

Ashley Spencer's

The Male Fertility Plan *Guide*



www.malefertilityplan.com

NOTICE: This report is only a GUIDE from the full version of “Male Fertility Plan” System. You have the Right to Reprint and share this report to others.

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Dear friend,

If you are reading this, then you must be like my partner and I who thought we could have babies anytime we wanted them – and were proven wrong. We were pussy-footing for years because there was just so much to achieve and enjoy individually and as a couple, before settling down to the serious business of raising a family. I belonged to the 20% of women who waited until 35 before considering parenthood and was shocked to find out I wasn't expecting long after we shucked off all forms of contraception. Who would have thought it was that difficult to summon the stork?

There are so many misconceptions and mistruths about male infertility circulating on the airwaves today, one might seriously believe that there are no way to reverse male infertility.

Now the first thing you need to understand is that when a couple experiences infertility, it is something that a couple must face as a team. This concept is incredibly important as most couples tend to focus only on the woman's health and completely overlook the male side of the equation.

The fact is that women alone do not account for a couple's fertility. Men also need to ensure that their sperm are healthy. Studies have shown that 30% of infertility is related to male factor problems such as structural abnormalities, sperm production disorders, ejaculatory disturbances and so on.

But despite the relative importance of infertility due to the male, infertility evaluations have traditionally focused on women, because women tend to seek gynecological care and because men are often reluctant to seek advice.

When a male is forced to contend with male factor infertility, he is facing an emotional journey. A man often associates his sense of masculinity with the ability to conceive a child.

Some men find that low sperm count or poor sperm quality makes them somehow "less of a man" or not as virile. That was certainly the case with my husband.

The "Male Fertility Plan" e-book encapsulates what we've learned and did in our journey to have a baby. Did we succeed? Yes! The baby is now a precocious and healthy 9 year-old. We've made your own journey as simple as possible – by explaining "what", linking this to the "whys" and offering numerous treatments not available in the past.

Hopefully in due time, one plus one makes three...or more!

Warm Regards,

Ashley Spencer

What is Infertility?



Infertility is not a purely medical issue. It is an emotionally-charged one as well with some couples facing unnecessary pressure, stress and loss of self-esteem. When the thought that you may never have kids first sink in; it's normal to go through all the stages of grieving. It's especially painful when you picture yourself doing all sorts of things parents and their kids take for granted – and realize something's wrong with the picture. You're not in it.

The good news is that you are not alone; incidence is rising globally and is attributed to increased stressors.

The better news is that it's normal to be angry, frustrated, impatient, and just a wee bit envious of other parents with cuties in tow. The best news is that most conditions can now be treated safely and effectively with medication, proper nutrition and lifestyle changes; with surgery as the last resort.

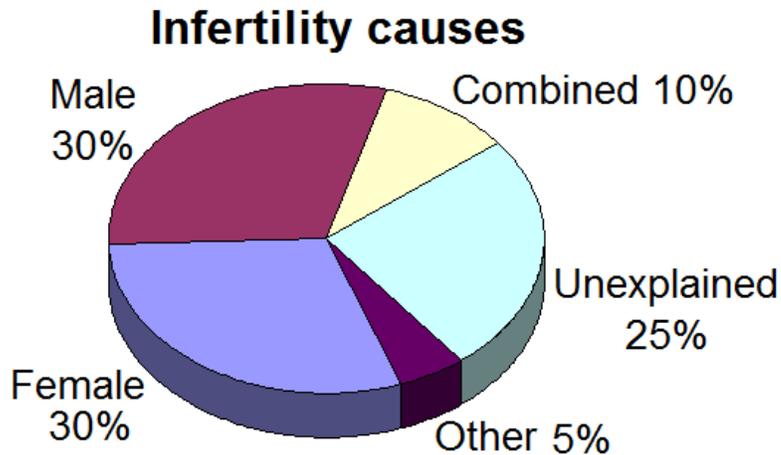
The World Health Organization (WHO) defines infertility as the inability of a couple to conceive after a year of frequent, unprotected sex. Around 10% 25% of couples like you are affected, with 15% eventually seeking medical treatment. Take heart because even if you do not belong to the 85% who spontaneously get pregnant during the first year, you may still be among the lucky 50% who eventually conceive within three years. Reproductive issues may affect one or both partners but oftentimes, the fertile partner can compensate for the subfertility one (reduced fertility) resulting to pregnancy.

Age matters especially for those over 30 so when you suspect infertility, don't wait for a year; have yourself checked six months after trying to have a child. Male fertility is also affected by aging, though in a less dramatic fashion. The testes usually after 40 get smaller; morphology of sperms change, motility of sperms is reduced and there is a higher incidence of genetic changes. The presence of systemic diseases like hypertension and diabetes and intake of drugs for these conditions also affect sexual health.

Exposure to environmental toxins and radiation also result to decreased fertility for both men and women. Fortunately, men who are in good condition do not suffer from a decline in testosterone levels even in midlife and beyond.

Because of the complex relationship between male and female factors, evaluation and treatment should be done as a team. It also makes treatment faster, cheaper, and less daunting. Time is gold indeed.

Causes of Infertility



Male infertility is the result of the interplay of a number of factors stemming from physical, chemical, behavioral and psychological ones within the bigger context of general health affected by lifestyle risk factors like smoking, stress, poor nutrition, alcohol intake, exposure to environmental hazards and drug intake. Whatever imperils or compromises production, release and successful passage and union of sperm with ovum is suspect.

In a nutshell the primary categories of male infertility causes are:

- Failure to produce enough quantity of viable, motile, sperms of correct shape and genetic composition;
- Complete or partial obstruction of the tubes or pathway of the sperm;
- Hormonal deficiency;
- Anti-sperm antibodies;
- Lifestyle preferences;
- Sexual dysfunction.

Ejaculation happens when sperms from the epididymis in the testes are expelled through the urethral meatus of the erect penis. Anything that interrupts the pathway of sperm release or sperm development will affect volume and quality of sperms.

Sexual Problems

Behavioral and psychological factors, stress and aging create more issues. Impotence also called Erectile Dysfunction (ED) is common, affecting 20 million Americans is so misunderstood and this lack of enlightenment causes more damage. Transient, occasional impotence may be



due to fatigue, disease and emotional stress and depending on how much you crave for a child this kind of pressure may ultimately be the greatest stressor of all.

Ninety percent of ED cases have an organic cause worsened by psychological factors. Performance anxiety can cause more anxiety and further loss of self-esteem.

Once impotence becomes more frequent, a trip to the doctor is required to rule-out other diseases such as diabetes, hypertension and heart disease. Drugs used to treat these very diseases can also cause impotence.

Premature ejaculation poses a problem when the man climaxes prior to full insertion of the penis into the vagina. However, if sperms are healthy, the couple can still successfully go for sperm harvesting and ART. Ejaculatory incompetence is a condition that may have a psychological cause because there is failure to ejaculate during intercourse but none when masturbating. In cases where relationship problems or other issues pressing enough to impede desire and performance exist, the couple must work through the kinks prior to attempting fertility interventions.

Medications



As mentioned a number of prescription and recreational drugs interfere with the ability to have sex or produce viable, motile sperms in adequate numbers. Recreational drugs and steroids should not even be considered at this point because chronic and heavy use can cause both reduced fertility and genetic damage.

Sperms have receptors that bind with marijuana, resulting to reduced motility and ability to penetrate the egg. Steroids on the other hand shrink testicles and this atrophy leads to reduced sperm production.

Apparently looking like Superman may not be so manly after all. These substances are to be avoided at all costs:

- Marijuana
- Cocaine
- Crystal meth and other amphetamines
- Anabolic steroids

Check which of these therapeutic drugs/classification might be responsible for your problems and ask your doctor for substitutes. Consider looking up the side effects of the drugs you've been prescribed and ask your doctor about possible drug interactions especially while under treatment for infertility. As you deal with possible causes, you conversely increase your chances of pregnancy. These drugs have an effect on the reproductive system directly or indirectly through the innervations and blood supply:

- Calcium Channel/Beta Blockers & other Anti-Hypertension
- Spironolactone and other diuretics
- Antipsychotics
- Anti-depressants
- Cimetidine
- Antibiotics
- Allopurinol
- Ketoconazole
- Sulfazalazine
- Steroids

Find more about this amazing information concerning methods, treatments, more factors of infertility at www.malefertilityplan.com and buy a full copy of "Male Fertility Plan" system today.

Here is an example of the extensive information that you will discover by adopting Male fertility Plan system

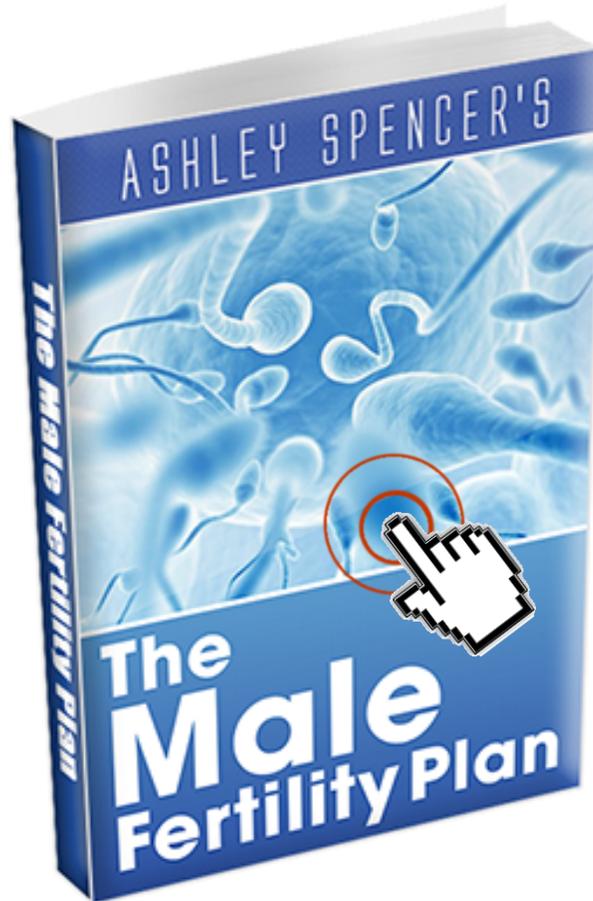
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And So many other information you can discover.

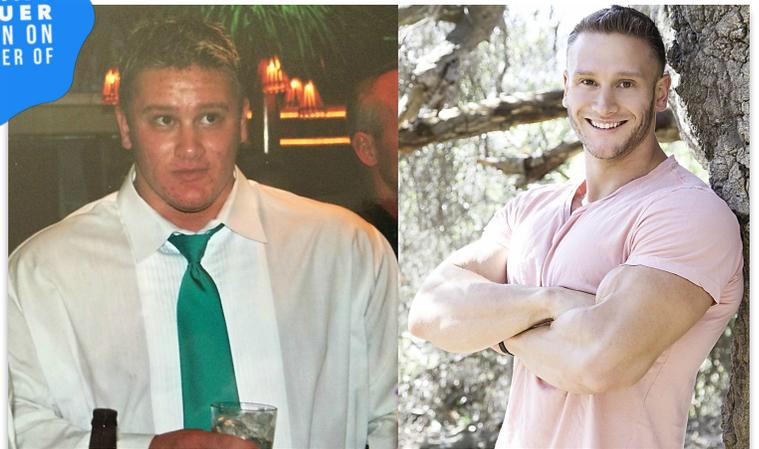
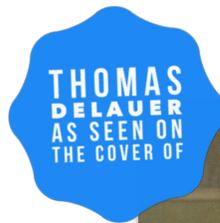
To get all of the steps of how to get rid of your infertility problems in order to boost your chances be free from this aggravating ailment, go to <http://malefertilityplan.com> the full copy of 'Male Fertility Plan' today.



The 24-Hour Reboot!



- Muscle & Fitness Magazine
- Muscle & Performance Magazine
- Ironman Magazine
- ICON Magazine
- Reddit.com



Thomas DeLauer is a well-known health and fitness coach that is most noted for his personal transformation and knowledge in the area of inflammation/nutrition. He has been featured on TV as well as some of the largest Health and Wellness magazines.

Please Read This Before Starting

This is not a series of random foods, there is a valid reason behind why these specific foods at a given time

How many times have you wanted to take control of your diet, but the daunting thoughts of how much you have to erase before you ever have a desire outcome seem to take over? You're not alone. That's how I felt...

You are going to see some food combinations that may seem a bit unconventional, but I want you to find the motivation to stick through this for one day. The purpose of this reboot isn't to necessarily help you lose a lot of weight in 1-day, but rather to help your body be in a prime position to transition into the right eating habits

It is difficult to start eating well and have it make a difference when your body still has a negative balance of the unhealthy foods in your body. The first step is always to give yourself a clean slate to work with.

