaped
- **Julienned** - cut into thin, short strips.
- **Marinate** - allow food to sit in a combination of spices, juices, or oils to absorb the flavors and enhance moisture/juiciness. If marinating overnight, always place the food in your fridge!
- **Minced** - cut or ground into very small pieces
- **Pinch** - the amount of seasonings you can pinch between your finger and thumb...in other words, a very small amount.
- **Reduce/Reduced** - a process of removing water. Note the beginning water level, and then allow the food to simmer until it reaches the recommended point...typically at least ½ of the water evaporates for most recipes.
- **Sauté** - fried quickly in a little hot fat.
- **Sear** - cook the surface of a food quickly with high heat. It's a technique useful for keeping meats juicy.
- **Set** - food is no longer runny, but may not be fully cooked.
- **Simmer** - food is simmering when the liquid is bubbling lightly. Simmering usually happens at a lower heat (or you have to turn to a lower hear once it begins) while boiling happens at higher heat.
- **To taste** - seasonings are often listed "to taste" meaning that you can add as little or as much as you like
- **Toasting nuts** - place nuts in a skillet on your stove over medium heat, stirring every few seconds until you can smell the nutty flavor rising from the skillet. Remove from heat, cool, and enjoy.
- **Toss** - a method of stirring that involves lifting and gently throwing (within the bowl...so, very small throws) food together.
- **Wilt** - heat leafy veggies (spinach, lettuce, etc.) so they are no longer crisp. They'll become limp when they're wilted.
- **Zest** - when something calls for zest, scrape some of the peel off the listed non-waxed fruit...the scraped off part is what you'll use. Avoid the white rind and only use the colorful part.

**NOTE:** *A few of the recipes give directions for taking a skillet from the stove top to the oven. Please make sure you have an oven-safe skillet!!! If not, the handle can melt causing a huge, stinky mess and possible damage to your oven!*

# Phase 2: Meal Plan

<b>Day 1</b>	<b>Breakfast:</b> Pico de 'Gallo For Eggs, Eggs And Peppers <b>Lunch:</b> Turnip and Pecan Salad <b>Dinner:</b> Chipotle Turkey Stew
<b>Day 2</b>	<b>Breakfast:</b> Stuffed Breakfast Peppers <b>Lunch:</b> Beet and Arugula Salad <b>Dinner:</b> Salmon With Caramelized Carrots And Onions
<b>Day 3</b>	<b>Breakfast:</b> Breakfast Pudding <b>Lunch:</b> Cabbage Salad With Shrimp <b>Dinner:</b> Spiced Beef Stew
<b>Day 4</b>	<b>Breakfast:</b> Sautéed Spinach <b>Lunch:</b> Chilled Cucumber Soup <b>Dinner:</b> Chicken With Butternut Squash
<b>Day 5</b>	<b>Breakfast:</b> Cauliflower And Kale Breakfast Quiche <b>Lunch:</b> Carrot Salad With Shrimp <b>Dinner:</b> Grilled Sirloin Tip Steaks With Roasted Vegetables
<b>Day 6</b>	<b>Breakfast:</b> Black And Blue Scrambled Eggs <b>Lunch:</b> Kale Quiche <b>Dinner:</b> Portobello Burger
<b>Day 7 (Cheat Day)</b>	<b>Breakfast:</b> Protein + whatever you want that's gluten-free <b>Lunch:</b> Whatever you want to eat that's gluten-free <b>Dinner:</b> Anything that's gluten-free, but eat less carbs here

# Phase 2: Recipes

## **Breakfasts**

### **Pico de Gallo For Eggs**

(Serves 4-6)

- 3 medium-sized tomatoes
- ½ a red onion, finely diced
- 1 jalapeno, seeded and finely diced
- 1 Serrano chili pepper, seeded and finely diced
- 1 tsp. garlic, minced
- Juice of 1 lime
- ½ cup chopped cilantro
- Salt and pepper
- ¼ tsp. cumin

**Directions:** Mix all together and let sit. Add more hot peppers if you like it spicier. This is a great way to add a kick to boring meals – use this to top eggs scrambled with peppers.

### **Stuffed Breakfast Peppers**

(serves 2)

- 2 peppers, tops cut off and seeds removed
- 2 cups frozen spinach
- A pinch of cayenne pepper
- A pinch of oregano
- 2 eggs
- Salt and pepper

**Directions:** Whisk eggs. Add spinach. Pour the mixture into peppers and top with spices. Bake in the oven at 350F/177C until eggs are set. You can make these ahead, and keep in the fridge for an easy re-heat!

### ***Breakfast Pudding***

*(Serves 1)*

- 1/3 cup almond meal
- 2 Tbsp. water
- 1 Egg
- ¼ cup blackberries
- 1 tsp. stevia

**Directions:** Mix together almond meal, water and egg. Microwave for 45 seconds, add in remaining ingredients. Microwave for an additional minute, and eat. This recipe can be multiplied, and you can substitute whatever fruit you'd like.

### ***Sautéed Spinach***

*(Serves 2)*

- 1 Tbsp. coconut oil
- 1 package baby spinach
- ½ onion, minced
- 1 clove of garlic, minced
- ¼ tsp. nutmeg
- Salt and pepper

**Directions:** Heat coconut oil over medium heat. Add onion and garlic. Cook over medium heat until garlic is browned. Add in spinach and reduce heat. Wilt spinach; add nutmeg, salt, and pepper. This can be made in a larger batch and kept to eat with eggs in the morning, or to serve as a side dish with a portion of protein for lunch or dinner.

