



SYNERGI

WOMEN'S GYM

EMBRACE THE JOURNEY

**HEALTH & WEIGHT LOSS
PROGRAM**

**Results Driven, Coaching, Motivation
and Accountability**

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Why Does Our Plan Work When Other Plans Often Fail?

When you combine our nutritional program with your Total Body Workout at least 3 times a week, we know you will be successful in losing unwanted pounds and inches, increase energy levels and overall be and feel healthier.

Here is why it works! Our 45 minute results driven workouts help you firm, tone, and build lean muscle which increases your metabolism. The higher your metabolism, the more calories you burn = fat loss. Don't worry – you will NOT bulk up. Lean muscle burns more calories than fat, even when you are at rest. As a matter of fact, you will probably lose inches before you lose pounds. Keep in mind, a pound of muscle takes up less space than a pound of fat!

The lean muscle you are building requires protein to firm and tone. That's why our Nutritional Eating Program is so important. You must eat the right types of food to be successful. In order to understand what to eat and why you eat, you must read your manual.

Our Total Body Workout Program is designed to get maximum results in 45 minutes – a very efficient use of your valuable time. It is recommended to just start with 3 times per week with a day off in between workouts. This day off is very important and allows your muscles time to recuperate, firm, and tone. However, we do recommend doing some type of active recovery on your day off to increase your heart rate. This could be walking, biking, swimming, or any other activity to get the blood flowing.

Chapter 1 – Overview of the program

SYNERGI (Weight Loss Program)

Our Program is exactly that:

A program that is designed for women who are fed up with being overweight, out of shape, tired, stressed out, and unhealthy. SYNERGI weight loss is for women who know they need help. This is not just another weight loss program with all the bells and whistles that end up being short lived. Our program is more about changes both mentally and physically. It is about mental awareness, helping individuals realize their potential, and making the connection that you cannot maintain lifelong health and a low body fat percentage until you get serious about eating right and exercising for the rest of your life.

Let's face it, we all know that we should eat right and exercise. People understand that our health is negatively affected and we will age faster than normal if we don't do something to help ourselves.

There is an abundance of information that is available from diet guru's to all types of fad diets. The truth is this it is not going to be easy but we will be there to help you start slowly in making forward progress when it comes to your health and your body.

There has been extensive research that validates the fact that if we don't move our bodies and provide proper nutrition on a regular basis that our metabolism will slow down, body fat will increase, and your health will decline. The question really is if it is as simple as knowing the truth and making the decision that we have to exercise and eat better in order to be healthier and happier, why doesn't everyone just do it? The answer is, people who don't exercise or eat healthy create an excuse or story on why they can't. They get caught up in their daily routine and place a higher priority on everything but their health. Eventually arriving at a point in life where we don't want to be... out of shape or worse with a health problem that may have been prevented if we would have made a few simple lifestyle changes. Remember, the next 52 weeks will come and go whether you do this program or not; so the basic question is ...don't you want to be a healthier, more fit you?

Most of us all have relatives we can look to or remember that ended up with some sort of health problem. They were diagnosed with heart disease, obesity, diabetes, cancer, and other such ailments. They usually look back with regret, wishing they would have taken better care of themselves. Most finally realize that they should have put a higher priority on their health.

If you are already experiencing health problems or you want to avoid them, it is in your power to do something to help change yourself. Once you accept personal responsibility for your health and in many cases for your families too, you start to realize that you must eat right and exercise; not only for yourself but also for your family, and then you are ready for CHANGE.

Our program motivates you not to quit. Most people have quit enough diets and exercise programs throughout their whole life. Many people have bought home exercise equipment, videos, or other such products, all telling you that in just a few short minutes per day you will look like the model on television. We all know that is not true; it takes time to put on the weight and get out of shape so it will take time to reconstruct your habits and become healthier and get back into shape. Many others have joined health clubs facilities or weight loss centers with great intentions but just after a few short weeks they are already going less and less. After a while they give up and go back to their old unhealthy habits. Why not? It seems much easier to give up then it is to keep going. By reading this pamphlet you have already taken your first step to a healthier and better lifestyle. **YOUR COACHES ARE GOING TO MOTIVATE AND INSTILL DISCIPLINE IN YOU TO NEVER GIVE UP!!**

With our program, your experience will be quite different. You will be assigned a coach who will keep you **ACCOUNTABLE**. They will make sure you will do the three steps that are necessary for anyone who wants to take a serious approach to

change their existing lifestyle. **REMEMBER THE COACHES ARE HERE TO HELP YOU, SO PLEASE DON'T HESITATE TO ASK THEM QUESTIONS IF YOU ARE STRUGGLING OR CONFUSED ABOUT A PARTICULAR PART OF THE PROGRAM.**

The following three steps must be taken for you to achieve a better Lifestyle.