Although you will likely see and feel some tremendous results with this 24 hour cleanse, just note that the magic takes place when you continue to eat an anti-inflammatory diet that allows you to get the most out of your nutrients.

This program is a KICKSTART to the way you feel when you give yourself a clean slate to work with.



Purpose of the 1-Day Reboot

When you have **excess inflammation** in your body, it can cause intestinal inflammation. This, in turn makes it difficult to absorb nutrients and therefore spikes cortisol levels, when this happens, your metabolism can slow down causing a whole world of problems!

I'm not a huge believer in taking a bunch of supplements or drugs to fix a problem. The thing is, the science is there to prove that just by eating the right foods at the right time during the day can really turn things around.

Look, this is a free program that I put out there to help as many people as possible. It's effective, but it's not going to turn around your health for you... you need to take that into your own hands.

What this cleanse protocol CAN do for you is this:

Give you the clean slate and lowered levels of inflammation that are required to get the most out of your diet! After this reboot you will likely be absorbing more nutrients, which means your metabolism will rage faster and if you choose the right steps at the end of the program, you can make leaps and bounds above what you would otherwise.

Rules That are VERY Important

- Review the Entire Program before Starting so that You know what to get from the Store
- Try to do about 15 Minutes of Easy Cardio on an empty stomach the day that you do your reboot (this mobilizes free fatty acids and helps your body burn a bit more fat)
- The foods really should **be all organic**. I know they cost a bit more, but it is worth it, especially for one day! The thing is, organic foods don't cause the inflammatory reaction within our bodies.
- **You're going to have to STAY AWAY FROM GLUTEN, GRAINS and DAIRY for at least this one day!**
- There is a good chance you'll feel typical detox symptoms during the reboot, but that's okay. You might get a slight headache, you might even get a bit of an upset stomach, but that's your body **working overtime to fight inflammatory responses!**
- If you feel dizzy, or weak, give yourself a bit of honey or blueberries as a first measure of action.
- **Make Sure You Drink at least 0.75oz of Water per Lb of Bodyweight!**

As with any program, if you feel exceptionally dizzy or weak, contact a health professional.

How You Transition Out of The Reboot is Critical – PLEASE READ

How many times have you done a cleanse and **rebounded worse** after the cleanse?? Let's make sure that doesn't happen!

Look, as much as I would love to ask you to support what I do and try my full 7-day reboot, I really just want to make sure you have success with this program. Honestly, it pays dividends to see people have success with this program and get motivated to start making the right changes.

Here's a few tips on how to transition out of the Reboot:

- 1) Continue to Drink 0.75oz per Lb of Body Weight for 5 Days
 - 2) Do Not consume more than 2500mg Sodium for 5 days (unless required for a condition)
 - 3) SLOWLY increase the amount of food that you consume after coming off the reboot. DO NOT BOUNCE right back to old habits, that is a recipe for weight and bloat rebound
 - 4) Phase out the high amounts of fruit, and begin to introduce more in the way of fats like coconut oil, almond butter, olive oil and even nuts like brazil nuts and walnuts.
-

If You are interested in transitioning into the Full 7-Day Cleanse that helps you transition a bit more, I do recommend you give it a try. If it doesn't work, I have a 100% quality assurance refund policy.

[Take Advantage of the 7-Day Organic Total Body Reboot by CLICKING HERE](#)

Quick Shopping List For You

- Organic Blueberries
 - Organic Honeydew Melon or Cantaloupe
 - Asparagus
 - Swiss Chard
 - Cucumber
 - Celery
 - 1 Organic Lemon
 - Protein of Choice (preferred Organic Cage Free Eggs)
 - (For Vegetarians) Red Split Lentils
 - Coconut Oil
 - Agave Syrup or Honey
 - Cayenne Pepper
 - Cinnamon
 - Himalayan Pink Salt
 - Apple Cider Vinegar
-
-

Breakfast

Breakfast: Start with 2 Tbsp Apple Cider Vinegar and Juice of 1 Lemon with 8oz Water

- Organic Blueberries OR Organic Honeydew Melon

2oz TOTAL Fruit for every 50lbs of bodyweight! I know it sounds like a lot, but this is for GOOD REASON! You can blend these too!

- 2 Stalks of Asparagus for Every 50lbs of Bodyweight

This is to ensure that your kidneys get flushed of excess calcium so that magnesium stores in the body can do their magic.

- 1 Tbsp of Organic Agave Nectar

- SMALL Serving of Protein (Organic Eggs Preferred) *Good Rule of Thumb is about 5g of Protein for every 50lbs of bodyweight. Protein is very important in this case. This is where lots of detox programs go wrong. You need protein to keep the metabolism functioning properly on a reboot.*

- Alternative for Vegetarians or Vegans - ½ Cup Red Split Lentils

- 1 Tsp of Cinnamon

On the Berries or in Smoothie to help carbohydrate metabolism

- 1/2 Tsp Himalayan Pink Salt - This is to help keep your minerals balanced throughout the day and to help with adrenal function.

- ½ Tsp of Cayenne

Stimulates the metabolism to process the impurities and reduce inflammation.

1 Day Reboot Lunch

Eaten about 4-5 Hours Later:

- Organic Swiss Chard

Roughly about 1 cup, but can go as high as 2.5 cups)

- PROTEIN, about HALF the size of your fist this meal

- *We don't need much here, all we are trying to do is keep amino acid levels higher*

- 1oz of Berries or Melon for Every 50 Lbs Bodyweight

- 1 Tbsp Organic Coconut Oil

The purpose here is to give your body medium chain triglycerides that it needs to mobilize free fatty acids (helps you burn fat)

- ½ tsp of Cayenne Pepper

Sprinkled on protein OR Swiss Chard

Alternative Lunch (Juice)

If you'd feel better juicing your lunch, try this one out!

If you don't have a juicer, you're better off opting for the whole-food meal above.

- Juice of 2x Cucumbers (organic), 1x Small Knuckle of Ginger Root, Juice of 1 Beet(Organic), 1/2 Cup blueberries, 1 tsp Turmeric root, ½ Tsp Cayenne Pepper, 1x stalk of celery
- Still consume the HALF of a FIST sized portion of protein (**organic**) or use organic **PEA PROTEIN** powder.

1 Day Reboot Dinner

- **No Protein with this Meal**

- Organic Blueberries or Honeydew/Cantaloupe Melon

2oz per 50lbs of bodyweight. If you opt for cantaloupe, eat the seeds as they are exceptionally high in Omega 3 Fatty Acids.

- 1 tsp Cinnamon

I recommend putting this on the berries or melon, it is to help with carbohydrate absorption and blood sugar.

- 1 Tbsp Organic Coconut Oil

Melted or as a plain spoonful.

- Juice of 1x Cucumber plus 2x Stalks of Celery

This can be eaten straight if you do not have a blender

- **2 Tbsp Apple Cider Vinegar Before BEDTIME!**

Once you've completed the last meal of the day, be sure to drink a fair bit of water before going to bed. It is also a recommendation that you have a bit of magnesium (by way of capsule) to help your body balance out in the way of minerals and electrolytes.

If you want to transition out of the Reboot with the right vitamins to refuel your body, you can get a special discount on my Vitamin and Supplement Bundle by Clicking Below.

[Get The Special Pricing on Vitamins for after the Reboot Here](#)

Go to the Next Page to Look at the Next Steps!

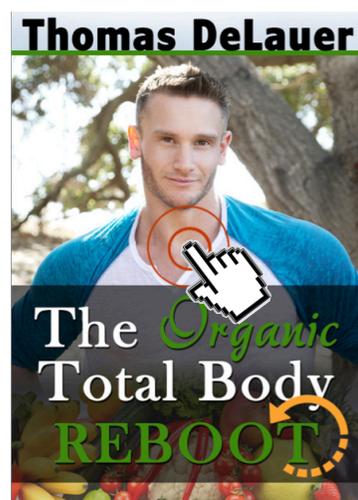
You're Feeling Good, What's Next?

Now that you've helped reduce the inflammation within your body, you can go right back to eating the way that you were... Or... You can take the opportunity of having a clean system and a purified body and start making some easy changes.

You see, now you're experiencing some new-found energy, your body is absorbing what it needs in the way of nutrients and your metabolism is firing up. But you know the saying, **"Rome wasn't built in a day..."** Well the same goes for reducing inflammation and getting healthy.

I've created an expanded version of this program that walks you through **Step-by-Step** what you can do for 7-days to dramatically feel better and **REALLY** kick start your way to better health. It's called my **7-Day Organic Total Body Reboot** and you can [**get it by clicking right here!**](#)

I designed this with a couple of ph.d friends of mine and it's the same program that helped me get on my weight loss journey, but also what helped my wife beat her symptoms and get back to being the best version of herself in very little time. You've taken the Steps to get healthier, why not take the next step to really feel the way you should. [**Click Below and Get Started!**](#)



Hey There!

Alright, so the Organic Total Body Reboot has some weird foods in it, I'm not going to lie! But it's the sequence in which you eat these foods that makes all the difference and helps you to reduce inflammation dramatically.

So hear me out on some of these foods that I'm having you order, and especially the quantities of those berries... It sounds a bit crazy (and it kind of is), but the stellar results of over 40,000 awesome clients speaks for itself!

Do you yourself a favor though, and look through the full program first. It's good for you to get an idea of what you're going to be eating so that you can get a good sense of how much to buy, and what not (it varies by how much you weigh and that is what makes this so effective (Because it's a bit more personalized this way))

7-Day Organic Total Body Reboot Grocery Shopping List

- **Organic Lemons (You're going to Need at least 7-14 of These)**
- **Apple Cider Vinegar (One small bottle will suffice)**
- **Organic Protein of Your Choice (Preferred Fish or Cage Free Eggs - You will consume about 0.25oz of Protein for Every Pound of Bodyweight each day)**
- **Organic Berries (Blueberries, Raspberries, Blackberries, Strawberries - You will consume 4oz for every 50lbs of Bodyweight here, it's A LOT of berries)**
- **Asparagus (No need to be Organic, Asparagus is safe as NON-ORGANIC - You will need 2 stalks for every 50lbs of bodyweight)**
- **Organic Coconut Oil**
- **Organic Local Honey**
- **Cayenne Pepper**
- **Organic Kale (or Baby Kale)**
- **Organic Carrots (You'll use these for juicing, so about 2-3 per day)**
- **Ginger (About 1 Small Knuckle Per Day)**
- **Organic Cucumbers 1-2 per Day**
- **Turmeric Root**
- **Raw Shredded Cabbage (Or Head of Cabbage you can cut up - ½ Cup per day)**
- **Organic Broccoli or Baby Broccoli**

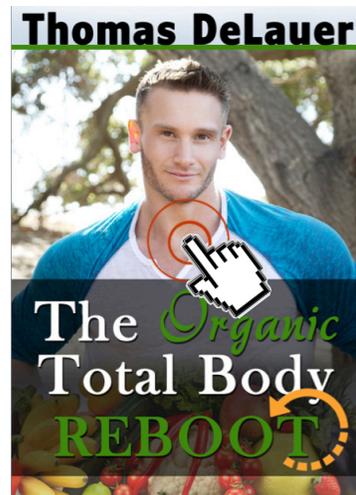
Basic shopping list that you can follow for this first week:

Foods with an "***" Indicate a must have food type, others are optional for

Best Options	Potential Substitutions
Carb Sources	Carb Source Substitutes
**Puffed Rice Cereal or Organic Rice Crispies (type)	<i>Organic Rice Cakes (unsweetened)</i>
**Organic White Rice	<i>Organic Brown Rice, Organic Quinoa</i>
**Red Potatoes	<i>White Potatoes, Fingerling Potatoes</i>
**Organic Black Beans	<i>Organic Pinto Beans, Organic Kidney Beans</i>
**Honey	<i>Agave Syrup</i>
**Sweet Potatoes	<i>Yams</i>
Tapioca Flour	<i>Coconut Flour</i>
Fat Sources	Fat Source Substitutes
**Coconut Oil	<i>Avocado Oil, Olive Oil, Palm Oil, Macadamia Nut Oil</i>
**Avocado	<i>There is no solid substitute for Avocado</i>
**Almond Butter	<i>Cashew Butter, Sunflower Nut Butter</i>
**Sprouted Almonds	<i>Sprouted Cashews</i>
**Sprouted Walnuts	<i>No Solid Substitute for Sprouted Walnuts</i>
** Unsweetened Baking Chocolate	<i>No Substitute</i>
Coconut Cream (This is usually in a can)	
Protein Sources	Protein Alternatives
**Organic Chicken Breast	<i>Organic Turkey Breast</i>
**93% or 99% Lean Ground Chicken/Turkey	<i>No Substitute</i>
**93% Lean Organic or Grass Fed Ground Beef	<i>93% Lean Ground Turkey</i>
**Wild Caught Alaskan Cod	<i>Dover Sole, Responsibly Raised Tilapia, Other White Fish (Wild Caught)</i>
**Wild Caught Salmon	<i>Wild Caught Sea Bass</i>
Higher Fat Cut of Steak (Ribeye, etc)	<i>Higher Fat Poultry (Chicken Thigh, Wing, etc)</i>
ORGANIC Breakfast Sausage (Low Sodium)	<i>Sub for LOW SODIUM Bacon or Turkey Bacon</i>
Pea Protein Powder	<i>Brown Rice Protein Powder NO WHEY PROTEIN</i>
Vegetables and Fruits	Vegetable and Fruit Alternatives
**Kale	<i>Spinach, Mixed Greens NO ICEBERG LETTUCE</i>
**Snap Peas	<i>Green Beans</i>
**Broccoli Sprouts	<i>Radish Sprouts, Other Sprouted Veggies</i>
**Cabbage	<i>Kimchi, Sauerkraut (this is for a pro-biotic)</i>
Zucchini	<i>Squash, Spaghetti Squash, Butternut Squash</i>
Olives	
**Blueberries	<i>Raspberries, Blackberries</i>
**Strawberries	<i>Apricots, Peaches, Nectarines</i>