### ***Cauliflower And Kale Breakfast Quiche***

*(Serves 4)*

- 1 small cauliflower, grated
- 2 Tbsp. coconut oil
- 5 eggs
- 2 green onions
- 1 bunch kale, chopped
- Salt and pepper



**Directions:** Sauté cauliflower in oil over high heat until it's browned all over. Add in kale and green onions. When kale starts to wilt, reduce heat to low and pour in the eggs. Let it cook. Finish by broiling until top is completely set (typically only a few minutes). Remove from heat, slice, and serve.

### ***Black And Blue Scrambled Eggs***

*(serves 2)*

- 3 eggs
- 2 Tbsp. almond milk
- 1 Tbsp. almond meal
- 1 handful chopped blackberries

**Directions:** Whisk all ingredients together the same way you would making normal eggs. Pour into a non-stick pan (or a lightly greased regular pan), and cook.

### ***Sausage, Kale And Apple Sauté***

*(Serves 1)*

- 1 nitrate-free sausage
- ½ apple (any kind)
- ½ onion
- 1 clove garlic
- 1 cup kale
- 1/8 tsp. cayenne pepper
- Salt and pepper
- Coconut oil as needed

**Directions:** Cut sausage into bite size pieces. Add to a pan with onion, apple, and garlic. Add small amounts of coconut oil as needed. Sauté until onions are soft and sausage is cooked. Add in chopped kale and cayenne; season when softened.

## **Lunches**

### **Turnip And Pecan Salad**

(serves 4)

2 chicken breasts, cooked and cut into chunks  
1 medium-sized turnip, sliced  
1 Tbsp. olive oil  
1 tsp. grainy Dijon mustard  
½ cup pecans  
2 Tbsp. water  
1 Tbsp. lemon juice  
5 chopped basil leaves  
4 cups spring mix  
Salt and pepper

**Directions:** Preheat oven to 400F/204C. Toss turnip in olive oil, and roast in oven for 17 minutes. Add pecans and continue to cook until they are toasted. Remove and cool. In a bowl, mix mustard with lemon juice, balsamic, basil, and water. Add chicken, salt, and pepper.

To assemble salad, place spring mix on the bottom of the plate followed by a few slices of turnip. Add chicken mixture, and top with pecans.

### **Beet And Arugula Salad**

(serves 1)

3-4 baby beets  
• 1 ½ cups arugula  
• 1 Tbsp. toasted pine nuts  
• 1 Tbsp. lemon juice  
• 1 tsp. coconut oil  
• Pinch of stevia  
• 1 can chunk tuna in water  
• 1 Tbsp. balsamic vinegar

**Directions:** Bring beets to a boil, and cook until they are tender when poked by a fork. Immediately remove skins, and toss in lemon juice, coconut oil, and stevia. Slice beets, and arrange over a bed of arugula; top with tuna and balsamic. You can prepare more beets in advance because they will keep well in the fridge.

### ***Cabbage Salad With Shrimp***

*(serves 4)*

- 3 Tbsp. apple cider vinegar
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. water
- 1 tsp. grated ginger
- 1 tsp. minced garlic
- 2 Tbsp. grainy mustard
- 1 tsp. honey
- 2 cups very thinly sliced red cabbage
- 1 cup thinly sliced Napa cabbage
- 2 cups apples – can be any kind you like, cut into sticks, sliced or cubed
- Fresh lemon juice
- 2 green onions, sliced
- 20 medium sized shrimp - cooked, peeled, and deveined

**Directions:** Mix vinegar, ginger, garlic, mustard, and honey with 2 Tbsp. water. Add to cabbage, and let it sit. Toss apple with lemon juice, and mix it with cabbage. Toss in shrimp, and serve at room temperature. This will keep in the fridge for days; the cabbage will continue to soften.

### ***Chilled Cucumber Soup***

*(Serves 1)*

- 2 medium cucumbers
- ½ cup onion
- ¼ cup fresh cilantro
- ½ cup coconut milk
- ¼ cup chicken broth
- Salt and pepper

**Directions:** Add everything into a blender, and blend until smooth. (You can add in any additional herbs, a pinch of cayenne, or even a clove of garlic!) Refrigerate and serve cold.

## ***Kale Quiche***

*(Serves 4)*

Crust:

1 ½ cup almond flour  
½ tsp. sea salt  
¼ tsp. white pepper  
¼ cup olive oil  
1 Tbsp. water  
½ tsp. baking soda

Filling:

2 cups chopped kale  
1 tsp. minced garlic  
3 eggs  
1 diced tomato  
¼ cup sunflower seeds  
1 green onion, sliced  
Salt and pepper

**Directions:** Combine all crust ingredients – press into an ungreased pie pan and bake at 350F/177C for about 15 minutes and remove from the oven.

Whisk eggs; add in kale, green onion, and garlic. Pour the egg mixture into the pie crust, top with tomato and sunflower seeds. Return to the oven and cook until set (roughly 10-15 minutes). This can keep in the fridge for at least 5 days.

**\*Optional:** You can make a crust-less version. Don't make the crust. Simply pour the egg mixture into a lightly greased pie pan and follow the same cooking directions.