Exercise

Step 1 : *Resistance Training*

*Adding lean muscle is the most important part of exercise

*Lean muscle burns more calories than fat and it will increase your metabolism

*Adding lean muscle also supports your skeletal structure, reduces aches/pains and improves posture

*Adding lean muscle shapes your body resulting in a firm and better toned body

NOTE ***Lifting weight will not make you big and bulky***

This is one of the biggest myths that most people run into when they hear about or think about resistance training. The truth is that when you don't work the muscles of the body your health and body will start to break down. If you do not exercise on a regular basis and provide proper nutrition your metabolism will slow down and health issues will start to arise. Surprisingly, this can begin to happen in your twenties. By the time you reach your thirties or beyond the result is usually a higher percentage of body fat. Studies show even people that do not look overweight are actually unhealthy and have a good amount of excess body fat due to lack of lean muscle tissue. For every pound of muscle that you lose your body burns 50 calories less per day. This process is the cause for a lower metabolism and an increase of health problems. In conclusion, if you need to lose ten pounds or a hundred, resistance training will help you tone and lose body fat.

Step 2 : *Aerobic/Cardiovascular Activity*

Studies show everyone should elevate their heart rate into what is called AEROBIC TRAINING ZONE.

*You should exercise at least 3x a week for a minimum of 30 - 45 minutes

*Increasing your heart rate will boost your metabolism and strengthen your cardio system

*Increasing your heart rate will teach your aerobic system to burn fat quickly and efficiently

Nutrition

Step 3 : *Eating Right*

*Stop looking at food as your enemy or friend

*Never put yourself on a diet; it will lower your metabolism in the long run

*Eat healthier more wholesome foods to increase your metabolism

*Control your portion sizes

*Eat frequently throughout the day

*Having a bad day doesn't mean it's over

The previous three steps have to be done on a consistent basis for you to lower body fat and keep it off. Without these steps it will be nearly impossible for your body to lose weight. As a result, you could start to develop unnecessary health problems.

Chapter 2 – Exercise
SYNERGI Coaching Support
Section 2.1

Your coach is serious about helping you stick with your program. Communicating with your coach is one of the most important steps of the program. The more you tell your coach about yourself, any special needs, and your goals the better you will do. The coaches will provide several services to ensure your success and help make lasting changes.

First:

Your coach will check your starting weight and take your body fat. This will be recorded on your progress sheets formally every 12 weeks for statistical purposes. Also, this will provide a foundation for different training programs as you progress through the program. The two ways to change your body composition is: consistency and intensity. Without both then you will always struggle with weight loss and your health. That is why you will be re-evaluated every 12 weeks as you progress. Also, it is important to have a good foundation so you don't injure yourself in the process of exercising too hard and too fast. After conducting an assessment/evaluation on your current fitness level, your coach will assist you with your exercise program taking your medical history/limitations and comfort level into consideration. It is important to set short term goals every phase of the program so you have something to strive for and achieve. After you reach those goals, you will be issued new goals for the next 12 week phase of the program.

Second:

The next step is to start training you on how to exercise. The coaches will discuss any previous exercise that you may have been involved in to best develop your exercise program.

Third:

After you have gone through SYNERGI training you will be shown how to stretch. The coaches will take you through several exercises that will help with your flexibility. This is very important and should be done each time that you complete a workout. After you are comfortable with your program the coaches will continue to give active supervision and training.

Fourth:

The coaches will help track your attendance with our SYNERGI weight loss sign in sheets. Each time you come in to exercise you will sign in and your coach will initial your sign in sheet that you have been in to exercise. The coaches will expect to see you a minimum of three times per week. During your workout sessions you will be achieving two of the three steps in helping your body. First you will be elevating your heart rate into your AEROBIC TRAINING ZONE, and second you will work on each of your muscle groups to achieve a full body workout and add lean muscle to your body.

Fifth:

Your attendance logs will be checked each Monday, during the 16 week habit building phase. If you missed any time the previous week you will receive a text from your coach. We want you to know we are interested in your success and expect to see you three times this week. Accountability is key to your success.