**Bananas	<i>Plantains</i>
Watermelon	<i>Cantaloupe, HoneyDew</i>
Others	Others
**Stevia	<i>MonkFruit Extract</i>
**Chile Powder	<i>Paprika, Bell Pepper</i>
Eggplant	
Spirulina	
Apple Cider Vinegar	

GET THE COMPLETE PROGRAM:



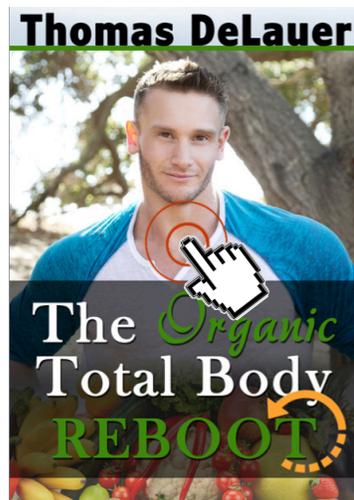
Basic shopping list that you can follow for weeks 2-4

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**Red Potatoes	<i>White Potatoes, Fingerling Potatoes</i>
**Honey	<i>Agave Syrup</i>
**Sweet Potatoes	<i>Yams</i>
Tapioca Flour	<i>Coconut Flour</i>
Fat Sources	Fat Source Substitutes
**Coconut Oil	<i>Avocado Oil, Olive Oil, Palm Oil, Macadamia Nut Oil</i>
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Coconut Cream (This is usually in a can)	
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**Wild Caught Alaskan Cod	<i>Dover Sole, Responsibly Raised Tilapia, Other White Fish (Wild Caught)</i>
Wild Caught Salmon	<i>Wild Caught Sea Bass</i>
**Lean Cut of Pork or Lean Ground Buffalo (Bison) This is to shock the body with a different source of protein.	<i>Venison or Elk (if available)</i>
Higher Fat Cut of Steak (Ribeye, etc)	<i>Higher Fat Poultry (Chicken Thigh, Wing, etc)</i>
Pea Protein Powder MAKE SURE IT DOESN'T CONTAIN BROWN RICE PROTEIN	
Vegetables and Fruits	Vegetable and Fruit Alternatives
**Kale	<i>Spinach, Mixed Greens NO ICEBERG LETTUCE</i>
**Snap Peas	<i>Green Beans</i>
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Zucchini	<i>Squash, Spaghetti Squash, Butternut Squash</i>
Olives	
**Blueberries	<i>Raspberries, Blackberries</i>
**Strawberries	<i>Apricots, Peaches, Nectarines</i>

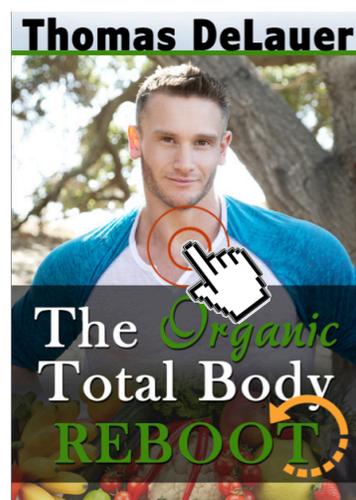
**Bananas	<i>Plantains</i>
Watermelon	<i>Cantaloupe, HoneyDew</i>
Others	Others
**Stevia	<i>MonkFruit Extract</i>
Spirulina	
Kombucha For Additional Pro-biotic Effect	<i>Kimchi, Sauerkraut</i>
Apple Cider Vinegar	
Maca Root Powder	

GET THE COMPLETE PROGRAM:



Supplement/Vitamin	Dose and Times per Day	Purpose
Krill Oil 1,250 mg	1 Capsule 3x Daily w/ Meals	Omega 3 Fatty Acids without the Mercury Content
Alpha Lipoic Acid 200mg	1 Capsule 3x Daily w/ Meals	Powerful Antioxidant and Carbohydrate Metabolism
Chromium Picolinate 200mcg	1x 200mcg tab with each meal	Aids in carbohydrate and fat metabolism
Maca Root Powder	1 Tsp – ½ Tbsp 1x per day from week 2 +	Aids in healthy hormone function and metabolism
Digestive Enzymes (Generic)	1 Digestive Enzyme with Each Meal	Helps break down the food that you are consuming to further aid in nutrient absorption
Probiotic Supplement or Acidophilus	2 capsules at end of the day	Helps restore healthy gut bacteria to aid in digestion
Vitamin B-12 Sublingual	1,000mcg 1x per day	Helps nerve function and helps with energy while dieting
Spirulina Greens	2 Tbsp at least once per day	For an extra phytonutrient boost
Vitamin C 500mg	2x Capsules 2x per day	Helps lower cortisol levels so that you can preserve lean muscle
Multivitamin	1x Capsule 1x per Day	To ensure a healthy balance of minerals
Potassium 200mg	1x Capsule 2x per Day	To help with mineral and electrolyte balance
Magnesium 500mg	1x Capsule 1x per Day	Also helps electrolyte balance as nerve and bone function

GET THE COMPLETE PROGRAM:



THE 21 DAY SUGAR DETOX >>>

the YES/NO foods list

while completing The 21-Day Sugar Detox, follow these lists for what's in and what's out!

YES FOODS: eat these foods liberally

ALL MEAT & FISH

(including but not limited to)

Beef	Lobster
Buffalo	Mahi Mahi
Chicken	Mussels
Clams	Pork
Duck	Red Snapper
Eggs	Scallops
Game meats Salmon	Shrimp
Goat	Swordfish
Halibut	Turkey
Lamb	Tuna / Ahi tuna
	Veal

VEGETABLES

(including but not limited to)

Artichokes	Lettuce
Asparagus	Mushrooms
Broccoli	Onions
Brussels sprouts	Parsnips
Cabbage	Peppers
Carrots	Radicchio
Cauliflower	Radishes
Celery	Rutabaga
Collard Greens	Salad greens
Cucumber	Snow/Snap Peas
Eggplant	Spinach
Garlic	Summer Squash
Ginger	Tomato
Green beans	Zucchini
Leeks	Kale

NUTS/SEEDS & BUTTERS

Almonds	Hemp seeds
Chia seeds	Pecans
Coconut	Sesame seeds
Flax seeds	Walnuts

FATS & OILS (see guide)

Animal Fats	Flax oil
Avocado	Ghee
Butter	Olive oil
Coconut oil	Sesame oil

DAIRY***

Milk (whole- raw if possible)	Cottage cheese
Cheese	Yogurt/Kefir: plain

BEVERAGES

Coffee, espresso drinks (no sweetener)
Herbal Tea
Nut Milks: Coconut, Almond- unsweetened
Water, mineral water, seltzer

NO FOODS: do not eat these foods for 21 days

VEGETABLES

Butternut squash
Corn
Sweet potatoes
White potatoes
Winter squash
Yams

FRUIT OF ALL KINDS*

(see sometimes list!)

NUTS/NUT BUTTERS

Peanut
Cashew

GRAINS/REFINED CARBOHYDRATES**

Bread	Croissants
Bagels	Cupcakes
Breadsticks	Muffins
Brownies	Oats/Oatmeal
Cake	Pasta
Candy	Pastries
Cereal/Granola	Pita
Chips (potato, corn, etc.)	Pizza
Cookies	Popcorn
Couscous	Rolls
Crackers	Tortillas / Tortilla chips

DIET/SUGAR-FREE or artificially sweetened food or beverage items of any kind.

BEVERAGES

Coffee "drinks" or shakes that are pre-sweetened
Juice
Milk: skim & 1%
Soda of any kind
Sweet-tasting drinks (besides herbal teas)

ALCOHOL

All alcohol is a "no" – it's just 3 weeks!

LIMIT FOODS: see NOTES below for details

VEGETABLES

Beets

FRUIT

Green apples*
Bananas* (green tipped/ not quite ripe)
Lemon
Lime

GRAINS/LEGUMES (BEANS)**

Barley	Pinto beans*
Black beans*	Quinoa*
Buckwheat*	Red beans*
Garbanzo beans (Chickpeas)*	Rice (brown, wild, white, etc.)
Kamut*	Spelt*
Lentils*	

BEVERAGES

Coconut juice/water
Kombucha (fermented drinks, check sugar content on label- must be under 4g per serving)

THE 21-DAY
SUGAR
DETOX

NOTES:

* These items MAY be used as one 1/2 cup serving or 1 piece per day.

** For a more ADVANCED sugar detox, eliminate ALL GRAINS & LEGUMES

*** For an ADVANCED+ detox, eliminate ALL GRAINS, LEGUMES & DAIRY.

sneaky sugar synonyms

all sugar and sweeteners listed here are **out**
 for The 21-Day Sugar Detox

additional considerations for sweetener choices after The 21-Day Sugar Detox

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener after your 21DSD.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious that most of them use highly refined, low-quality sweeteners. Food manufacturers even hide sugar in foods that you didn't think were sweet! Many foods that have been made low-fat or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the high-fructose corn syrup (HFCS) commercials really get things wrong: Your body actually does not metabolize all sugar the same way. Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time because the high fructose content of both requires processing by the liver before the sugar hits your bloodstream. This yielded a seemingly favorable result on blood sugar levels. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to your health. Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win! ●

NATURAL SWEETENERS*



Brown sugar	Date sugar	Molasses
Cane juice	Date syrup	Palm sugar
Cane juice crystals	Dates	Raw sugar
Cane sugar	Fruit juice	Stevia (green leaf or extract)
Coconut nectar	Fruit juice concentrate	Turbinado sugar
Coconut sugar/crystals	Honey	
	Maple syrup	

*Natural sweeteners are the options I recommend using in very limited quantities *after* your 21DSD.

NATURALLY DERIVED SWEETENERS



Agave	Fructose	Mannitol
Agave nectar	Glucose/ glucose solids	Muscovado
Barley malt	Golden sugar	Refiner's syrup
Beet sugar	Golden syrup	Sorbitol
Brown rice syrup	Grape sugar	Sorghum syrup
Buttered syrup	High-fructose corn syrup	Sucrose
Caramel	Invert sugar	Tagatose (Tagatose, Nutrilatose)
Carob syrup	Lactose	Treacle
Corn syrup	Levulose	Yellow sugar
Corn syrup solids	Light brown sugar	Xylitol (or other sugar alcohols; typically they end in "-ose")
Demerara sugar	Maltitol	
Dextran	Malt syrup	
Dextrose	Maltodextrin	
Diastatic malt	Maltose	
Diastase		
Ethyl maltol		

ARTIFICIAL SWEETENERS



- Acesulfame K/Acesulfame Potassium (Sweet One, Sunett)
- Aspartame (Equal, NutraSweet)
- Saccharine (Sweet'N Low)
- Stevia, white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)

fats & oils

cleaning up your diet by using the right fats & oils is essential to improving your health

WHICH TO EAT

SATURATED IDEAL FOR HOT USES

PLANT SOURCES *organic, unrefined forms are ideal*

- coconut oil
- palm oil *from sustainable sources*

ANIMAL SOURCES *pasture-raised/grass-fed & organic sources are ideal*

- butter, ghee/clarified butter
- duck fat
- lamb fat
- lard
- schmaltz (chicken fat)
- tallow

UNSATURATED IDEAL FOR COLD USES

organic, extra-virgin, & cold-pressed forms are ideal

- avocado oil
- nut oils (walnut, pecan, macadamia)
- olive oil
- sesame oil
- nuts & seeds (including nut & seed butters)
- flaxseed oil (higher in polyunsaturated fatty acids, so consume in extremely limited amounts)

Note: Unsaturated fats—often called oils as listed above—are typically liquid at room temperature and are easily damaged (oxidized) when heat is applied to them. You do not want to consume damaged fats; therefore, cooking in these fats is not recommended.