## ***Carrot Salad With Shrimp***

*(Serves 2)*

- 2 large carrots
- 2 Tbsp. olive oil
- 1 garlic clove, minced
- Juice of 1 lemon
- Juice of 1 orange
- 1 Tbsp. spicy Dijon mustard
- 2 cups baby spinach
- 1 cup cooked salad shrimp

**Directions:** Grate carrots. Mix together olive oil, garlic, lemon juice, orange juice, and Dijon mustard. Mix together with shrimp and carrots. Serve over spinach. This salad can be made and kept in the fridge for several days, as long as you don't mix in the spinach.

### ***Brussels Sprout And Coconut Soup*** (Serves 4-6)

- 2 Tbsp. coconut oil
- 2 cups Brussels sprouts, quartered
- 1 cup sliced onions
- 1.5 cups coconut milk
- 3 cups chicken stock
- 1 Tbsp. fresh ginger, minced
- 2 garlic cloves, minced
- Salt and pepper
- Cooked chicken or turkey breast, cubed

**Directions:** Sauté onions, ginger, and garlic in a pot with coconut oil until translucent. Add Brussels sprouts and brown them. Pour in coconut milk and chicken stock. Bring to a simmer and then reduce heat. Simmer until Brussels sprouts are tender. You can remove half of the Brussels sprouts and blend separately for a creamier textured soup. Garnish with cooked chicken or turkey.

### ***Jicama And Chicken Salad*** (Serves 1)

- 1 chicken breast, cooked and cubed
- 1 cup julienned jicama
- ½ green pepper, sliced
- ½ cucumber, sliced
- 1 small onion, sliced
- 1 jalapeno, seeds removed and chopped
- ½ chopped avocado
- Juice of 2 limes
- 1 clove garlic, chopped
- 1 Tbsp. chopped cilantro

**Directions:** Combine avocado, lime juice, garlic, jalapeno, and cilantro. Mix together until it's smooth, then mix with chicken. Layer remaining ingredients on a plate, and serve with chicken on top. Season with salt and pepper.

## ***Dinners***

### ***Chipotle Turkey Stew***

*(Serves 6)*

- 2 stalks celery, diced
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 cup sweet potatoes, cubed
- 2 large carrots, sliced
- ¼ cup chopped parsley
- Salt and pepper
- 2 cups chicken broth
- 1 cup water
- 2 cans organic roasted tomatoes
- ½ tsp. cumin
- 3 chipotle peppers in adobo, chopped
- 1 turkey breast, cooked and shredded

**Directions:** In a large pot over medium heat, sauté celery, onion and garlic in a small amount of butter or coconut oil. Add in tomato, chipotle peppers, and cumin. Add remaining ingredients, except for the sweet potatoes and carrots, and reduce heat to a low simmer. Let it cook for 10 minutes, and then add the sweet potato and carrots. Cook until they're done; season with salt and pepper. This can be prepared in advance and frozen.

### ***Salmon With Caramelized Carrots And Onions***

*(Serves 4)*

- 3 Tbsp. olive oil
- 3 onions, coarsely chopped
- 1 bag baby carrots
- 4 cloves garlic, minced
- 1 bunch kale
- 4 salmon filets
- Salt and pepper
- Fresh chopped dill

**Directions:** Place olive oil in a crockpot, with onions, carrots, and garlic. Cook on low for 5 hours. Add in kale, and place seasoned salmon on top, sprinkled with fresh dill. Leave another 2 hours, or until salmon is the doneness you prefer.

### ***Spiced Beef Stew***

*(Serves 4-6)*

- 2 Tbsp. coconut oil
- 12 ounces stewing beef, cut into cubes
- 1 onion, sliced
- 4 sliced carrots
- 2 tsp. cumin
- ¼ tsp. nutmeg
- ½ tsp. allspice
- ½ tsp. cinnamon
- ¼ tsp. cayenne
- 2 ½ cups beef broth
- 1 large head cauliflower, cut into florets
- Salt and pepper
- Fresh chopped mint
- ¼ cup toasted sliced almonds

**Directions:** In a large pot, heat coconut oil. Sear seasoned beef cubes until browned, and then add in onion. Add spices and then beef broth. Simmer for ten minutes. Add carrots and cauliflower. Garnish with toasted almonds and chopped mint.

### ***Chicken With Butternut Squash***

*(Serves 4)*

- ½ large butternut squash, peeled and cubed
- 4 chicken breasts
- 1 Spanish onion, cut into wedges
- ½ cup dried cranberries
- 1 cup chicken broth
- 2 bunches of kale, chopped
- 1 Tbsp. balsamic vinegar
- 1 tsp. dried sage
- Salt and pepper

**Directions:** Put everything into a slow cooker and cook on low for 6-8 hours. This can be put into a Ziploc bag and frozen, and defrosted to cook.

## **Grilled Sirloin Tip Steaks With Roasted Vegetables**

*(Serves 4)*

Sirloin Tip Steaks:

Combine 4 Tbsp. each of tamari, lemon juice, and Worcestershire sauce. Marinate overnight, season with salt and pepper, and grill until preferred doneness.

- Roasted Vegetables
- 2 Tbsp. coconut oil
- 1 Tbsp. smoked paprika
- 2 Tbsp. chopped parsley
- 1 clove garlic, chopped
- ½ onion, sliced
- 1 large sweet potato, peeled and sliced
- 2 sliced zucchinis
- 2 bell peppers, sliced (not too thin!)
- Salt and pepper

**Directions:** Toss the vegetables with the coconut oil, paprika, parsley, and garlic. Season with salt and pepper. Lay the vegetables out as flat as possible on a baking sheet lined with parchment paper. Bake at 400F/204C (for roughly 15-20 minutes). Keep in mind that your sweet potatoes will take the longest to cook, so they should be cut the thinnest. Once the sweet potatoes are tender, your vegetables are done!