***Remember in order to change; you have to make exercise a very high priority. If you don't, it will be impossible for you to reach your goal. Your coaches know this and want to help keep you motivated in the program. It's only 45 minutes/three times per week that we are asking you to invest in your health. The overall benefits are exponential for long term health and longevity. Again, this program is about lifestyle changes ...not quick fixes. We want you to develop positive eating and exercise habits to last a life time. It is about doing the little things day in and day out, week in and week out that will add up over time.

MAKE IT IMPORTANT – DON'T MISS YOUR DAYS. TREAT IT LIKE YOUR JOB OR SCHOOL.

Most people that eat right and exercise consistently for at least 16 weeks, will keep going for the rest of their lives. The SYNERGI weight loss program is a serious program for women who are ready to make permanent changes with their health.***

Cardiovascular Fitness

Section 2.2

Cardio fitness comes from the aerobic exercise that strengthens the heart and lungs. Aerobic means “with oxygen” and such exercise places emphasis on maintaining a consistent heart rate over an extended period of time.

Cardio fitness represents the body’s ability to take oxygen and distribute it to the muscles and other parts of the body and brain. The heart is the core of the aerobic system. Exercising at SYNERGI, will help improve the heart which will increase your cardiovascular capacity. This increases absorption of oxygen and nutrients to the working muscles. As a result, your cardiovascular system will increase its effectiveness and the work effort of the activity will become easier and easier. However, always check with your doctor to determine your cardio condition,

I'll begin with _____ minutes of SYNERGI training and work up to _____ minutes. I will do this _____ times per week.

My target heart rate zone is _____ beats per 10 seconds

AGE	BEATS FOR 10 SECOND INTERVALS
18.....	20-29
19-25.....	20-28
26-32.....	19-27
33-35.....	19-26
36-40.....	18-26
41-45.....	18-25
46-47.....	17-25

48-54.....17-24
55.....17-23
56-61.....16-23
62-65.....16-22
66-68.....15-22
69-72.....14-20

Chapter – 3 Nutrition

Getting Started

Section 3.1

Please begin by thoroughly reading this chapter. If you have any questions, please ask your coach. Eating is one of the most important parts of the SWG weight loss program.

We encourage you to eat. Eating proper foods actually elevates your metabolism and increases weight loss. In most conventional diets, the weight you lose is mainly muscle and water. Therefore, you only become a smaller version of yourself – a skinner fat you.

This part of the program is a reorganization of your current eating plan. You will learn what works best for your body and how to balance what you eat. You have the freedom to choose your own food, just keep in mind that the choices you make during the day will determine your outcome. Be responsible and honest with your choices and don't eat things you know are not good for you on a regular basis.

Protein is the mainstay of your program. It helps maintain your capacity for physical performance and plays an extremely important role in the body. It is a part of every living cell in your body, including muscle, bone, tissue, skin, hair, blood and much more.

- *Protein helps build resistance to disease in the form of antibodies
- *Protein transports substances through the blood stream
- *Protein contributes to the composition of the body's fluids
- *Protein provides a source of energy and heat for the body (increasing your metabolism)
- *Protein repairs worn out tissue
- *Protein builds new body tissue
- *Protein helps you lose weight and re-shape faster

Throw away the Bathroom Scale! In most conventional diet programs the weight you lose is mainly muscle and water. Therefore, you only become a smaller version of yourself – a skinnier FAT person. Your fat percentage barely changes, but your bathroom scale would have you believe that the diet worked. Standard bathroom scales can not reveal fat-loss. Regular diets don't work because they are based on a faulty design. They are based on weight loss instead of fat loss. You restrict yourself to a very low calorie diet or liquid diet and think you are reaching your goal because you are losing weight on the bathroom scales. Since the diet is not designed to lose FAT, you mainly lose muscle and keep unwanted fat. Then when you resume regular eating habits, you gain the weight back and so the vicious cycle continues..... This is called the Yo-Yo diet and it's not good to do!

History of the Body

Section 3.2

So Why Do We Retain Fat?

The answer goes back thousands of years. Early man ate anything he could find or hunt within reason. He instinctively did so because it might be days before he found his next meal. To survive, his body stored fat as fuel to be burned later. We still retain fat for the some reason. There is only one big difference, we don't have to hunt to hard to find our next meal – unless you call getting off the couch during a commercial break to get something out of the kitchen. By nature we are efficient fat storing machines. The built in survival mechanism is strong. Your body continually makes instinctive adjustments to stay alive. Dieting is no exception. In your mind you know you are simply dieting – however, your body on a cellular level believes you are starving to death and instinctively seeks higher calorie food in order to store more fat for future energy.