WHICH TO DITCH

SATURATED

Man-made fats are never healthy. Trans fats are particularly harmful. “Buttery spreads,” including oil blends like Earth Balance, Benecol, and I Can’t Believe It’s Not Butter
 hydrogenated or partially hydrogenated oils
 margarine

UNSATURATED

These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat. Consuming oxidized oils is never healthy.
 canola oil (rapeseed oil) safflower oil
 corn oil soybean oil
 grapeseed oil sunflower oil
 rice bran oil vegetable oil

For more detailed information on the fatty acid profiles of fats & oils, check out my book *Practical Paleo*.

CHOOSING COOKING FATS

listed in order of most stable to least stable for cooking

The fats and oils are ranked below based on the following criteria:
 1. how they’re made—choose naturally occurring, minimally processed options first; 2. their fatty acid composition—the more saturated they are, the more stable and less likely to be damaged or oxidized they are; 3. smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

VERY STABLE—IDEAL FOR COOKING

- coconut oil
- butter/ghee
- cocoa butter
- tallow/suet (beef fat)
- palm oil *from sustainable sources*
- lard/bacon fat (pork fat)
- duck fat

MODERATELY STABLE—BEST COLD

- avocado oil*
- macadamia nut oil*
- olive oil*
- rice bran oil*

LEAST STABLE—NOT RECOMMENDED

- safflower oil**
- sesame seed oil**
- canola oil**
- sunflower oil**
- vegetable shortening**
- corn oil**
- soybean oil**
- walnut oil*
- grapeseed oil**

*While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed, for flavor.

**These oils are not recommended for consumption, whether hot or cold, but are listed here for your reference, as they are commonly used.

replacing foods

think ahead to what you will eat in place of some of your favorite fallbacks while on The 21-Day Sugar Detox

WHAT TO REPLACE

WHAT TO EAT



soy sauce, wheat-free tamari



coconut aminos

cow, goat, or sheep milk (for Level 3)



coconut milk, almond milk (page 213)

hot or cold breakfast cereal/oats



assorted chopped nuts, coconut, and 21DSD fruit with coconut milk

grain-based/pre-made granola



grain-free banola (page 200)



breakfast/granola bars



hard-boiled eggs or quiche to-go (page 104)

protein/snack bars



jerky (page 184) and a handful of nuts or single-serving nut butter packets

pancakes made from grain flour



pumpkin pancakes (page 98), almond flour pancakes



sweetened smoothies



21DSD smoothies (page 92)



pasta made from grain flour



spaghetti squash (page 122), zucchini noodles (pages 148, 176) or cucumber noodles (page 170)

biscuits/rolls made from grain flour



savory herb drop biscuits (page 188)

crackers made from grain flour



herb crackers (page 183) or fresh veggies cut into thin discs

cookies or donuts made from grain flour & sweetened



not-sweet cinnamon cookies (page 195), apple cinnamon donuts (page 199)



rice



basic cilantro cauli-rice (page 172)

dining out

tips and tricks for navigating menus and making healthy choices

AMERICAN FOOD

AVOID: Fried foods, anything breaded, sandwiches, wraps, and pre-mixed dressings.

ENJOY: Bunless or lettuce-wrapped burgers and salads with lemon or vinegar and olive oil.

CHINESE FOOD

AVOID: Unless you know the restaurant well enough to make special requests for no MSG and only sauces without sugar, it's best to avoid Chinese food. Many of the sauces contain hidden sweeteners.

INDIAN FOOD

AVOID: Skip the naan and rice. Ask about flour/gluten in sauces and spice rubs.

ENJOY: Meats and veggies that are grilled or roasted and not drowning in sauces. Tandoori meats are often marinated in yogurt, so they're okay on Levels 1 and 2, but not on Level 3.

ITALIAN FOOD & PIZZA

AVOID: Bread, pasta, and breaded meats. Ask about sauces and preparation of items (meatballs often contain breadcrumbs). There is simply no great way to enjoy a healthy version of pizza while dining out.

ENJOY: Broiled chicken, fish, shrimp, or other protein with red sauce and veggies or salad on the side. If you're craving pizza, make "meatza" at home (recipe on page 126), or make pizza with a cauliflower crust if you are on Level 1 or 2 (which typically include cheese) or an almond meal crust for any level.

JAPANESE FOOD

AVOID: Rice (white and brown) is typically flavored with vinegar, which is okay, but also sugar, which is not. Also avoid anything fried or tempura battered, imitation crab, and most sauces.

ENJOY: Sashimi or broiled fish; just be sure to ask about sauces used and avoid soy sauce.

MEXICAN FOOD

AVOID: Tortilla shells and chips (both corn and flour), beans, and rice (or eat limited portions per Level 1 & 2 guidelines). Vegetarians: Have some beans but go lightly on the rice.

ENJOY: Meat, salsa, and guacamole—often you can ask for these ingredients to be placed over a salad or with vegetables. Ask for raw celery or carrots to dip into guacamole. Ask for a side of vegetables to add to your entrée.

THAI FOOD

AVOID: Sauces that contain peanuts. Also avoid noodles and desserts.

ENJOY: A curry dish or other coconut milk-based dish without rice.

MORE TIPS & TRICKS

smart dining on The 21DSD

Think ahead and don't arrive starving. Eat a small snack of some nuts or nut butter, or even a few bites of avocado or leftover meat before you head out the door.

Preview the restaurant's menu online before you go.

Check out reviews from other diners on a site like Yelp.com or TripAdvisor.com (especially when traveling).

Pass on the bread basket—it'll keep temptation away! Ask for sliced veggies or olives instead.

Either skip the appetizers or opt for a salad starter.

Entrées are easy. While finger food is often breaded, fried, or otherwise carb-loaded, entrées that are made of simpler ingredients can be easy to find.

Look for grilled, broiled, or baked options. These typically aren't breaded, so they'll be safer bets for your detox. But ask the server for details on how things are prepared; they're used to questions! Be polite, but get the answers you need.

Make substitutions. If a meal comes with French fries, bread, or pasta, simply ask that the kitchen either leave it off of the plate or substitute some vegetables instead.

AT PARTIES

Ask the host what they plan on serving so you know what to expect. Bring a dish or two that you know you can enjoy and that will satisfy your hunger. The host will be happy to have the contribution, and you'll be glad to know that you won't be hungry all night if they're serving only foods that you aren't currently eating. ●

stocking pantry

HERBS & SPICES

- Ancho Chili Powder
- Basil (fresh)
- Black Pepper
- Brewer's Yeast
- Cayenne
- Chili Powder
- Chipotle Powder
- Chives (fresh)
- Cilantro (fresh but best to keep on hand weekly)
- Cinnamon
- Coriander
- Cumin
- Fennel Seeds (ground)
- Garlic (fresh)
- Ginger (fresh)
- Granulated Garlic
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Pumpkin Pie Spice
- Pure Vanilla Extract
- Red Chili Flakes
- Rosemary
- Saffron
- Sage (ground)
- Sage leaves (fresh)
- Sea Salt
- Smoked Paprika
- Turmeric
- Unsweetened Cocoa Powder

FATS & OILS

- Bacon Fat
- Coconut Oil
- Duck Fat
- Macadamia Nut Oil
- Olive Oil
- Unsalted Butter

CANNED & JARRED

- Capers
- Coconut Milk
- Dijon Mustard (gluten-free)
- Kalamata Olives
- Pumpkin
- Tomato Paste
- Tomatoes (diced)

NUTS & SEEDS

- Almond Butter (no sugar added)
- Almond Meal/Flour
- Almonds (whole)
- Almonds (slivered/sliced)
- Coconut Flour
- Macadamia Nuts
- Pepitas (Pumpkin Seeds)
- Sesame Seeds
- Walnuts

SAUCES & OTHER...

- Apple Cider Vinegar
- Baking Soda
- Balsamic Vinegar
- Coconut Aminos
- Fish Sauce
- Hot Sauce
- Raw Tahini (ground sesame paste)
- Rice Wine Vinegar
- Tossamae's Wing sauce

HERBS & SPICES

- sea salt
- black pepper
- dried rosemary
- dried thyme
- dried dill
- dried parsley
- dried oregano
- granulated garlic
- ground cumin
- Chinese five spice powder
- ancho chili powder
- cayenne pepper
- allspice
- fennel seeds
- mustard powder
- ground sage
- onion powder
- chipotle powder
- smoked paprika
- ground cinnamon
- ground ginger
- ground cloves
- ground coriander
- turmeric
- unsweetened cocoa powder
- nutmeg
- yellow curry powder
- vanilla extract
- bay leaves
- pumpkin pie spice (optional)
- red pepper flakes (optional)
- white pepper (optional)
- 1 vanilla bean pod
- 2 tbsp finely ground coffee beans
- 1 cardamom pod
- cinnamon sticks
- celery salt

FATS & OILS

- bacon Fat
- coconut Oil
- ghee
- cold pressed sesame oil
- macadamia nut Oil
- olive oil
- unsalted butter

CANNED & JARRED

- coconut milk
- canned pumpkin
- capers
- tomato paste
- tomato sauce
- black olives
- diced green chiles
- baking soda
- gelatin
- 1 can no-salt added diced tomatoes

NUTS & SEEDS

- pecans
- walnuts
- almonds
- pistachios
- chia seeds
- sunflower seeds
- sesame seeds
- almond butter
- almond flour
- almond milk
- arrowroot flour
- coconut flour
- unsweetened coconut flakes

SAUCES & OTHER...

- fish sauce
- hot sauce
- coconut aminos
- sesame tahini
- gluten free dijon mustard
- organic rice vinegar
- nutritional yeast
- apple cider vinegar
- gluten free brown mustard

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 yellow onion
- 2 red onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 1 cup snow peas
- 4 large zucchini or yellow squash
- 2 cucumbers
- 1 large head broccoli

FRUITS

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- For Snacks: Green Tipped Bananas, Green/Granny Smith Apples, and/or Grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 ½ lb. boneless skinless chicken breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as London broil) or chicken or turkey
- 4 (4-6 oz.) wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone-in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 (6-ounce) cans Salmon

OPTIONAL

- Rice
- Black Beans
- Full Fat Yogurt
- Coconut Milk
- Quinoa
- Full Fat Milk

WEEK 2 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- Spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 heads cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

FRUITS

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- For Snacks:** Green Tipped Bananas, Green/Granny Smith Apples, and/or Grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 (6 oz. cans tuna)
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as London broil)
- 2 lb. bone-in pork chop

OPTIONAL

- Rice
- Black Beans
- Full Fat Yogurt
- Coconut Milk
- Quinoa

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeno pepper
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 2 poblano peppers
- 6 bell peppers
- 1 bunch celery
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

FRUITS

- 5 lemons
- 2 limes
- 4 green tipped bananas
- For Snacks:** Green Tipped Bananas, Green/Granny Smith Apples, and/or Grapefruit

MEAT & SEAFOOD

- 4 dozen eggs
- 4 doz. medium shrimp
- 1 1/2 -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as London broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast

OPTIONAL

- Rice
- Black Beans
- Full Fat Yogurt
- Coconut Milk
- Quinoa
- Garbanzo Beans
- Full Fat Cheese

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs.

VEGETABLES

- 12 small to medium onions (yellow or red)
- 2 jalapeño peppers
- 5 celery stalks
- 5 avocados
- 4 cucumbers
- 1 medium beet
- 12 carrots
- 1 tomato
- 1 head of lettuce
- 1 medium butternut squash (2 ½ pounds)
- 1 cup diced green beans
- 1 bunch kale
- 2 cups fresh basil
- 2 cups spinach
- 1 red bell pepper
- 1/2 cup sliced green onions
- 2 shallots
- 2 cups frozen or canned artichoke hearts
- 4 cups cauliflower florets
- 6+ sundried tomatoes
- 1 medium head cabbage
- 1-2 jalapeño peppers, optional
- garlic (several heads)
- fresh ginger
- fresh basil
- fresh dill
- fresh parsley
- fresh cilantro
- extra salad/leafy greens to go with meals (approx. 8 meals)
- raw veggies for snacks
- steamed green veggies of choice to go with meals (approx. 5 meals)

FRUITS

- 12 lemons
- 4 limes
- 11 green apples
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 Eggs dozen
- 20 slices bacon (approx. 2 lbs)
- 3 (6 oz) cans wild albacore tuna
- 1 ½ pounds ground lamb
- 1 ½ - 2 pounds bones for broth
- 2 pounds boneless skinless turkey breast
- 4 (4-6 oz) wild caught salmon fillets
- 1 pound ground chicken, turkey or pork
- 2 pounds ground beef or bison
- 3 pounds boneless skinless chicken thighs
- 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- 2 racks St Louis style pork ribs (about 5-6 lbs total)
- additional “protein of choice” for occasional breakfasts (approx. 2 meals)

OPTIONAL

- full fat cheese
- quinoa
- rice
- beans
- full fat milk
- ¼ sliced nori (optional for ahi tuna poke bowl)
- grass-fed whey protein powder

*** Please look at the at smoothie recipes on p49-51 to determine which you would like to make and add to ingredients to you list accordingly.**

WEEK 2 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs.