## **Tuna Steaks With Vegetables And Wasabi Sauce**

*(serves 4)*

- 4 tuna steaks, whatever size you prefer
- 2 Tbsp. olive oil
- 1 large cabbage – halved and quartered
- 12 baby potatoes
- 2 heads garlic
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. coconut oil
- 1/2 cup coconut milk
- ½ tsp. wasabi paste (from a tube)
- 1 Tbsp. chopped chives
- Salt and pepper



**Directions:** Put potatoes, cabbage, garlic, balsamic, and coconut oil into a crockpot. Season with salt and pepper. Cook on high for 2.5 hours. Season tuna steaks and sear in a pan on high heat. Finish in the oven at 350F/177C until it reaches the doneness you prefer (check them, starting at 10 minutes). Mix together coconut milk, wasabi paste, and chopped chives. Season with salt and pepper. Serve tuna steaks over the vegetables with coconut milk sauce as a garnish. (Is there a recipe for the yogurt sauce, too?)

### ***Portobello Burger***

*(serves 1)*

- 2 large Portobello mushrooms
- 6 oz. ground beef burger patty
- Garnishes: Avocado, onions, lettuce, tomatoes, grilled zucchini

**Directions:** This is a very simple, delicious recipe. On a BBQ, grill your burger patty and mushroom caps. Season with salt and pepper – and create your burger!

### ***Pulled Beef***

*(Serves 3-4)*

- 1 pound well-trimmed beef, any inexpensive cut you can find
- 1 onion, sliced
- 2 cups chopped tomatoes
- 2 peppers, chopped
- 2 chipotle peppers, chopped
- 1 cup beef broth
- 1 tsp. cumin
- Salt and pepper

**Directions:** Combine all of the ingredients together in your crockpot and cook on low for 6-8 hours. Serve over steamed green beans or fresh greens for a hearty dinner!

## **Fish Cakes**

(Serves 1)

- 1 portion cooked salmon, flaked
- 1 egg
- 1 green onion, sliced
- ½ jalapeno pepper, chopped
- 1 Tbsp. chopped cilantro
- Salt and pepper

**Directions:** Mix all ingredients together and form into 3 small fish cakes. Place on a baking sheet and bake at 350F/177C for 15 minutes. Eat these garnished with avocado or radish and a side salad.



# Section III: Phase 3 Diet

# Phase 3 Diet Outline

If you've made it this far, you've probably already changed your life for the better. Your skin looks better, you're sleeping like a baby, the pounds/kg are dropping off, and you've never had more energy!!

## How can the Phase 3 Program make it any better?

Simple... You see, both the Phase 1 Program and Phase 2 Programs are nutrition programs that you can stick to indefinitely if you want to lose body fat and live a healthy life.

The Phase 3 Program is a special nutrition program - you'll only follow it for 7 days at a time - designed specifically to bust through plateaus and jumpstart your metabolism. Think of it as an accelerator program. Don't use the Phase 3 Program as a lifestyle!

Here's why...

As much as we want to believe obesity and weight gain are as simple as "eat less and exercise more," it isn't always that easy. In fact, these issues are more complex than you might realize and they tend to involve several different components all at once. A large amount of research suggests that obesity isn't simply a result of overeating or under exercising. It's possible that your body is sending signals that make you hold onto the weight instead of letting it go.

One problem is that **you may not recognize stress** even when you're having issues from it. You want to develop a deep relationship with your body so that you can identify any problems that are preventing you from having the life and body of your dreams.

The Phase 3 Program exists for this reason! (Yay!)

A note of **caution** however, 30 Day Rapid Fatloss was designed so that anyone not matter what their background and starting point, could find great success by following one of the 3 phases. If you haven't succeeded for a full 7 days with Phase 1 and Phase 2 phases, please don't attempt to follow the Phase 3 program. Instead, save this program for a later date after you've successfully built a lifestyle out of the Phase 1 and Phase 2 programs.

The Phase 3 Program is for you (after Phase 1 and 2) if you want to **dramatically accelerate your fat loss** and **improve the way you feel and perform** throughout the day.

In the Phase 3 Program you'll use the following 3 factors, step-by-step, to make sure you get the best possible results while using the program:

### 1. Nutrition

The nutrition protocol used in the Phase 3 Program removes most, if not all, potential gut irritants. It focuses on eating live, organic produce and high quality meats in conjunction with a few nutritional supplements that push you towards the fat loss fast track!

### 2. Lifestyle

If you want to make the process easier, try one or more of the following: stretching, pleasure walking, meditation, yoga, and saunas. (I'll outline all of these activities later in the program.)

### 3. Mental and Emotional Stress

Your body reacts the same way to mental and emotional stress as it does to physical and nutritional stress. It's important to practice being self-aware as you go through this program in order to reduce stress in your life.

The Phase 3 Program is **not a quick fix!** It's for you because you genuinely want to examine yourself and your lifestyle habits under a microscope in order to **change your body's path from fight or flight to health and healing**. Much luck and healing to you as you go through this journey!