Starvation Mode

After repeated cycles of dieting, the body tends to stay in a semi-starvation mode. It continually craves specific foods as it tries to retain a certain level of fat. This

phenomenon is regulated by the hypothalamus gland, located in the brain. Within this gland is an agent known as the weight regulating mechanism (WRM) commonly referred to as the fat thermostat. Your fat thermostat controls the burning of energy. Our weight loss program system has been designed to lower your fat thermostat thus losing body fat while maintaining healthy lean muscle. Remember you can burn up to 50 calories per pound of lean muscle compared to only about 5 calories per pound of fat. So the question is...Would you rather have more lean muscle or more flabby fat? You're right...MORE LEAN MUSCLE. Are you motivated now?

Food Categories

Section 3.3

Our nutrition program is designed to be easy to understand and simple to follow. You don't have to read an entire book or see a dietician in order to understand the program. You can start making healthy nutrition choices immediately. Our system is called eating by categories, not by groups. There are certain foods in certain categories based on their caloric value (how much protein, carbohydrates, or fat they have in them).

1. LEAN MEAT, FISH AND POULTRY
2. VEGETABLES
3. FRUIT
4. STARCHES/CARBOHYDRATES
5. DAIRY
6. FATS
7. WATER

Category 1: Lean Meat, Fish, and Poultry

This category is an excellent source of protein. We suggest that you try sticking to the leaner and healthier meats. Eat turkey bacon rather than regular bacon or try to get the lowest fat and sodium content in ground beef that you can. The recommended amount of servings of

this category is 2-3 servings per day. A serving is between 4-5 ounces (the palm of your hand or deck of cards). Your food should be prepared in the following manner: Grilled, Broiled, Baked, Steamed, or Pan Seared with olive oil or spray. **NEVER BREADED OR DEEP FRIED.**

Category 2: Vegetables

You may have an unlimited amount of FRESH vegetables. It is important to keep in mind the type of preparation is important when consuming vegetables. Try not to add fat when preparing your vegetables. Use butter substitute for flavor rather than margarine or real butter. You should have at least 3 servings per day.

*Even if you don't like vegetables you need to try and eat some to help with: digestion enzymes that break down other food groups; antioxidants; vitamins; minerals; fiber; and o-mega 3 fatty acids

Category 3: Fruit

Unlike many of the fad diets we believe fruit is one of the healthiest foods you can eat. We recommend 1-3 servings per day. A serving is the size of your palm for loose fruit like berries and grapes. Medium size whole fruits would be an appropriate serving size. If you are a diabetic try to stay away from the higher glycemic index (sugar) fruits (i.e. pineapple, watermelon, and bananas).

Category 4: Starches/Carbohydrates

We ask that you only eat 2 servings of starches per day. Also, make sure you prepare these foods with as little fat as possible. A serving is considered the size of your fist (5-7 oz). It is always better to choose the less processed starches like sweet potatoes or whole wheat breads/pasta.

Category 5: Dairy

We recommend that you choose low fat or non-fat dairy products. A serving of dairy is the suggested amount that is stated on the label. You may have up to 3 servings per day.

Category 6: Fats

Total Fat indicates how much fat is in a single serving of the food in the package and it's usually measured in grams. Our bodies do need fat every day. Fat is a major source of energy for the body and aids in the absorption of vitamins A,D,E, and K as well as carotenoids. Fat is important for proper growth, development, and maintenance of good health. Fat provides flavor, consistency, and stability—and helps you feel full. It's important to look at not only the amount of fat we eat but also to pay attention to the type of fat we eat.

High intake of saturated fats, trans fats, and cholesterol increases the risk of coronary heart disease. A high intake of fat (greater than 35% of calories) generally increases saturated fat intake and makes it more difficult to avoid consuming excess calories. A low intake of fats and oils (less than 20% of calories) increases the risk of inadequate intakes of vitamin E and of essential fatty acids (omega – 3 fatty acids) and may contribute to unfavorable changes in high-density lipoprotein HDL (good cholesterol) blood cholesterol and triglycerides.

We suggest having 2-3 servings per day (40 grams/day) from the fat category. For example, a serving size would consist of a handful of mixed nuts or 2 tbsp of oils, butters, and spreads. Remember to pick healthy fats choices that are high in omega 3 – fatty acids, monounsaturated and polyunsaturated fats (like fishes, olive oils, natural butters like smart balance, avocados, and nuts).

Category 7: Water

Water is an absolute must!