VEGETABLES

- 1 head of green cabbage
- 2 dozen Brussels sprouts
- 15 small yellow onions
- 1 med. red onion
- garlic (several heads)
- 10 large parsnips
- 8 scallions (green onions)
- 1 bell pepper
- 5 mushrooms
- 1 large head cauliflower
- 1 dozen cremini or shiitake mushrooms
- 1 stalk lemongrass
- 3 shallots
- fresh ginger
- 1 head broccoli
- 1 head napa cabbage
- 1 bunch celery
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeño pepper, optional
- 12 carrots
- 1 fennel bulb
- 3 large cucumbers
- 1 avocado
- 2 large butternut squash
- 1 ½- 2 lbs green beans
- 2 cups of spinach leaves
- 2 cups basil
- 1 large bunch of kale
- fresh dill
- fresh cilantro
- fresh basil
- fresh thyme
- sage leaves
- extra salad/leafy greens to go with meals (approx. 3 meals)
- raw veggies for snacks

FRUITS

- 24 green apples
- 3 Limes
- 4 lemons
- for snacks:** green tipped bananas, green/granny Smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 dozen eggs
- ½ - 2 lbs of bones for broth
- 8 boneless, skinless chicken breasts
- 1.5 lb ground pork
- 1 ½ lbs flank steak
- 8 oz shrimp
- 4 (6 to 8 oz each) bone-in pork chops
- 1 (3 lb) pork roast
- 4 (6-8 oz) wild-caught Salmon fillets
- 3 lbs bone-in chicken thighs
- 1 lb ground beef, bison, or turkey
- 4 bone-in, skin-on chicken leg quarters
- 4 slices of bacon (approx ½ lb)
- additional “protein of choice” for occasional breakfast (1 meal)

OPTIONAL

- full fat cheese
- quinoa
- rice
- beans
- full fat milk

*** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.**

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs.

VEGETABLES

- 3 large red onions
- 5 large bell peppers
- 1 dozen small mushrooms
- 2 medium zucchini
- 3 large head cauliflower
- 17 green onions (scallions)
- 4 medium yellow onions
- 9 large parsnips
- 1 lb kale
- 1 butternut squash (optional)
- 8 cremini mushrooms
- 1 head bok choy (or 8 baby bok choy)
- 1 fennel bulb
- 2 shallots
- 2 Thai red chili peppers (or other spicy red chili peppers)
- 1 head butter lettuce
- 2 medium carrots
- 1 cup green beans
- 6+ sun-dried tomatoes
- 1 bunch celery
- 6 cremini mushrooms
- 10 oz hot chili peppers
- avocado, optional
- fresh garlic (several heads)
- fresh ginger
- fresh cilantro
- fresh mint
- fresh lemongrass 1 stalk
- extra salad/leafy greens to go with meals (approx. 3 meals)
- steamed green veggies of choice to go with meals (approx. 2 meals)
- raw veggies for snacks

FRUITS

- 8 green apples
- 6 limes
- 2 lemon
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 dozen eggs
- 2 dozen jumbo shrimp
- 2 lbs ground pork
- 1 ½- 2 lbs beef bones for broth
- 3 lbs ground beef or bison
- 2 lbs boneless, skinless chicken thighs
- 1 lb ground pork
- 4 boneless, skinless chicken breasts
- 2 pounds boneless skinless turkey breast
- 3 cups cooked shredded chicken
- 4 slices bacon (approx. ½ lb)
- additional “protein of choice” for occasional breakfasts (3 meals)

OPTIONAL

- full fat cheese
- rice
- beans
- full fat milk

*** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.**

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 yellow onion
- 2 red onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 1 cup snow peas
- 4 large zucchini or yellow squash
- 2 cucumbers
- 1 large head broccoli

FRUITS

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- For Snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 ½ lb. boneless skinless chicken breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as london broil) OR chicken or turkey
- 4 (4-6 oz.) wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone-in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 -6-ounce cans salmon

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

WEEK 2 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- Spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 head cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

FRUITS

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- For Snacks:** Green Tipped Bananas, Green/Granny Smith Apples, and/or Grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 (6 oz. cans tuna)
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as London broil)
- 2 lb. bone-in pork chop

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeño peppers
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 1 bunch celery
- 2 poblano peppers
- 6 bell peppers
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

MEAT & SEAFOOD

- 4 dozen eggs
- 4 doz. medium shrimp
- 1 1/2 -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as london broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

FRUITS

- 4 lemons
- 5 limes
- 2 green tipped bananas
- For Snacks: green tipped Bananas, green/granny Smith apples, and/or grapefruit

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 12 small to medium onions (yellow or red)
- 2 jalapeño peppers
- 5 celery stalks
- 5 avocados
- 4 cucumbers
- 1 medium beet
- 12 carrots
- 1 tomato
- 1 head of lettuce
- 1 medium butternut squash (2 ½ pounds)
- 1 cup diced green beans
- 1 bunch kale
- 2 cups fresh basil
- 2 cups spinach
- 1 red bell pepper
- 1/2 cup sliced green onions
- 2 shallots
- 2 cups frozen or canned artichoke hearts
- 4 cups cauliflower florets
- 6+ sundried tomatoes
- 1 medium head cabbage
- 1-2 jalapeño peppers, optional
- garlic (several heads)
- fresh ginger
- fresh basil
- fresh dill
- fresh parsley
- fresh cilantro
- extra salad/leafy greens to go with meals (approx. 8 meals)
- raw veggies for snacks
- steamed green veggies of choice to go with meals (approx. 5 meals)

FRUITS

- 12 lemons
- 4 limes
- 11 green apples
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 Eggs dozen
- 20 slices bacon (approx. 2 lbs)
- 3 (6 oz) cans wild albacore tuna
- 1 ½ pounds ground lamb
- 1 ½ - 2 pounds bones for broth
- 2 pounds boneless skinless turkey breast
- 4 (4-6 oz) wild caught salmon fillets
- 1 pound ground chicken, turkey or pork
- 2 pounds ground beef or bison
- 3 pounds boneless skinless chicken thighs
- 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- 2 racks St Louis style pork ribs (about 5-6 lbs total)
- additional "protein of choice" for occasional breakfasts (approx. 2 meals)

OPTIONAL

- full fat cheese
- full fat milk
- ¼ sliced nori (optional for ahi tuna poke bowl)
- grass-fed whey protein powder

** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.*

WEEK 2 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 1 head of green cabbage
- 2 dozen Brussels sprouts
- 15 small yellow onions
- 1 med. red onion
- garlic (several heads)
- 10 large parsnips
- 8 scallions (green onions)
- 1 bell pepper
- 5 mushrooms
- 1 large head cauliflower
- 1 dozen cremini or shiitake mushrooms
- 1 stalk lemongrass
- 3 shallots
- fresh ginger
- 1 head broccoli
- 1 head napa cabbage
- 1 bunch celery
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeño pepper, optional
- 12 carrots
- 1 fennel bulb
- 3 large cucumbers
- 1 avocado
- 2 large butternut squash
- 1 ½- 2 lbs green beans
- 2 cups of spinach leaves
- 2 cups basil
- 1 large bunch of kale
- fresh dill
- fresh cilantro
- fresh basil
- fresh thyme
- sage leaves
- extra salad/leafy greens to go with meals (approx. 3 meals)
- raw veggies for snacks

FRUITS

- 24 green apples
- 3 limes
- 4 lemons
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 dozen eggs
- ½ - 2 lbs of bones for broth
- 8 boneless, skinless chicken breasts
- 1.5 lb ground pork
- 1 ½ lbs flank steak
- 8 oz shrimp
- 4 (6 to 8 oz each) bone-in pork chops
- 1 (3 lb) pork roast
- 4 (6-8 oz) wild-caught Salmon fillets
- 3 lbs bone-in chicken thighs
- 1 lb ground beef, bison, or turkey
- 4 bone-in, skin-on chicken leg quarters
- 4 slices of bacon (approx ½ lb)
- additional “protein of choice” for occasional breakfast (1 meal)

OPTIONAL

- full fat cheese
- full fat milk

** Please look at the smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.*

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 3 large red onions
- 5 large bell peppers
- 1 dozen small mushrooms
- 2 medium zucchini
- 3 large head cauliflower
- 17 green onions (scallions)
- 4 medium yellow onions
- 9 large parsnips
- 1 lb kale
- 1 butternut squash (optional)
- 8 cremini mushrooms
- 1 head bok choy (or 8 baby bok choy)
- 1 fennel bulb
- 2 shallots
- 2 Thai red chili peppers (or other spicy red chili peppers)
- 1 head butter lettuce
- 2 medium carrots
- 1 cup green beans
- 6+ sun-dried tomatoes
- 1 bunch celery
- 6 cremini mushrooms
- 10 oz hot chili peppers
- avocado, optional
- fresh garlic (several heads)
- fresh ginger
- fresh cilantro
- fresh mint
- fresh lemongrass 1 stalk
- extra salad/leafy greens to go with meals (approx. 3 meals)
- steamed green veggies of choice to go with meals (approx. 2 meals)
- raw veggies for snacks

FRUITS

- 8 green apples
- 6 limes
- 2 lemon
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 dozen eggs
- 2 dozen jumbo shrimp
- 2 lbs ground pork
- 1 ½- 2 lbs beef bones for broth
- 3 lbs ground beef or bison
- 2 lbs boneless, skinless chicken thighs
- 1 lb ground pork
- 4 boneless, skinless chicken breasts
- 2 pounds boneless skinless turkey breast
- 3 cups cooked shredded chicken
- 4 slices bacon (approx. ½ lb)
- additional “protein of choice” for occasional breakfasts (3 meals)

OPTIONAL

- full fat cheese
- full fat milk

** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.*

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs.

VEGETABLES

- 12 small to medium onions (yellow or red)
- 2 jalapeno peppers
- 5 celery stalks
- 5 avocados
- 4 cucumbers
- 1 medium beet
- 12 carrots
- 1 tomato
- 1 head of lettuce
- 1 medium butternut squash (2 ½ pounds)
- 1 cup diced green beans
- 1 bunch kale
- 2 cups fresh basil
- 2 cups spinach
- 1 red bell pepper
- 1/2 cup sliced green onions
- 2 shallots
- 2 cups frozen or canned artichoke hearts
- 4 cups cauliflower florets
- 6+ sundried tomatoes
- 1 medium head cabbage
- 1-2 jalapeno peppers, optional
- garlic (several heads)
- fresh ginger
- fresh basil
- fresh dill,
- fresh parsley
- fresh cilantro
- extra salad/leafy greens to go with meals (approx 8 meals)
- steamed green veggies of choice to go with meals (approx 5 meals)
- raw veggies for snacks

FRUITS

- 12 lemons
- 4 limes
- 11 green apples
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 Eggs dozen
- 20 slices bacon (approx. 2 lbs)
- 3 (6 oz) cans wild albacore tuna
- 1 ½ pounds ground lamb
- 1 ½ - 2 pounds bones for broth
- 2 pounds boneless skinless turkey breast
- 4 (4-6 oz) wild caught salmon fillets
- 1 pound ground chicken, turkey or pork
- 2 pounds ground beef or bison
- 3 pounds boneless skinless chicken thighs
- 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- 2 racks St Louis style pork ribs (about 5-6 lbs total)
- additional “protein of choice” for occasional breakfasts (approx. 2 meals)

OPTIONAL

- ¼ sliced nori (optional for ahi tuna poke bowl)

*** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.**

WEEK 2 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 1 head of green cabbage
- 2 dozen Brussels sprouts
- 15 small yellow onions
- 1 med. red onion
- garlic (several heads)
- 10 large parsnips
- 8 scallions (green onions)
- 1 bell pepper
- 5 mushrooms
- 1 large head cauliflower
- 1 dozen cremini or shiitake mushrooms
- 1 stalk lemongrass
- 3 shallots
- fresh ginger
- 1 head broccoli
- 1 head napa cabbage
- 1 bunch celery
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeño pepper, optional
- 12 carrots
- 1 fennel bulb
- 3 large cucumbers
- 1 avocado
- 2 large butternut squash
- 1 ½- 2 lbs green beans
- 2 cups of spinach leaves
- 2 cups basil
- 1 large bunch of kale
- fresh dill
- fresh cilantro
- fresh basil
- fresh thyme
- sage leaves
- extra salad/leafy greens to go with meals (approx. 3 meals)
- raw veggies for snacks