Here's What You Need:

- A blender that works well enough to make smoothies
- Lots of frozen (preferably organic) berries
- Organic vegetables you like eating - artichokes, asparagus, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, garlic, jicama, kale, kelp, lettuce, onions, radishes, spinach, sprouts, squash, string beans, watercress, yams, and zucchini
- Organic fruits you like (eat in preference of order) - lemons (in your water), avocados, olives, berries (all types), cherries, grapefruit, dried apricots, apples, pears, plums, peaches, oranges, grapes, kiwi fruit, bananas, mangos, apricots, cantaloupe, pineapple, watermelon, and dates
- High quality organic or pastured chicken breast, 100% grass fed beef, and wild caught fish
- Coconut, macadamia, and olive oils; balsamic vinegar, and herbs and spices

You will **also need** to use a protein supplement. **UX3** is an All Natural Whey Protein of the highest quality, and it's my favorite (**I created it myself :)** You can find this online at:

[UX3Shake.com](http://UX3Shake.com)

## Before You Start, Here's An Outline Of What You're Eliminating In The Advanced Program

\*Make no mistake, this program is **tough!**\*

Here are the foods you'll need to avoid.

- All oils other than coconut, **avacado**, and olive oil
- All sugars other than those from fruit and vegetables
- All grains including (but not limited to): all flour products, wheat, oats, corn, rye, barley, spelt, rice, amaranth, etc.
- All legumes including (but not limited to): red beans, black beans, pinto beans, lentils, soy beans, garbanzo beans, etc.
- All dairy including (but not limited to): butter, cheese, milk, and yogurt; if you're sure you tolerate dairy well, you can use whey protein
- All potentially hazardous vegetables including (but not limited to): mushrooms, egg-plant, tomatoes, potatoes, cayenne, tomatillos, paprika, most peppers (black pepper is okay), etc. These nightshade veggies can potentially cause inflammation, joint pain, and digestive problems in some people.
- Eggs - although they're a great source of protein, eggs don't agree with everyone and are actually one of the top 8 allergens. If you're sensitive to eggs, they can cause low-level inflammation that will stunt your digestion and slow your fat loss potential.

Sounds like a lot to get rid of, right? It is!!

A huge part of the restorative process of your body relies on allowing it to do its job without adding insult to injury. In other words, you want to remove a bunch of stuff from your diet to ensure your body has the time to rest, detoxify, and burn serious amounts of fat over the next 7 days.

This type of program is useful for allowing your body to take a break, heal, and recover from all of the abuse it receives. The **Phase 3 Program is not for everyone!!** It's hard, and it requires you to be very strict with your diet. If you feel ready, then please proceed to the Phase 3 Program, Part 1. If not, it's perfectly okay to stick with Phase I or II.

## **PHASE 3 PROGRAM, PART 1**

(Days 1-3 Of The Program)

### **PROTOCOL FOR DAY'S 1-3**

- Only cook with coconut oil or olive oil (low temperature only... < 350F/177C deg.)
- Go for at least 2 pleasure walks for 20 minutes or more each week
- Take a minimum of 5 minutes out of each day to be absolutely quiet and still (see the Lifestyle Habits section later in the manual)
- Remove any electronic disturbances from your bedroom and find a way to make your bedroom pitch black. I highly recommend room darkening shades.

### **BREAKFAST**

- Within 30 minutes of waking, have a super smoothie for breakfast (see smoothie recipes later in this manual).

### **LUNCH**

- Make a salad that contains some or all of the following organic ingredients: green leafy veggies (green, red, or romaine lettuce; spinach, kale), artichokes, asparagus, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, garlic, jicama, kelp, onions, radishes, sprouts, squash, string beans, watercress, zucchini, olives, and avocado
- Dress it with organic olive oil and organic balsamic vinegar
- Add 4-8oz of organic or pastured chicken breast, 100% grass fed beef, or wild caught fish

### **DINNER**

- Lightly steamed, slow cooked, homemade soups, or the following organic veggies cooked at a low temp on your stove: artichokes, asparagus, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, garlic, jicama, kale, kelp, lettuce, onions, radishes, spinach, sprouts, squash, string beans, watercress, yams, and zucchini
- 4-8oz of organic or pastured chicken breast, 100% grass fed beef, or wild caught fish

### **SNACKS**

- Snack on fruits if hungry throughout the day
- Limit fruit intake to 2 pieces per day (in addition to the fruit in your smoothies)
- Eat fruit in the following order of preference: lemons (in your water), avocados, olives, berries (all types), cherries, grapefruit, dried apricots, apples, pears, plums, peaches, oranges, grapes, kiwi fruit, bananas, mangos, apricots, cantaloupe, pineapple, watermelon, and dates.

# The OK Foods for Part 1

(days 1-3)

## **Vegetables**

The following vegetable are all okay: artichokes, asparagus, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, garlic, jicama, kale, kelp, lettuce, onions, radishes, spinach, sprouts, squash, string beans, watercress, yams, and zucchini.

## **Fruits**

Enjoy 2 servings a day of (in addition to the fruit used in your smoothies): lemons (in your water), avocados, olives, berries (all types), cherries, grapefruit, dried apricots, apples, pears, plums, peaches, oranges, grapes, kiwi fruit, bananas, mangos, apricots, cantaloupe, pineapple, watermelon, and dates.

## **Meats**

Eat 4-8oz of organic or pastured chicken breast, 100% grass fed beef, or wild caught fish twice a day.

## **Condiments**

Use coconut oil, olive oil, and all spices and herbs.