Water works wonders for weight loss

Eight glasses a day flushes the fat away

As simple as it may sound, water is quite possibly the single most important item required to lose weight and keep it off. Although most of us hate drinking water, you will be surprised to know that it is a natural appetite suppressant while it helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Think of your body as a machine. The better the machine's maintenance, the more efficiently it operates. Water aids your kidney function. When the kidneys do not work to their capacity, the overload is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. If the liver is busy working for the kidneys, its body fat metabolism process slows, which causes more fat storage and puts a stop to your weight loss efforts.

Some people who tend to retain water are afraid to drink more, thinking their water retention will only increase. Not true. When the body gets less water, it perceives this as a threat to survival and begins to hold onto every drop. This can show up as swollen feet, legs, face and hands. Diuretics offer temporary relief; however, the body will replace the lost water at the first opportunity causing the condition to quickly return.

When you are overweight, your body actually needs more water than a thin person. Water helps maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss. During the weight loss process, the body has a lot more waste to get rid of, normally fat.

Now, the most important question is....How much water is enough? Most people should drink six to eight 8 ounce glasses every day. If you really want to speed up your weight loss, the overweight individual needs one additional glass of water for every 25 pounds of excess weight. You also want to drink more if you are exercising regularly and if the weather is very hot or dry. The serious workouts will help to make you thirsty so drinking water will not be difficult.

These are the basic guidelines that your coaches will assist you with. If you have disabilities, or other medical conditions, you may want to discuss this or any other part of this program with your doctor. In most circumstances they should recommend you to go ahead with our program as it is based on good balanced nutrition.

We are also supplying you with a grocery list that gives you examples from each of the categories and the amount of servings you should consume, along with a food diary so you can write down what you eat daily. You should record your meals on your food diary during the 16-week program and bring it to your coach weekly. The coaches will also provide suggestions and advice on any particular problem/concern with your nutrition program.

Remember to stick to the program 6 days a week, your 7th day is your Cheat Day. Eat whatever you want within reason. Studies show that by having this day to look forward to you will do better on your food choices for the week. Also, we are giving you guidelines to follow and your goal should be to follow them 95% of the time. Does that mean you will? Of course not, it is important to remember when

you do eat something unhealthy not to dwell on it, just realize it happens and get right back on track.

- *FOLLOW THE PROGRAM**
- *LISTEN TO YOUR COACH**
- *DON'T BE DISCOURAGED WHEN YOU HAVE A BAD DAY**
- *SET SHORT TERM GOALS**
- *DON'T GET FRUSTURATED WHEN YOU DON'T LOSE WEIGHT CONSISTANTLY WEEK TO WEEK**
- *GET READY FOR A LASTING CHANGE**

Suggestions for Dining Out

Section 3.4

Stick to the basics of your program. Meats, vegetables, fruits, and water. Choose restaurants that serve these items. When the waiter brings out the bread, only eat a small portion or none at all. If your favorite items on the menu are carbohydrates, try to eat only half of the servings and concentrate on the meats and vegetables. You will be just as satisfied once you are finished.

Fast Food Restaurants:

Most fast food restaurants concentrate on serving you fats and carbohydrates. This is because these foods are the least expensive to make and therefore the most profitable for business. However, there are still items on the menu that are perfectly okay to eat. Most all fast food restaurants have grilled chicken, fruit, and salads. If you must eat the hamburger, eliminate any cheese, mayo, or special sauces. Mustard and ketchup are the best choices for condiments. French fries are heavy on the fat and carbohydrates so if you must have french fries or onion rings, take half of them out of the serving and discard them. Never biggie size your meals. Small portions and eating frequently (every 2-3 hours) are best. Remember; try to limit your calorie dense drinks like juices and teas. These drinks are loaded with simple sugars like High Fructose Corn Syrup.

Don't Starve All Day To Save Up For The Big Meal Out!

Eat normal throughout the day, otherwise you will arrive so hungry and eat so fast, that you will overeat before you realize that you are full. In fact, it is a good idea to have a small low fat snack before you go out to eat (ex. piece of fruit or vegetable). Also, it is a good idea to have a glass of water before you start eating your meal, this will help fill your stomach faster.

Always On The Side:

Always ask for butter, salad dressings, and sauces to be served on the side. This puts you in control, you can regulate how much you want to use. You will probably notice how good the food really tastes when the flavor is not covered up with all the high fat condiments. You also can bring small packets of low fat dressings with you in your purse or pocket. This is becoming more acceptable in the restaurant world today.