FRUITS

- 24 green apples
- 3 limes
- 4 lemons
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 dozen eggs
- ½ - 2 lbs of bones for broth
- 8 boneless, skinless chicken breasts
- 1.5 lb ground pork
- 1 ½ lbs flank steak
- 8 oz shrimp
- 4 (6 to 8 oz each) bone-in pork chops
- 1 (3 lb) pork roast
- 4 (6-8 oz) wild-caught Salmon fillets
- 3 lbs bone-in chicken thighs
- 1 lb ground beef, bison, or turkey
- 4 bone-in, skin-on chicken leg quarters
- 4 slices of bacon (approx ½ lb)
- additional "protein of choice" for occasional breakfast (1 meal)

*** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.**

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 3 large red onions
- 5 large bell peppers
- 1 dozen small mushrooms
- 2 medium zucchini
- 3 large head cauliflower
- 17 green onions (scallions)
- 4 medium yellow onions
- 9 large parsnips
- 1 lb kale
- 1 butternut squash (optional)
- 8 cremini mushrooms
- 1 head bok choy (or 8 baby bok choy)
- 1 fennel bulb
- 2 shallots
- 2 Thai red chili peppers (or other spicy red chili peppers)
- 1 head butter lettuce
- 2 medium carrots
- 1 cup green beans
- 6+ sun-dried tomatoes
- 1 bunch celery
- 6 cremini mushrooms
- 10 oz hot chili peppers
- avocado, optional
- fresh garlic (several heads)
- fresh ginger
- fresh cilantro
- fresh mint
- fresh lemongrass 1 stalk
- extra salad/leafy greens to go with meals (approx. 3 meals)
- steamed green veggies of choice to go with meals (approx. 2 meals)
- raw veggies for snacks

FRUITS

- 8 green apples
- 6 limes
- 2 lemon
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 3 dozen eggs
- 2 dozen jumbo shrimp
- 2 lbs ground pork
- 1 ½- 2 lbs beef bones for broth
- 3 lbs ground beef or bison
- 2 lbs boneless, skinless chicken thighs
- 1 lb ground pork
- 4 boneless, skinless chicken breasts
- 2 pounds boneless skinless turkey breast
- 3 cups cooked shredded chicken
- 4 slices bacon (approx. ½ lb)
- additional “protein of choice” for occasional breakfasts (3 meals)

**** Please look at the at smoothie recipes on p 49-51 to determine which you would like to make and add to ingredients to you list accordingly.***

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 red onions
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 1 yellow onion
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 4 large zucchini or yellow squash
- 1 cup snow peas
- 2 cucumbers
- 1 large head broccoli

FRUITS

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- For Snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 ½ lb. boneless Skinless Chicken Breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as london broil) OR chicken or turkey
- 4 - 4-6 oz. wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 - 6 oz. cans salmon

WEEK 2 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- Spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 head cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

MEAT & SEAFOOD

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 - 6 oz. cans tuna
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as london broil)
- 2 lb. bone-in pork chop

FRUITS

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- For Snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeno peppers
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 1 bunch celery
- 2 poblano peppers
- 6 bell peppers
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

MEAT & SEAFOOD

- 4 dozen eggs
- 4 doz. medium shrimp
- 1 1/2 -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as london broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast

FRUITS

- 5 lemons
- 2 limes
- 4 green tipped bananas
- For Snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

daily success log

COMPLETE 22 DAY LOG

DAY

0

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

1

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

2

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

3

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

4

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

5

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

6

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

7

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

8

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

9

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

10

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
- good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
- good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

11

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

12

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

13

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

14

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

15

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

16

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

17

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

18

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

19

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

20

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

21

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

22

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- excellent fair
 good poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- excellent fair
 good poor

REFLECT ON WHAT YOU LEARNED THROUGHOUT THE 21 DAY SUGAR DETOX & YOUR GOALS FOR THE FUTURE

AFTER THE DETOX



transitioning from
**THE 21-DAY
SUGAR DETOX**
to everyday life

by **DIANE SANFILIPPO**



DISCLAIMER

The information in this guide is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions. The author shall not be held liable or responsible for any misunderstanding or misuse of the information contained in this program manual or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any food or food source discussed in this program manual. The statements in this program manual have not been evaluated by the U.S. Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

transitioning from **THE 21-DAY SUGAR DETOX** to everyday life

Often the last week of the 21DSD leaves you wondering how you'll ease back into your "normal" life, or what foods you want to splurge on now that the program is over.

Here's my take on how to re-introduce foods after your detox has come to an end.

Before jumping off the deep-end and burying yourself in a pile of grain-free baked goods or a bottle of wine, consider the following:

- + How do you feel now that you've changed your food?
- + How do you think you'll feel if you eat something you estimate is less-than-healthy for you?
- + If you think you'll feel less-than-optimal, how long will that feeling last?
- + Will the ill-health effects of the foods you want to eat again last more than a couple of hours? More than a day? More than a week?
- + What will you be disrupting with the foods: blood sugar or digestive function?
- + Has the time and energy commitment that's gone into avoiding the food(s) added more stress to your life than it alleviated signs and symptoms of ill health?



- I'm feeling less than optimal.

Ultimately it's up to you to choose what and how often you'll add certain foods back into your regularly scheduled food programming, but considering the above questions is a good idea. You'll become a lot more MINDFUL of your choices, rather than allowing them to become defaults simply because they are habits or they represent the easy way out.

To safely and slowly add some naturally occurring sugars (like fruit) and starches back into your diet, take care to consider the portions and timing of these foods. Fruits should not be eaten alone if you have had problems with blood sugar regulation and cravings. Eat small portions of berries or half a piece of fruit if you're not a very active person, or larger portions if you are more active. Starchy foods are best consumed on days when you are more active, and specifically in the meal following your activity. Otherwise, keep portions of starchy foods to a minimum, and don't allow them to monopolize your plate if weight maintenance is your goal. If you simply want to avoid cravings and you feel okay when you resume eating some starchy foods, then you can enjoy root vegetables, tubers like sweet potatoes, and squash more frequently.

Continue to avoid refined foods such as bread, pasta, cereal, and other products made from flour and purchased in packages—these are never healthy options.

post-detox

FOOD RE-INTRODUCTION

1. Print out the Post-Detox Food Re-Introduction Log and begin tracking any new symptoms as you reintroduce new foods. Print one log for each food you reintroduce. On day three of every introduction, make an assessment on how that food may or may not fit into your everyday eating plan.

2. Select one food to reintroduce at a time, then chart for that day and the following two days - a total of 3 days / 72 hours.

3. Using the chart, detail foods you ate each day and note any changes in the following for three days:



- Mood
- Energy
- Appetite
- Digestive function like bloating, gas, loose stool or diarrhea
- Headaches
- Inflammation
- Brain fog or mental clarity.

4. Assess your reactions. Your notes will be some of the best guides you have as to whether or not you are sensitive to the food you just re-introduced. Food sensitivity reactions can happen immediately or can have delayed-onset for up to around 72hrs (3 days!).

Once the first food has been tested, select the next food to try and continue this way, one at a time, for three days at a time, before introducing the next new food.

NOTE: I don't actually recommend EVER re-introducing gluten containing grains like wheat, barley, rye and oats into your diet, nor do I recommend making pasteurized dairy or unfermented soy products any regular part of your life. These foods are shown to contribute to a myriad of health problems and, typically, tend to crowd-out much more health promoting options like vegetables, well-raised meat & eggs and healthy, naturally occurring fats in the diet.

Some foods to first consider reintroducing:

- + Fruit:** Whole, fresh fruit can certainly have a regularly appearing role in your diet, but finding a balance and not overdoing it is important.
- + Grass-fed dairy** (if you were on Level 3 of the detox): Missing your yogurt? Try adding it back in and see how you do. I recommend only buying grass-fed forms of dairy to consume in your home, but you may find you can later enjoy goat cheese in an omelet while dining out from time to time with no ill effects. Or not. See how it goes for you.
- + Dark chocolate:** I'm talking 80-85% or higher – it's low in sugar and a good source of antioxidants. Most folks don't tend to overindulge in too much of it when it's super dark. Look for an organic chocolate, preferably soy-free.
- + Gluten-free grains or legumes** (if you were on Level 2 or 3 of the detox): if you want to test white rice, quinoa, or maybe some black beans, they're a good choice to add in and track.
- + A glass of wine:** Now, I'm not one to vote for you to drink daily after your detox, but finding out how you feel after consuming wine again if you previously drank often is a good idea. Perhaps you don't find it triggers cravings for you, or you don't have any hangover effects. If that's the case, including a glass once or twice a week again may work well for you.

post-detox FOOD RE-INTRODUCTION LOG

FOOD REINTRODUCED: Grassfed Dairy

THE 21-DAY SUGAR DETOX
food reintroduction log

DAY *Example* post-detox

bed time 11:30 pm

wake time 7:40 am

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

excellent fair

good poor

DIGESTION

excellent fair

good poor

SKIN

excellent fair

good poor

Breakfast

*Grassfed Yogurt
Blueberries, Almonds*

Snack (optional)

*Sauteéd green apple with butter
and walnuts*

Lunch

*Spinach salad with goatcheese,
beets, salmon, avodaco, balsamic
vinegar and olive oil*

Dinner

*Caprese salad with mozzarella, tomato
and basil, balsamic marinated chicken
breast*

Notes

New breakout on my chin (2 pimples), skin feels itchy

FOOD REINTRODUCED: _____

DAY ____ post-detox

bed time _____

wake time _____

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

excellent fair

good poor

DIGESTION

excellent fair

good poor

SKIN

excellent fair

good poor

Breakfast

Snack (optional)

Lunch

Dinner

Notes

DAY ____ post-detox

bed time _____

wake time _____

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

excellent fair

good poor

DIGESTION

excellent fair

good poor

SKIN

excellent fair

good poor

Breakfast

Snack (optional)

Lunch

Dinner

Notes

DAY ____ post-detox

bed time _____

wake time _____

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

excellent fair

good poor

DIGESTION

excellent fair

good poor

SKIN

excellent fair

good poor

Breakfast

Snack (optional)

Lunch

Dinner

Notes

Remember: Select one food to reintroduce at a time, then chart for that day and the following two days.

from the book **PRACTICAL PALEO**
guide to: paleo foods

Eat whole foods. Avoid foods that are modern, processed, and refined. Eat as close to nature as possible, and avoid foods that cause stress for the body (blood sugar, digestion, etc.). Eat nutrient-dense foods to maintain energy levels. Enjoy your food, and hold positive thoughts while you consume it.

meat, seafood & eggs

INCLUDING BUT NOT LIMITED TO:

- Beef
- Bison
- Boar
- Buffalo
- Chicken
- Duck
- Eggs
- Game meats
- Goat
- Goose
- Lamb
- Mutton
- Ostrich
- Pork
- Quail
- Rabbit
- Squab
- Turkey
- Veal
- Venison
- Catfish
- Carp
- Clams
- Grouper
- Halibut
- Herring
- Lobster
- Mackerel
- Mahi mahi
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Prawns
- Snails
- Snapper
- fish
- Trout
- Tuna

fats & oils

- Avocado oil
- Bacon fat/lard
- Butter
- Coconut milk
- Coconut oil
- Duck fat
- Ghee
- Macadamia oil
- Olive oil: CP
- Palm oil
- Schmaltz
- Sesame oil: CP
- Suet
- Tallow
- Walnut oil

nuts & seeds

- Almonds
- Brazil nuts
- Chestnuts
- Hazelnuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios*
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

liquids

- Almond Milk, fresh
- Coconut Milk
- Coconut water
- Herbal tea
- Mineral water
- Water

superfoods

GRASS-FED DAIRY:

- butter, ghee,

ORGAN MEATS:

- Liver, kidneys, heart, etc.