## **PHASE 3 PROGRAM, PART 2**

(Days 4-7 Of The Program)

### **PROTOCOL FOR DAY'S 4-7**

- Only cook with coconut oil or olive oil (low temp only... < 350F/177C)
- Take at least 3 pleasure walks for 20 minutes or more each week
- Take a minimum of 10 minutes each day to be absolutely quiet and still (see Lifestyle Habits in a few more pages)
- Get a minimum of 7 1/2 hours sleep each night, but aim for 9 or more  
Increase the amount you smile and laugh, and make someone in your life feel loved

### **BREAKFAST**

- Within 30 minutes of waking, have a super smoothie for breakfast (see the smoothie recipe later in this manual).



## LUNCH

- Make a salad that contains some or all of the following organic ingredients: Green leafy veggies (green, red, or romaine lettuce; spinach, kale), artichokes, asparagus, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, garlic, jicama, kelp, onions, radishes, sprouts, squash, string beans, watercress, zucchini, olives, and avocado
- Dress it with organic olive oil and organic balsamic vinegar
- Add 4-8oz of organic or pastured chicken breast, 100% grass fed beef or wild caught fish

## DINNER

- 3 hours or more before going to bed, have a super smoothie for dinner (see smoothie recipe later in this manual)

## SNACKS

- Snack on fruits if you're hungry throughout the day
- Limit fruit intake to 2 pieces per day (in addition to the fruit used in your smoothies)
- Eat fruit in the following order of preference: lemons (in your water), avocados, olives, berries (all types), cherries, grapefruit, dried apricots, apples, pears, plums, peaches, oranges, grapes, kiwi fruit, bananas, mangos, apricots, cantaloupe, pineapple, watermelon, and dates.

## The OK Foods for Part 2

(days 4-7)

### **Vegetables**

The following vegetable are all okay: artichokes, asparagus, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, garlic, jicama, kale, kelp, lettuce, onions, radishes, spinach, sprouts, squash, string beans, watercress, yams, and zucchini.

### **Fruits**

You can enjoy a serving of fruit twice each day (in addition to the fruit in your smoothies) from the following: lemons (in your water), avocados, olives, berries (all types), cherries, grapefruit, dried apricots, apples, pears, plums, peaches, oranges, grapes, kiwi fruit, bananas, mangos, apricots, cantaloupe, pineapple, watermelon, and dates.

### **Meats**

Eat 4-8oz of organic or pastured chicken breast, 100% grass fed beef, or wild caught fish for lunch.

### **Condiments**

Use coconut oil, olive oil, and all spices and herbs.

### **Recommended Supplements For Phase 3**

For best results, use the following 7 supplements along with your real food diet to enhance your fat loss results (see the Supplement Guide for more details):

#### **Whey Protein** ([Click Here For Our Favorite Whey Protein](#))

Eating whey protein is the easiest way to increase protein consumption throughout your day - it'll help you reduce your appetite and recover faster from your workouts.

#### **Fish Oil** ([Click Here For Our Favorite Fish Oil](#))

The Omega-3 Fats found in fish oil help reduce inflammation in your body. That helps you recover even faster and reduces achy joints.

#### **Probiotics** ([Click Here For Our Favorite Probiotic](#))

Building healthy bacteria in your gut is critical to immune function and weight loss. The better your intestinal flora is, the faster you'll digest food and the less stomach discomfort you'll feel.

#### **Digestive Enzymes** ([Click Here For Our Favorite Digestive Enzyme](#))

These enzymes help digest your food and allow you to absorb the macronutrients, vitamins, and minerals from your food. They increase the effect you get from taking probiotics.

#### **Blood Sugar Support** ([Click Here For Our Favorite Digestive Support](#))

Controlling your blood sugar is critical for losing fat. Supplements that support healthy blood sugar levels help you burn fat faster and keep you in the fat burning zone - even if you slip up sometimes and eat too many carbs.

#### **BCAA's** ([Click Here For Our Favorite BCAAs](#))

Branched Chain Amino Acids are the most abundant amino acids in your muscles. When you consume BCAA's, you reduce the chance of losing lean muscle mass during your diet.

#### **Natural Hunger Support** ([Click Here For Our Natural Hunger Support](#))

Regardless of what you do, some people simply have a huge appetite. This is usually due to a reduction in leptin - a hormone that tells your brain you're full - production in your body. If you find it hard to stay on a diet, natural hunger support can be extremely helpful.

## ***SUPER SMOOTHIE RECIPE***

Super smoothies will make up 1/2 of your nutrition over the next 7 days. Therefore, it's crucial you know how to make them taste good! Here's how to make your smoothie:

- Fill your blender with 12oz of water (you can use more or less to customize the texture to your liking)
- Add 2-3 scoops of ***UX 3 Whey Protein***
- Add 1 to 1 1/2 cups of mixed berries or blueberries
- Add some green leafy veggies to your smoothies. You can add any of the following to your smoothie: red, green or romaine lettuce; spinach leaves or kale. If this is your first smoothie, start with lettuce and work your way up to the spinach and kale. Begin by adding 1 leaf to your smoothie. Then as you progress through the program, add in more greens - up to 5 leaves of lettuce or kale or 3 handfuls of spinach. **DO NOT OVERDO IT** when you're first starting. Add greens to your smoothies slowly.

### **What If I Hate The Flavor?**

If you absolutely can't stand the taste of a super smoothie, add up to 4oz. of 100% organic pineapple juice (make sure the only ingredient is pineapple juice!). This won't give you as great of results, but it will make the smoothie taste better.