You Can Take It With You:

Don't feel compelled to eat everything on your plate just because you paid for it. If half of the meal is all you feel like eating, take the rest home for another meal or share it with your eating partner. Send back the butter with the bread if you can't stay away from it. If you must, take one bite of the things you know that are not good for you, that way you will not feel as if you missed out. In reality the only thing you missed out on is adding fat to your body. If you think about it once you are full, you are full.

Share The Sweets:

If you are dying to taste the cheesecake, share it with a friend or only eat half of it. For those that feel only eating half is a waste, it is better to waste it leaving it on the plate rather than to waste it on your body.

SYNERGI'S 21 Day Nutritional “Sugar Detox Phase”

Section 3.5

The purpose of this phase is to assist your body in reaching an optimal chemical balance to allow you to lose weight in the fastest, safest, and most effective way possible. It is more of a cleansing phase and is not mandatory; we do suggest you try it.

Proteins

Select any protein from the Grocery List. Eat at least one protein with every meal or snack. Meats are best when baked, grilled or broiled.

Vegetables

Select any vegetable from the Grocery List. Try to eat at least 4-5 servings per day. Try for a variety.

Fat

Select 2-3 servings of fat per day.

Fruit

Select only 2 servings of fruit per day. An apple or an orange in the morning or 1 cup of strawberries in the afternoon. You may substitute a 1/8 of a cantaloupe as one of your servings.

Water

Eight 8 ounces must be consumed per day minimum. Remember to add an additional 8 ounces per 25lbs of excess body weight.

ABSOLUTELY NO STARCHES OR DAIRY DURING THIS PHASE!!!!

Limit from the following:

Up to ¼ tsp. of salt per day

Up to 20 oz. of diet soda (avoid if possible)

Up to 3 packets of artificial sweetener per day

Up to 4 cups of coffee or tea per day

Seasonings that have sugar or salt

Use sparingly light butters, oils and spreads

Food Grocery List

Section 3.6

<p style="text-align: center;">*Beef*</p> <p style="text-align: center;">Beef Top Round Steak Flank Steak Ham Low Fat Deli Lamb Low Fat Lean Ground Beef Pork Loin Lean cut Roast Beef Lean Cut Sirloin Steak</p> <p style="text-align: center;">Trim all Extra Fat</p>	<p style="text-align: center;">*Fish*</p> <p style="text-align: center;">Tuna Fish Crab Meat Flounder Cod Dolphin Grouper Haddock Halibut Lobster Salmon Scallops Shrimp Tilapia Fresh Water Fish</p> <p style="text-align: center;">No Breeding</p>	<p style="text-align: center;">*Poultry*</p> <p style="text-align: center;">Chicken Breast Turkey-Ground Turkey-Breast Quail Duck Egg Beaters Egg Whites</p> <p style="text-align: center;">No Breeding</p>
<p style="text-align: center;">**Vegetables**</p> <p style="text-align: center;">Asparagus Bean Sprouts Beets Broccoli Cabbage Carrots Cauliflower Lettuce Mushrooms Onions Peppers String Beans Squash Tomatoes Cucumbers</p> <p style="text-align: center;">Any Veg. except Corn & Potato & Peas</p>	<p style="text-align: center;">***Fruit***</p> <p style="text-align: center;">Apple Cantaloupe Grapefruit Orange Apricot Banana Blueberries Cherries Grapes Strawberries Peach Pineapple Tangerines Watermelon</p>	<p style="text-align: center;">****Starches/ Carbs****</p> <p style="text-align: center;">Corn Bread Oatmeal Cream of Wheat Grits Cereal Whole Wheat Pasta Sweet potato Regular Potato Brown Rice Pretzels Popcorn Turnips</p>
<p style="text-align: center;">*****Fat*****</p> <p style="text-align: center;">Almonds Walnuts Pecans Avocados Natural Peanut Butter Almond Butter Olive Oil Balanced Blend Butter</p>	<p style="text-align: center;">*****Dairy*****</p> <p style="text-align: center;">Eggs Cottage Cheese 1% Cream Cheese Non-Fat Skim Milk Parmesan Cheese Low Fat Tofu (Soybean) Yogurt Low Fat Plain Soy Milk</p>	<p style="text-align: center;">****Starches/ Carbs****</p> <p style="text-align: center;">Angel Hair Linguini Spinach Noodles Spiral Noodles White Rice Black Beans Lentil Beans Pinto Beans Peas Crackers</p>