SEA VEGETABLES:

- Dulse, kelp, seaweed
- Herbs & spices

BONE BROTH:

- Homemade, not canned or boxed

FERMENTED FOODS:

- *Sauerkraut*, carrots, beets, high-quality yogurt, kefir, kombucha

NOTES

CP = cold-pressed
Bold = nightshades
Italics = goitrogenic

* = FODMAPs (p. 115)
^ = buy organic

vegetables

INCLUDING BUT NOT LIMITED TO:

- Artichokes*
- Asparagus*
- Arugula
- Bamboo shoots
- Beets*
- Bok choy
- Broccoli*
- Brussels sprouts*
- Cabbage*
- Carrots
- Cassava
- Cauliflower*
- Celery^
- Chard
- Collard greens^
- Cucumbers
- Daikon
- Dandelion greens*
- Eggplant*
- Endive
- Fennel*
- Garlic*
- Green beans
- Green onions*
- Jicama*
- Kale^
- Kohlrabi
- Leeks*
- Lettuce^
- Lotus roots
- Mushrooms*
- Mustard greens*
- Okra*
- Onions*
- Parsley
- Parsnips
- Peppers**
- Purslane
- Radicchio
- Radishes
- Rapini
- Rutabagas
- Seaweed
- Shallots*
- Snap peas
- Spinach^
- Squash
- Sugar snaps
- Sunchokes*
- Sweet potatoes
- Taro
- Tomatillos
- Tomatoes
- Turnip greens
- Turnips
- Watercress
- Yams
- Yuccas

fruits

INCLUDING BUT NOT LIMITED TO

- Apples*^
- Apricots*
- Avocados*
- Bananas
- Blackberries*
- Blueberries^
- Cherries*
- Cranberries
- Figs*
- Grapefruit
- Grapes^
- Guavas
- Kiwis
- Lemons
- Limes
- Lychees*
- Mangoes*
- Melons
- Nectarines**
- Oranges
- Papayas
- Passionfruit
- Peaches**
- Pears*
- Persimmons*
- Pineapples
- Plantains
- Plums*
- Pomegranates
- Raspberries
- Rhubarb
- Star fruit
- Strawberries^
- Tangerines
- Watermelon*

herbs & spices

INCLUDING BUT NOT LIMITED TO

- Anise
- Annatto
- Basil
- Bay leaf
- Caraway
- Cardamom
- Carob
- **Cayenne pepper**
- Celery seed
- Chervil
- Chicory*
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fennel*
- Fenugreek
- Galangal
- Garlic
- Ginger
- Horseradish*
- Juniper berry
- Kaffir lime leaves
- Lavender
- Lemongrass
- Lemon verbena
- Licorice
- Mace
- Marjoram
- Mint
- Mustard
- Oregano
- **Paprika**
- Parsley
- Pepper, black
- Peppermint
- Rosemary
- Saffron
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla
- *Wasabi**
- Za'atar

from the book **PRACTICAL PALEO**
guide to: food quality

Seek out as much real, whole food as possible. This includes foods without health claims on the packages or, better yet, not in packages at all. Think produce and butcher counter meats and seafood. After you've mastered making proper food choices, it's important to begin looking at the quality of the items. While buying the best quality is ideal in a perfect world, don't let those "best" labels keep you from doing the best you can within your means.

meat, eggs & dairy



beef & lamb

Best! 100% grass-fed and finished, pasture-raised, local
Better: grass-fed, pasture-raised
Good: organic
Baseline: commercial (hormone/antibiotic-free)

pork

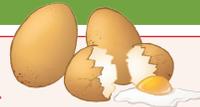
Best! pasture-raised, local
Better: free-range, organic
Good: organic
Baseline: commercial

eggs & poultry

Best! pasture-raised, local
Better: free range, organic
Good: cage-free, organic
Baseline: commercial

dairy

ALWAYS BUY FULL-FAT
Best! grass-fed, raw/unpasteurized
Better: raw/unpasteurized
Good: grass-fed
Baseline: commercial or organic —not recommended



seafood



Best! wild fish
Better: wild-caught
Good: humanely harvested, non-grain-fed
Baseline: farm-raised—*not recommended*

WILD FISH/ WILD-CAUGHT FISH

"Wild fish" indicates that the fish was spawned, lived in, and was caught in the wild. "Wild-caught fish" may have been spawned or lived some part of their lives in a fish farm before being returned to the wild and eventually caught. The Monterey Bay Aquarium maintains a free list of the most sustainable seafood choices on their website.

WHAT THE LABELS ON MEAT, EGGS & DAIRY MEAN

pasture-raised

Animals can roam freely in their natural environment where they are able to eat nutritious grasses and other plants or bugs/grubs that are part of their natural diet. There is no specific pasture-raised certification, though certified organic meat must come from animals that have continuous access to pasture regardless of use.

cage-free

"Cage-Free" means uncaged inside barns or warehouses, but they generally do not have access to the outdoors. Beak cutting is permitted. There is no third party auditing.

organic

Animals may not receive hormones/antibiotics unless in the case of illness. They consume organic feed and have outdoor access but may not use it. Animals are not necessarily grass-fed. Certification is costly and some reputable farms are forced to forego it. Compliance is verified through third party auditing.

natural

"Natural" means "minimally processed," and companies use this word deceptively. All cuts are, by definition, minimally processed and free of flavorings and chemicals.

free-range/roaming

Poultry must have access to the outdoors at least 51% of the time, and ruminants may not be in feedlots. There are no restrictions regarding what the birds can be fed. Beak cutting and forced molting through starvation are permitted. There is no third party auditing.

naturally raised

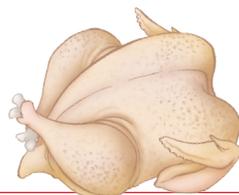
"Naturally Raised," is a USDA verified term. It generally means raised without growth-promoters or unnecessary antibiotics. It does not indicate welfare or diet.

no added hormones

It is illegal to use hormones in raising poultry or pork; therefore, the use of this phrase on poultry or pork is a marketing ploy.

vegetarian-fed

"Vegetarian Fed" implies that the animal feed is free of animal by-products but isn't federally inspected. Chickens are not vegetarians, so this label on chicken or eggs only serves to indicate that the chickens were not eating their natural diet.



produce



Best! local, organic, and seasonal
Better: local and organic
Good: organic or local
Baseline: conventional

WHEN TO BUY ORGANIC:

Buy organic as often as possible, prioritize buying the Environmental Working Group's "The Dirty Dozen" as organic versus "The Clean Thirteen" - visit: www.ewg.org for details

PRODUCE SKUs:

Starts with 9 = organic - ideal
 Starts with 3 or 4 = conventionally grown
 Starts with 8 = genetically modified (GMO) or irradiated - avoid

fats & oils



SEE THE FATS & OILS GUIDE FOR DETAILS.

Best! organic, cold-pressed, and from well-raised animal sources
Better: organic, cold-pressed
Good: organic or conventional

nuts & seeds



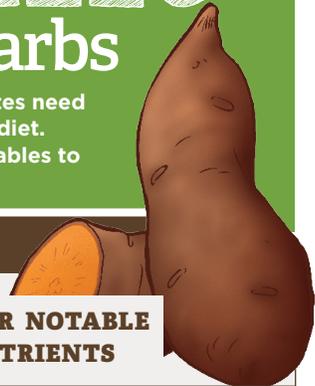
KEEP NUTS & SEEDS COLD FOR FRESHNESS

Best! local, organic, kept cold
Better: local, organic
Good: organic
Baseline: conventional

sources: www.humanesociety.org, www.ewg.org, www.sustainabletable.org

from the book **PRACTICAL PALEO**
 guide to: dense sources of paleo carbs

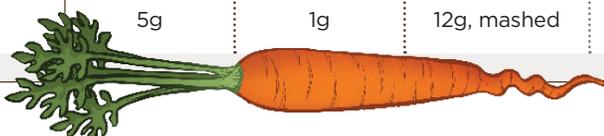
Removing grains, legumes, and refined foods from your diet doesn't mean that carbohydrates need to all disappear! Check out this list of dense sources of carbohydrates while eating a Paleo diet. While fruits and nuts are all fairly high in carbohydrates, this list is a guide to starchy vegetables to eat. Remember, these are some of your "good carbs!"



there are carbs beyond bread EAT UP

ITEM NAME	CARBS PER 100G	FIBER PER 100G	CARBS PER 1 CUP	OTHER NOTABLE NUTRIENTS
Cassava (raw)	38g	2g	78g	Vit C, Thiamin, Folate, Potassium, Manganese
Taro root	35g	5g	46g, sliced	B6, Vitamin E, Potassium, Manganese
Plantain	31g	2g	62g, mashed	Vitamin A (beta carotene), Vitamin C, B6, Magnesium, Potassium
Yam	27g	4g	37g, cubed	Vit C, Vitamin B6, Manganese, Potassium
White potato	22g	1g	27g, peeled	Trace Vitamin C
Sweet potato	21g	3g	58g, mashed	Vit A (beta carotene), Vit C, B6, Potassium, Manganese, Magnesium, Iron, Vitamin E
Parsnips	17g	4g	27g, sliced	Vitamin C, Manganese
Lotus root	16g	3g	19g, sliced	Vitamin C, B6, Potassium, Copper, Manganese
Winter squash	15g	4g	30g, cubed	Vitamin C, Thiamin, B6
Onion	10g	1g	21g, chopped	Vitamin C, Potassium
Beets	10g	2g	17g, sliced	Folate, Manganese
Carrots	10g	3g	13g, chopped	Vitamin A (beta carotene), Vitamin K1
Butternut squash	10g	-	22g	Vitamin A (beta carotene), Vitamin C
Rutabaga	9g	2g	21g, mashed	Vitamin C, Potassium, Manganese,
Jicama (raw)	9g	5g	12g, sliced	Vitamin C
Kohlrabi	7g	1g	11g, sliced	Vit C, B6, Potassium, Copper, Manganese
Spaghetti squash	6g	1g	9g	Trace
Turnips	5g	2g	12g, mashed	Vitamin C, Potassium, Calcium, B6, Folate, Manganese
Pumpkin	5g	1g	12g, mashed	Vitamin C, Vitamin E, Potassium

source: nutritiondata.com



from the book **PRACTICAL PALEO**
guide to: fats & oils

Cleaning up your diet by using the right fats and oils is essential to improving your health from the inside out. Changing the fats and oils you use at home is the first step toward creating dishes from nutrient-dense, whole foods based on what you have on hand. Avoid overly processed and refined forms of fats and oils. Opt for organic whenever possible. Refer to the "Guide to Cooking Fats" for more details.

eat these: HEALTHY, NATURALLY OCCURRING, MINIMALLY PROCESSED FATS

saturated: FOR HOT USES

BUY ORGANIC, UNREFINED FORMS

- Coconut oil
- Palm oil

IDEALLY FROM PASTURE-RAISED, GRASS-FED, ORGANIC SOURCES

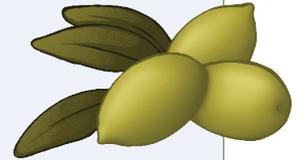
- Butter
- Ghee, clarified butter
- Lard, bacon grease (pork fat)
- Tallow (beef fat)
- Duck fat
- Schmaltz (chicken fat)
- Lamb fat
- Full-fat dairy
- Eggs, meat, and seafood



unsaturated: FOR COLD USES

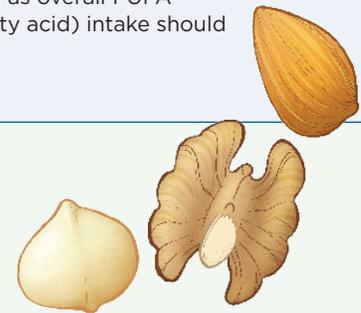
BUY ORGANIC, EXTRA-VIRGIN, AND COLD-PRESSED FORMS

- Olive oil
- Sesame oil
- Macadamia nut oil
- Walnut oil
- Avocado oil
- Nuts & seeds (including nut & seed butters)
- Flaxseed oil**



NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. Do not consume damaged fats.

Cold-pressed flaxseed oil is okay for occasional use but supplementing with it or doses of 1-2 tablespoons per day is **not recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal.



ditch these: UNHEALTHY, MAN-MADE FATS & REFINED SEED OILS ARE NOT RECOMMENDED

Hydrogenated or partially hydrogenated oils, as well as manmade trans-fats or "buttery spreads" like Earth Balance, Benecol, and I Can't Believe It's Not Butter are not healthy. These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat.

- Margarine/buttery spreads
- Canola oil (also known as rapeseed oil)
- Corn oil
- Vegetable oil
- Soybean oil
- Grapeseed oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Shortening made from one or more of the above-listed "ditch" oils

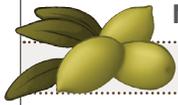


from the book **PRACTICAL PALEO**
guide to: cooking fats

Choose fats and oils based on: 1. How they're made—choose naturally occurring, minimally processed options first; 2. Their fatty acid composition—the more saturated they are, the more stable/less likely to be damaged or oxidized; 3. Smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

culinary whizzes, listen up: **COOK WITH GOOD FATS!**

ITEM NAME	% SFA	% MUFA	% PUFA	SMOKE POINT UNREFINED/REFINED
best bets - recommended for high-heat cooking THE MOST STABLE FATS				
Coconut oil	86	6	2	350/450
Butter/ghee	63	26	.03	300/480
Cocoa butter	60	35	5	370
Tallow/suet (beef fat)	55	34	.03	400
Palm oil	54	42	.10	455
Lard/bacon fat (pork fat)	39	45	11	375
Duck fat	37	50	13	375
okay - for very low-heat cooking MODERATELY STABLE FATS				
Avocado oil*	20	70	10	520
Macadamia nut oil*	16	80	4	410
Olive oil*	14	73	11	375
Peanut oil**	17	46	32	320/450
Rice Bran Oil**	25	38	37	415
not recommended for cooking VERY UNSTABLE FATS				
Safflower oil**	8	76	13	225/510
Sesame seed oil*	14	40	46	450
Canola oil**	8	64	28	400
Sunflower oil**	10	45	40	225/440
Vegetable shortening**	34	11	52	330
Corn oil	15	30	55	445
Soybean oil	16	23	58	495
Walnut oil*	14	19	67	400
Grapeseed oil	12	17	71	420



SFA - saturated fatty acid

MUFA - monounsaturated fatty acid

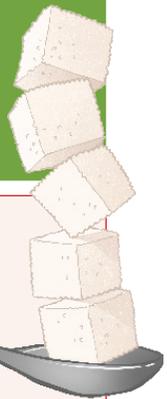
PUFA - polyunsaturated fatty acid

* While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed—for flavor purposes.