### **What If I Have A Super Smoothie Right After My Workout?**

If you're drinking a super smoothie within 40 minutes of your workout, you may benefit from adding in a ripe banana (it should have small brown spots). Your body will be primed to accept the sugar you're eating from the banana. Do not add in bananas at any other times.

## **LIFESTYLE HABITS**

It's important to focus on lifestyle habits that promote wellness and wellbeing. You already read about the lifestyle habits I want you to adopt for day's 1-3 and day's 4-7, but here's more information on those habits.

### **Saunas**

If you have access to a dry or infrared sauna, try to take as many saunas as you can during the 7 day period. It'll help your body eliminate toxins and provide better circulation.

### **Pleasurable Walking**

Walking has so many health benefits that I'd need an entire book to list them for you. However, one of the best benefits is that it reduces stress. Take some time out of your life to walk in a place that makes you happy - outdoors with fresh air and sunlight is optimal. Breathe deeply, count your blessings, and feel free to walk with friends and family.

### **Quiet Time**

You're not alone when it comes to stress, we all deal with it. Taking quiet time for yourself can help calm some of the mental and emotional pressure of your day along with easing stress. Start with a minimum of 5 minutes a day and work up to 10 or more every day. The simplest form of quiet time is to go to a comfortable place, close your eyes, and count your breaths while focusing on nothing else. If a thought comes in your mind, peacefully start back at 1 and repeat. Once you can honestly get to 10, you have increased your focus and relaxed your mind dramatically.

### **Sleep**

Sleep is the master of recovery - make time to sleep 7 1/2 to 9 hours a night. If you can't sleep, consider seeing a naturopathic doctor or Licensed Acupuncturist for help.

### **Smile**

Taking time to smile will not only improve your mood and immune system, but it will improve the mood of the people around you, too. Do you and everyone else a favor by smiling and loving as many people as you can. You get back what you give out 7-fold!

# Phase 3: Meal Plans and Recipes

Figuring out what to eat can be challenging when you're first adopting new eating habits. To get rid of some of your guess work, I've included a full 7-day meal plan for this phase. For your convenience, there are delicious recipes for all of the listed meals (plus a few extra you can substitute or just try later!).

When you create your own meals, remember the following guidelines:

## Workout Days

- 150-200g. protein
- 100g. (or less) of carbohydrate
- 50g. fat

## Non-workout Days

- 150-200g. protein
- <50 carbohydrates
- 100g. fat

For those new to cooking, here are a few **terms and techniques** you'll find useful to understand:

- **Diced** - cut into small pieces, typically cube-shaped
- **Julienned** - cut into thin, short strips.
- **Marinate** - allow food to sit in a combination of spices, juices, or oils to absorb the flavors and enhance moisture/juiciness. If marinating overnight, always place the food in your fridge!
- **Minced** - cut or ground into very small pieces
- **Pinch** - the amount of seasonings you can pinch between your finger and thumb...in other words, a very small amount.
- **Reduce/Reduced** - a process of removing water. Note the beginning water level, and then allow the food to simmer until it reaches the recommended point...typically at least ½ of the water evaporates for most recipes.
- **Sauté** - fried quickly in a little hot fat.
- **Sear** - cook the surface of a food quickly with high heat. It's a technique useful for keeping meats juicy.
- **Set** - food is no longer runny, but may not be fully cooked.
- **Simmer** - food is simmering when the liquid is bubbling lightly. Simmering usually happens at a lower heat (or you have to turn to a lower heat once it begins) while boiling happens at higher heat.
- **To taste** - seasonings are often listed "to taste" meaning that you can add as little or as much as you like
- **Toasting nuts** - place nuts in a skillet on your stove over medium heat, stirring every few seconds until you can smell the nutty flavor rising from the skillet. Remove from heat, cool, and enjoy.
- **Toss** - a method of stirring that involves lifting and gently throwing (within the bowl...so, very small throws) food together.
- **Wilt** - heat leafy veggies (spinach, lettuce, etc.) so they are no longer crisp. They'll become limp when they're wilted.
- **Zest** - when something calls for zest, scrape some of the peel off the listed non-waxed fruit...the scraped off part is what you'll use. Avoid the white rind and only use the colorful part.

**NOTE:** *A few of the recipes give directions for taking a skillet from the stove top to the oven. Please make sure you have an oven-safe skillet!!! If not, the handle can melt causing a huge, stinky mess and possible damage to your oven!*

# Phase 3: Meal Plan

<b>Day 1</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Chicken and Squash Soup
<b>Day 2</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Artichoke Salad
<b>Day 3</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Broccoli Soup
<b>Day 4</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Super Smoothie
<b>Day 5</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Super Smoothie
<b>Day 6</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Super Smoothie
<b>Day 7</b>	<b>Breakfast:</b> Super Smoothie <b>Lunch:</b> Lunch Salad <b>Dinner:</b> Super Smoothie

# Phase 3: Recipes

## *(Dinners Only)*

### ***Spinach Salad With Black Cod***

*(Serves 1)*

- 2 cups spinach
- 1 portion black cod
- 6 asparagus spears
- 1 clove garlic
- 2 Tbsp. olive oil
- 2 tsp. organic balsamic vinegar
- Salt and pepper

**Directions:** Season cod filet with salt and pepper. Toss asparagus and red pepper with 1 Tbsp. olive oil, salt, and pepper. Place on a baking tray with cod on top. Bake at 375F/191C until cod has reached your desired doneness and the vegetables have softened. Whisk together balsamic and remaining olive oil. Toss with spinach. Serve cod and vegetables on top of salad.