Meats 2-3 servings/day

Vegetables 3+ servings/day

Fruit 1-3 servings/day

****Starches 2 servings/day****

*****Dairy 1-3 servings/day*****

*****Fat 2-3 servings/day*****

Sample Meal Plan

Section 3.7

7 Day Sample Meal Planner

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	Eggs, Bacon & Toast	Special K cereal with Banana	Grapefruit Bagel with cream cheese	Cantaloupe & Bran Muffin with light margarine	Sausage, eggs, strawberries	Sausage, cheese, egg & English Muffin	Protein shake, banana
<u>Snack</u>	Yogurt fat free	Protein shake	Banana	Hard boiled eggs	Protein Shake	Apple	Yogurt
<u>Lunch</u>	Grilled Chicken, green beans, salad	Ham & Swiss cheese, Sandwich, Cottage Cheese, Pineapple	Grilled Chicken Salad, Grapes	Chili, Salad, Plain baked potato	Taco Salad (No Shell), Refried Beans	Cheese Burger patty, Baked Potato with Fat Free Sour Cream	Fried Chicken (No Bread & Skin), Green Beans Salad, Salad, Mixed Fruit
<u>Snack</u>	Banana	Cantaloupe	Protein Bar	Orange	Raisins	Protein Bar	Grapes
<u>Dinner</u>	Sirloin, Club or chopped Steak, steamed carrots, Broccoli	Grilled Chicken Breast, Sautéed Vegetables, Salad	Grilled Salmon, Green Beans, Squash, Serving of brown rice	Turkey Breast, Broccoli, Carrots, Yogurt	Grilled Shrimp, Greek Salad, Dinner Roll	Sautéed Chicken & Shrimp, Vegetables, Cottage Cheese	Grilled Pork Chops, Broccoli, Salad, Steamed Carrots, Brown Rice
<u>Snack</u>	Peanuts	Beef Jerky	Celery & Peanut Butter	Protein Bar	Beef Sausage, Cheese	Hard boiled eggs	Mixed Nuts

21 Day Sugar Detox Meal Plan

Section 3.8

7 Day Sample Meal Planner

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	Eggs, Turkey Bacon	Mixed nuts (Almonds, Pecans, Walnuts) Protein Shake In Water	Grilled Chicken Salad	Egg White Omelet w/ green peppers, onions, mushrooms	Turkey Sausage, eggs, Tomatoes	Canadian Bacon, Natural Peanut Butter w/ Celery	Protein shake
<u>Snack</u>	Apple	Orange	Protein Shake In Water	Hard boiled eggs	Protein Shake In Water	Apple	Orange
<u>Lunch</u>	Grilled Chicken, green beans, salad	Grilled Top Sirloin thin cut, Rolled in romaine lettuce as a wrap w/ onions, green and red peppers	Grilled Chicken Spinach Salad, Carrots, Apple	Smoked Turkey Salad,	Grilled Tilapia W/ yellow squash	Tuna Fish w/ light olive oil mayonnaise, Celery, romaine lettuce	Fried Chicken (No Bread & Skin), Green Beans Salad, Salad, Cantaloupe
<u>Snack</u>	Orange	Cantaloupe	Strawberries	Apple	Cantaloupe	Strawberries	Hard boiled eggs
<u>Dinner</u>	Sirloin, Club or chopped Steak, steamed carrots, Broccoli	Grilled Chicken Breast, Sautéed Vegetables, Salad	Grilled Salmon, Green Beans, Squash,	Turkey Breast, Broccoli , Carrots	Grilled Shrimp w/ mixed veg. (broccoli, onions, mushrooms, string beans)	Sautéed Chicken & Shrimp, Vegetables,	Grilled Pork Chops, Broccoli, Salad, Steamed Carrots
<u>Snack</u>	Peanuts	Beef Jerky	Celery & Natural Peanut Butter	Protein Shake in Water	98 % Lean Beef Sausage,	Hard boiled eggs	Mixed Nuts

Lifestyle – Behavior Modifications

Understanding your emotions

Your Emotions are your feelings, which then lead to your actions or inactions – joy, sorrow, hate, love, guilt, etc. Some feelings are pleasant to experience (joy), while others are not so pleasant to experience. Our thoughts/mind control what individuals do and say. Therefore, those that have positive thoughts often act in ways that benefit their mind and body.

Using food to handle emotions

Unfortunately, for most people emotions are linked to eating patterns. When they experience the emotion (e.g. anxiety), they simultaneously experience a false hunger. They confuse emotional hunger with actual or real hunger.