** While the fatty acid profile of these oils may seem appropriate at first glance, the processing method by which they are made negates their healthfulness—they are not recommended for consumption, neither hot nor cold.

from the book **PRACTICAL PALEO**
guide to: sweeteners

How many of these sweeteners do you use or find in your favorite packaged foods? Perhaps it's time for a change! Artificial sweeteners are never recommended, while the limited use of selected, more naturally derived options can be okay for treats and special occasions. Sweeteners should not be considered "food" or nourishment.



natural USE SPARINGLY

PREFERRED CHOICES ARE IN BOLD. USE ORGANIC FORMS WHENEVER POSSIBLE

- Brown sugar
- **Dates (whole)**
- Date sugar
- Date syrup
- Cane sugar
- Raw sugar
- Turbinado
- Cane juice
- Cane juice crystals
- Coconut nectar
- Coconut sugar/crystals
- **Fruit juice (real, fresh)**
- **Fruit juice concentrate**
- **Honey (raw)**
- **Maple syrup (grade b)**
- **Molasses**
- Palm sugar
- **Stevia (green leaf or extract)**

natural BUT NOT RECOMMENDED

- Agave
- Agave nectar
- Barley malt
- Beet sugar
- Brown rice syrup
- Buttered syrup
- Caramel
- Carob syrup
- Corn syrup
- Corn syrup solids
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diastase
- Ethyl maltol
- Fructose
- Glucose / glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- High fructose corn syrup
- Invert sugar
- Lactose
- Levulose
- Light brown sugar
- Maltitol
- Malt syrup
- Maltodextrin
- Maltose
- Mannitol
- Muscovado
- Refiner's syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Treacle
- Yellow sugar
- Xylitol (or other sugar alcohols, typically they end in "-ose")

artificial NEVER CONSUME

- Acesulfame K (Sweet One)
- Aspartame (Equal, Nutra-Sweet)
- Saccharin (Sweet'N Low)
- Stevia: white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)
- Tagatose



sugar is sugar BUT NOT REALLY

IT DOES MAKE A DIFFERENCE WHICH SWEETENERS YOU SELECT, CONTRARY TO POPULAR BELIEF AND THE MAINSTREAM MEDIA. WHILE ALL CALORIC SWEETENERS HAVE THE SAME NUMBER OF CALORIES (16 PER TEASPOON), EVALUATING THEIR PLACE IN YOUR DIET MAY BE DONE BY CONSIDERING A FEW FACTORS.

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory-made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious how most of them use highly-refined, low-quality sweeteners. Food manufacturers often even hide sugar in foods that you didn't think were sweets! Many foods that have been made low or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the HFCS commercials really get things wrong: your body actually does not metabolize all sugar the same way.

Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time since the high fructose content of both requires processing by the liver before the sugar hits your blood stream. This yielded a seemingly favorable result on blood sugar levels after consuming said sweeteners. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to our health.

Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win!

from the book **PRACTICAL PALEO** guide to: gluten

What is it? Gluten is a protein found in wheat, rye, oats, and barley. Gluten is the composite of a prolamin and a glutelin, which exist, conjoined with starch, in the endosperm of various grass-related grains. Gliadin, a water-soluble, and glutenin, a water-insoluble, (the prolamin and glutelin from wheat) compose about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.



sources of gluten OR ITEMS THAT MAY CONTAIN HIDDEN GLUTEN

- Ales
- Barley
- Barley malt/extract
- Beer & lagers
- Bran
- Breading
- Broth
- Brown rice syrup
- Bulgur
- Candy coating
- Communion "wafers"
- Couscous
- Croutons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Gloss & balms
- Graham flour
- Herbal blends
- Imitation
- Imitation seafood
- Kamut
- Lipstick
- Luncheon meats
- Malt
- Makeup
- Marinades
- Matzo flour/meal
- Meat/sausages
- Medications
- Orzo
- Panko
- Pasta
- Play dough
- Roux
- Rye
- Sauces
- Seitan
- Self-basting poultry
- Semolina
- Soup base
- Soy sauce
- Spelt
- Spice blends
- Stuffing
- Supplements
- Thickeners
- Triticale
- Udon
- Vinegar (malt only)
- Vital wheat gluten
- Vitamins
- Wafers
- Wheat
- Wheat bran
- Wheat germ
- Wheat starch

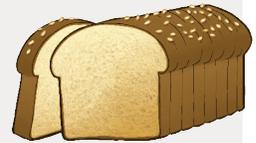
gluten-free* (BUT STILL NOT RECOMMENDED)

*Nearly all processed foods and grains carry some risk of cross-contamination. For the safest approach to a gluten-free diet, eat only whole, unprocessed foods.

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Millet
- Montina™
- Nut flour
- Bean flour
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice bran
- Sage
- Seed flour
- Sorghum
- Soy (soya)
- Tapioca
- Teff

signs of gluten EXPOSURE

- Abdominal bloating
- Fatigue
- Skin problems or rashes
- Diarrhea or constipation
- Irritable, moody
- Change in energy levels
- Unexpected weight loss, mouth ulcers, depression, and even Crohn's disease are all more severe gluten allergy symptoms that you may experience.



· Consult with your nutritionist or physician if you experience symptoms of a gluten exposure that result in prolonged discomfort.

most common sources of HIDDEN GLUTEN

Alcohol:

Beer, malt beverages, grain alcohols

Cosmetics:

Check ingredients on makeup, shampoo, and other personal care items

Dressings:

Thickened with flour or other additives

Fried foods:

Cross contamination with breaded items in fryers

Vinegar: Malt varieties

Medications, vitamins, and supplements:

ask the pharmacist and read the labels closely

Processed / packaged foods:

Additives often contain gluten

Sauces, soups, and stews:

Thickened with flour

Soy, Teriyaki, and Hoisin sauces:

Fermented with wheat



gluten-free BOOZE**

- Brandy
- Bourbon
- Cognac
- Gin
- Grappa
- Rum
- Sake
- Scotch
- Sherry
- Tequila
- Vermouth
- Vodka
- Whiskey
- Wine
- Champagne
- Mead
- Hard cider
- Gluten-free beers

i am allergic TO GLUTEN

I have a severe allergy and have to follow a STRICT gluten-free diet.

I may become very ill if I eat food containing flours or grains of wheat, rye, barley, or oats.

Does this food contain flour or grains of wheat, barley, rye, or oats? If you or the chef/kitchen staff are uncertain about what the food contains, please tell me.

I CAN eat food containing rice, maize, potatoes, vegetables, fruit, eggs, cheese, milk, meat, and fish as long as they are NOT cooked with wheat flour, batter, breadcrumbs, or sauce containing any of those ingredients.

Thank you for your help!

For more gluten-guides, visit: www.celiactravel.com



for more information ON GLUTEN

These sites are not necessarily "Paleo" but will give ample information for those who need to be 100% strictly gluten-free

- celiac.com
- celiac.org
- celiaccentral.org
- celiaclife.com
- celiactravel.com
- celiacsolution.com
- elanaspantry.com
- glutenfreegirl.com
- surefoodsliving.com

***According to celiac.com, all distilled alcohols are gluten-free but for someone with overt Celiac Disease, avoiding alcohols made from wheat, barley, and rye is still recommended.

* Cut me out and take me with you

from the book **PRACTICAL PALEO**
 guide to: stocking a paleo pantry

Fresh is best. Shopping the perimeter of the grocery store is ideal for the bulk of your foods, but you will want to add spices and some pantry items to your arsenal to cook up some tasty dishes and have some stand-by foods on-hand. Some of these foods are sold in cold sections of the store and need to be kept cold despite being packaged items.

herbs & spices

SOME HERBS CAN BE FOUND IN BOTH FRESH AND DRIED FORMS. INCLUDING BUT NOT LIMITED TO

- Anise
- Annatto
- Basil
- Bay leaf
- Caraway
- Cardamom
- **Cayenne**
- Celery seed
- Chervil
- Chicory*
- **Chili powder**
- **Chipotle**
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fennel
- Fenugreek
- Galangal
- Garlic
- Ginger
- *Horseradish*
- Juniper berry
- Kaffir lime leaves
- Lavender
- Lemongrass
- Lemon verbena
- Licorice
- Mace
- Marjoram
- Mint
- *Mustard*
- Nutmeg
- Onion powder*
- Oregano
- **Paprika**
- Parsley
- Pepper, black
- Peppercorns, whole black
- Peppermint
- Pumpkin pie spice
- Rosemary
- Saffron
- Sage
- Sea salt
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla
- *Wasabi*
- Za'atar

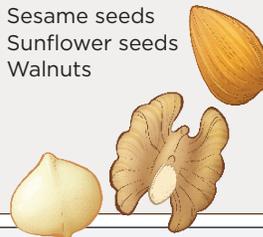
canned & jarred

INCLUDING BUT NOT LIMITED TO

- Anchovy paste
- Applesauce*
- Capers
- Coconut milk*
- Coconut water/Juice*
- Fish roe
- Herring - wild
- Olives
- Oysters
- Pickles
- Pumpkin
- Salmon - wild
- Sardines - wild
- **Sun-dried tomatoes**
- *Sweet potato*
- Tahini
- **Tomato paste**
- **Tomato sauce**
- Tuna - wild

nuts, seeds & dried fruit

- Almonds
- Almond butter
- Almond flour
- Banana chips (check ingredients)
- Brazil nuts
- Chestnuts
- Coconut butter*
- Coconut*: shredded, flakes
- Dates
- Dried apples*
- Dried apricots*
- Dried blueberries
- Dried cranberries
- Dried currants
- Dried figs*
- Dried mango*
- Dried pineapple
- Dried raspberries
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios*
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts



add your own!

MAYBE YOU HAVE FAVORITE ITEMS NOT LISTED ABOVE THAT YOU KNOW ARE PALEO-FRIENDLY; WRITE THEM IN TO USE THIS AS A SHOPPING LIST

fats & oils

SEE THE FATS & OILS GUIDE FOR DETAILS

- Avocado oil: CP
- Bacon fat
- Ghee
- Coconut oil
- Macadamia oil: CP
- Extra-virgin olive oil
- Palm oil
- Palm shortening
- Sesame oil: CP
- Walnut oil: CP

saucers

- Coconut aminos* (soy-replacement)
- Fish sauce (Red Boat brand)
- **Hot sauce (gluten-free)**
- *Mustard (gluten-free)*
- Vinegars: apple cider*, red wine, distilled, rice and balsamic (avoid malt vinegar)

beverages

- Green tea
- Herbal tea
- Mineral water
- White tea
- Organic coffee

treats & sweets

FOR OCCASIONAL USE

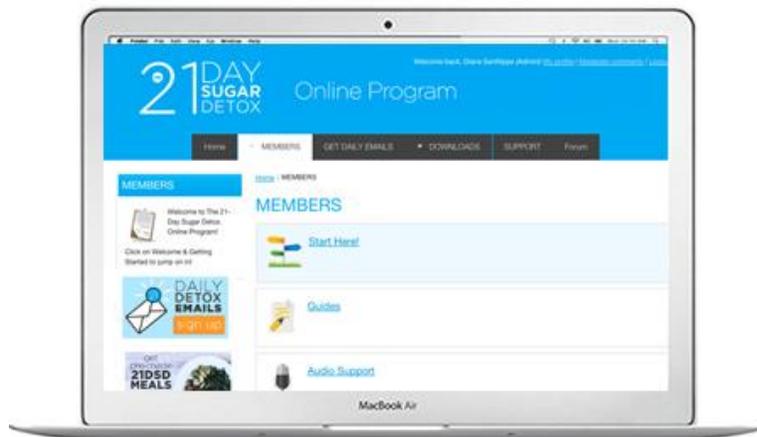
- Carob powder
- Cocoa powder
- Honey
- Maple syrup
- Molasses
- Dark chocolate

NOTES

CP = cold-pressed
bold = nightshades
italics = goitrogenic
 * = FODMAPs (p.115)

Buy as many of your pantry items as possible in organic form.

THE 21 DAY SUGAR DETOX >>>



**GET INSTANT
ACCESS NOW!**