### ***Artichoke Salad***

*(Serves 1)*

- 2 cups Arugula
- ½ can quartered artichoke hearts (packed in water)
- 4 black olives
- 1 small red onion, minced
- ½ can tuna, drained
- 1 Tbsp. lemon juice
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1 Tbsp. freshly chopped parsley
- Salt and pepper

**Directions:** Mix tuna with artichokes, onion, and parsley. Add in arugula. Season and put on a plate, garnished with olive oil, lemon juice, balsamic, and olives.



### ***Ginger Balsamic Kale And Chicken***

*(Serves 1)*

- 2 cups kale
- ½ a small onion, sliced
- 1 Tbsp. coconut oil
- Juice of 1 lemon
- 1 clove garlic, minced
- 1 Tbsp. ginger, minced
- 3 Tbsp. balsamic vinegar
- ¼ cup chicken broth
- 1 chicken breast
- Salt and pepper

**Directions:** Season the chicken and sear in coconut oil. Remove, reduce heat, and sauté onions, garlic, and ginger until soft. Add in lemon juice, balsamic, and chicken broth. Place in kale, stir, and place chicken in the pan. Finish in the oven at 350 until the chicken is completely cooked (15-20 minutes, depending on the size of your chicken breast).

### ***Broccoli Soup***

*(Serves 4)*

- 2 Tbsp. coconut oil
- 1 small onion, diced
- 1 bunch broccoli, chopped
- 3 cloves garlic, chopped
- 2 zucchini, chopped
- 6 cups chicken broth

**Directions:** In a large pot, heat coconut oil. Sauté all vegetables with garlic until soft. Add in chicken broth, and simmer until the vegetables are completely cooked. Puree in a blender. You can garnish this soup with sprouts, shredded chicken, or beef.

### **Chicken And Squash Soup**

*(Serves 2)*

- 1 large chicken breast
- 1 Tbsp. coconut oil
- 1 ½ cups butternut squash, cubed
- 6 cups chicken broth
- ½ bunch kale, chopped
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, chopped
- ½ cup basil, chopped
- Salt and pepper

**Directions:** Cut chicken into small pieces. Heat a pot; add coconut oil and chicken. Brown the chicken. Add in squash, garlic, onion, and carrot. Add in broth, bring to a simmer. Simmer until all ingredients are cooked throughout; stir in basil and season with salt and pepper.

### **Avocado And Chicken Lettuce Wrap**

*(Serves 1)*

- ½ avocado, diced
- 1 chicken breast, cooked and diced
- ½ granny smith apple, diced
- Chopped cilantro
- Bibb lettuce
- Salt and pepper

**Directions:** Mix together apple, chicken and avocado. Spoon into lettuce leaf, Wrap and garnish with cilantro, salt, and pepper.

### **Brussels Sprouts And Flank Steak**

*(Serves 1)*

- 1 small flank steak
- 6 Brussels sprouts
- ½ an onion, sliced
- 1 orange
- 2 Tbsp. balsamic
- 1 Tbsp. coconut oil
- Salt and pepper

**Directions:** Season flank steak. Place in a glass container and add balsamic vinegar and the juice from 1 orange. Let marinate overnight in the fridge. Preheat oven to 350F/177C. In a hot pan with coconut oil, sear steak. Remove steak from pan. Add sliced Brussels sprouts and onion; sauté until soft. Return steak to pan, and finish in the oven at 350F/177C until cooked to whatever doneness you prefer. Slice the flank steak against the grain, and serve over Brussels sprouts with juice spooned over top.

### ***Chicken And Squash Soup*** (Serves 2)

- 1 large chicken breast
- 1 Tbsp. coconut oil
- 1 ½ cups butternut squash, cubed
- 6 cups chicken broth
- ½ bunch kale, chopped
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, chopped
- ½ cup basil, chopped
- Salt and pepper

**Directions:** Cut chicken into small pieces. Heat a pot; add coconut oil and chicken. Brown the chicken, then add in squash, garlic, onion, and carrot. Add in broth, bring to a simmer. Simmer until all ingredients are cooked throughout, and then stir in basil and season with salt and pepper.

# Conclusion

So, you've made it all the through the 30 Day Rapid Fatloss Program!!  
**Congratulations!!!**

Now what should you do?

If you've reached your fat loss and body composition goals, simply cycle back to the Phase 1 Program. You'll remain lean and continue to improve your health by following the foundational principals of a healthy diet.

If you haven't reached your fat loss goals, cycle back to the Phase 1 or Phase 2 Program and follow them diligently. If you aren't sure about which phase is best, pick Phase 2. It often gives better fat loss results.

## **What do you do John?**

I tend to stick to the Phase 1 or Phase 2 Program for probably 48 weeks out of the year. I usually do the Advanced Program 2-4 times each year to cleanse and get the junk out of my body. (Even though I eat well, there are still chemicals and stuff that we all have some exposure to on a regular basis.) If I notice myself starting to slip off the Phase 1 Program, I usually try to increase the challenge and do the Phase 2 Program for a few weeks, just to get back on track.

If you use these 3 programs like I do - moving between them depending on your goals and lifestyle - you'll get **awesome results** and you'll burn the fat off your body while increasing your health and boosting your performance!!

***John Rowley***

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