Your food/mood connection

To find out if you are an emotional eater, keep a food diary for each week of this program. Each time you eat, note the following: Day, Time, Foods, Eaten, Amount, Place, and Feelings before eating. After a week, analyze your diary. Determine if there is a link between the feelings you experience (like anger) and eating.

Breaking the food/mood connection

As you know, eating to soothe emotions provides short-term, if any, relief. Rather than eat in response to your emotion, try the following:

1. Analyze the origin of the feeling.
 - a. Our feelings follow our thoughts. Sometimes our thoughts get distorted and as a result, our feelings are distorted as well. Think carefully about why you are feeling the way you do.
2. Validate your feelings.
 - a. If, after examination, you determine that your feelings are not the result of distortions in thinking, confirm their validity.
3. Permit yourself to experience the emotion.

- a. Feelings are wonder barometers of wants and needs. For example, when you're angry, it's a signal that you feel you've been violated by another or that you've been kept from reaching a goal.
4. Act on your feelings
- a. Once you acknowledge and experience your feelings, you are able to address the wants or needs beneath the feelings. For example, if you are angry, use assertive communication to express your feelings and corresponding wants and needs.

Chapter – 5

Helpful Suggestions

Section 5.1

FOOD ROTATION: This is the single greatest thing you can do daily to maximize the effect of the program. Even if you don't change one thing in your regular diet, but never ate the same item two days in a row, you would see a decrease in weight. Metabolism is a key to weight loss. If you eat the same thing every day you are actually slowing down your metabolism by putting it in a regular pattern. This is counterproductive. It is better to rotate all your foods every 24 hours. If you eat chicken on Monday, don't have it again until Wednesday. This rule is the same for everything that you eat, even if those foods are very low in calories. Lettuce is an excellent example. If you eat iceberg lettuce on Monday, have Bibb lettuce on Tuesday and Romaine on Wednesday. The change will keep your metabolism much more active and your body functioning more efficiently.

FOOD TRADING: Many food alternatives high in protein or low in fat can be substituted for food containing less desirable characteristics. Once educated about alternative foods, it is a lot easier to make smart choices. Grate your cheese, don't slice it. Try turkey bacon instead of pork. Try a high quality meal replacement shake for breakfast or lunch, in place of a sugary cereal, bagel, or fast food. (If not sure what type of shake to get, ask your coach for some ideas.)

****NOTE**** *A study presented at the North American Association for The Study of Obesity showed that people who followed a meal – replacement plan for 10 years weighed, on average, about 33 pounds less than people who didn't use a meal – replacement plan.*

DON'T DENY YOURSELF: No matter what food item you are lusting for, be sure to include one serving of it in your meal planning for the week. That's right – FOR THE WEEK. No, you cannot have chocolate cake every day, but you can plan on having it once a week. Find a comfortable eating plan that allows you the things you like on an occasional basis (not on a daily basis) and maintain this pattern.

DON'T SKIP MEALS OR SNACKS: A person's body is designed to eat about every three hours. By nature we are efficient fat storing machines and are built-in survival mechanism which is strong. Our body continually makes instinctive adjustments to stay alive. Dieting or skipping meals is no exception – in your mind you know you are simply dieting. However, on a cellular level your body believes you are starving to death and instinctively seeks high calorie foods in order to store more fat for future energy.

Hitting a Plateau

Section 5.2

First of all, understand that some plateaus are normal. Sometimes, your body just needs time to adjust to your new size or shape – it's just resting between your results. This type of plateau is normally short-term (possibly a few weeks)

Plateau Breaker #1

Three days of NO STARCHES. No bread, pasta, potatoes, carrots, popcorn, sweets...etc!!!! Eat only proteins, vegetables and fruits. The three day period must be consecutive days. Basically it is a shorter version of the 15 day take of phase.

The reason this plateau breaker is so effective is because carbs are your body's primary energy source. If you do not provide this energy with food, your body will turn to itself. By eliminating carbs for three days, you force your body to utilize the stored body fat it houses for energy, which will result in a weight loss and breaking of your plateau. Once this occurs, go back to your usual eating pattern and your weight loss should continue.

Plateau Breaker #2

Select one day and eat everything you would not normally eat on a regular basis... pizza, Mexican food, whatever is out of the ordinary. This change will shock your system and cause your metabolism to work harder to digest a larger and unusual quality of food. This shock will break your plateau and get your weight loss started again. REMEMBER TO ONLY DO THIS FOR ONE DAY.

Plateau Breaker #3

Increase your workout time by 30 minutes each session and workout at least four days each week until you begin to lose weight again.