

READ THIS FIRST...

Check Out All Of Our Registered Dietitian Approved Meal Templates



Extreme Fat Loss Formula – ** THIS IS NOT A RD-DESIGNED MEAL PLAN.

There are over 117 RD-designed and approved meal templates for your use, but my expertise is in the science of sport and exercise nutrition. In fact, I work extensively with national-level bodybuilders and fitness models... preparing them for their contests and photo shoots. That's why I created the Extreme Fat Loss Formula. It's my contest prep meal template that specializes in... well, ***extreme fat loss***.

This meal plan is designed by, and utilizes, **ONLY** foods recommended by the top personal trainers, nutritionists, fat-loss and contest prep experts in the fitness industry for rapid fat loss. **This is our most results-driven fat loss meal template.** This meal plan is designed to provide you with the fastest fat loss results in the shortest possible time. This meal plan utilizes clean food choices **PROVEN** to produce fast fat loss success.

Bottom line: It works and it's 100% predictable if you simply follow it!

There are 108 Different Meal Templates for You to Choose From!

General

Anti-Aging

By the time most people reach the age of 50 or 60 they tend to accept the negative effects of aging as a fact of life that they have little or no control over. However, there are some factors that people **DO** have control over and one of those is their nutritional intake. There is a large body of evidence that suggests that there are positive effects we can have on aging that deal directly with the foods we eat. The good news is that good nutrition incorporated into our lifestyle can help improve energy level, heart function, blood pressure, bone density, and bowel function as well as help keep weight in a healthy range and help prevent certain diseases such as cancer. As we age it is important to concentrate on spending calories wisely, consuming enough protein and calcium, as well as maintaining your intake of vitamin D, iron, vitamin A, folate, vitamin B12, vitamin



B6 and zinc. The Anti-Aging Templates ensure that you receive all of the proper nutrition necessary to help make aging a healthy time of your life.

Asian Explosion

Looking to live a long and healthy life? Traditional Asian diets have received much attention because many chronic diseases, such as heart disease, diabetes and certain cancers are not common in Asia as they are in the United States and other western nations. Researchers believe that the Asian diet may provide protection against many chronic diseases such as heart disease and certain cancers. This type of diet is believed to possibly contribute to the long life spans commonly seen in Asia. The Asian Explosion Template closely follows the traditional Asian diet that contains all of the essential nutrients needed by most adults. It is high in fiber, vitamins, minerals, as well as disease fighting antioxidants and low in saturated fat and total fat.

Energy Booster

The Energy Booster meal plan ensures that you eat high-energy, healthy foods all day long to help you fight fatigue and help get you through your busy day with vigor. These menus incorporate quick delicious energy boosting smoothies during the least energetic parts of your day. Don't let your diet be the culprit of lost motivation! Use the Energy Booster Plan to turn your day around.

Healthy Aging

Good nutrition at any age is important – especially as people reach age 50 or higher. Healthy eating can help improve energy level, heart function, blood pressure, bone density, and bowel function as well as help keep weight in a healthy range and help prevent certain diseases such as cardiovascular disease, diabetes and certain cancers. As we age it is important to concentrate on spending calories wisely, consuming enough protein and calcium, as well as maintaining your intake of vitamin D, iron, vitamin A, folate, vitamin B12, vitamin B6, zinc and fiber. Drinking plenty of fluids including water can help battle the changes that occur with aging and fluid intake. The Healthy Aging meal plan ensures that you receive all of the proper nutrition necessary to help make aging a healthy time of your life.

Heart Healthy

These menus are definitely Heart Healthy. They are all low-sodium (below 2300 mg sodium for each day), and contain plenty of fiber. These menus are low in fat, especially saturated fat, and higher in unsaturated fats, polyunsaturated and



monounsaturated, the “heart healthy” fats. These menus are also low in cholesterol with no more than 200 mg per day. Also included in these menus are soy foods. Soy foods can help protect against heart disease by helping to reduce cholesterol levels. Please note this meal plan does not include red meat.

Low Carb

These menus are low-carb (about 40% carbs) but still contain all of the essential nutrients. These menus are not, “no carb”, but contain enough for good health and weight loss. The carbs that are included are concentrated high fiber products. Also included in these menus are “Balance Bars” that are 40% carb, 30% protein and 30% fat. These meal bars make for easy but nutritious meals, are a great source of soy protein, and fit right into these menus!

Low Carb American

Hurray for the red, white and blue! Are you an all American who loves your native foods! Enjoy those all American foods that you love while continuing to follow your weight management goals. These menus follow the popular 40-30-30 ratio combination of carbs, protein, and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Low Carb Fast Food

On the go all the time, always in a hurry and not sure what to eat when you stop at fast food restaurants? These menus will guide you to making better choices that will help you comply with your weight management goals. They combine fast food choices with the popular 40-30-30 ratio combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Low Carb Italian

On the go all the time, always in a hurry and not sure what to eat when you stop at fast food restaurants? These menus will guide you to making better choices that will help you comply with your weight management goals. They combine fast food choices with the popular 40-30-30 ratio combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.



Low Carb Mexican

Ole! With the help of these menus you can now enjoy your favorite Mexican dishes and still comply with your weight management goals. These menus combine tasty Mexican foods with the popular 40-30-30 ratio combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Low Cholesterol

The average American diet consists of 510 mg of dietary cholesterol per day. The Low Cholesterol template provides intake averages less than 120 mg per day for the seven-day period. These menus contain plenty of fiber-rich foods including grains and vegetables which will help in lowering LDL levels (bad cholesterol) and triglycerides. By combining a regular exercise program with these templates one can raise HDL (good cholesterol) levels and prevent future health problems. The primary source of proteins comes from fish and poultry. Meals are distributed between 5 to 6 meals each day to boost

Low Fat/Weight Loss

The Weight Loss template has been designed to yield fast results by combining the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to boost metabolism. Protein sources are provided by lean meats such as chicken, turkey and fish. This template may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Weight Loss template is very popular amongst male and female fitness enthusiasts whom want to burn fat and maintain muscle.

Mature Woman

These menus are geared toward the older woman going through menopause. At this time in a woman's life, diet is especially important to health and well-being. These menus meet the needs of these women. These Mature Women menus include good sources of fiber, are low in fat (24% fat), high in calcium and moderate in sodium. They contain soy products, which are believed to help fight symptoms of menopause as well, as decrease the risk for certain cancers and help protect against heart disease.

Mediterranean



The Mediterranean Template is the perfect template if you are looking for a heart-healthy eating plan. This template incorporates the basics of healthy eating in addition to those eating habits traditionally found in the countries surrounding the Mediterranean. You will find this template rich in fruits and vegetables, whole grains and other healthy starches such as legumes and beans. In addition, it contains generous amounts of healthy fats, especially the heart healthy monounsaturated fats, by including foods such as olive oil, fish, nuts and seeds and limiting poultry and red meats. The emphasis of this template is a simple but reasonable diet that features healthy foods and a sensible approach to good health.

North Beach Diet Phase 1

The North Beach diet takes a healthier approach to the other popular beach diet. Phase 1 looks at the entire picture to achieve the right nutritional balance to help you lose those extra pounds. With this Template you will enjoy the basics of healthy eating coupled with low glycemic complex carbohydrates, lean proteins and healthy fats at every meal. The North Beach Template helps you to moderate simple sugars while increasing your fiber intake to help achieve stable blood sugars and avoid hunger as well as cravings. You will enjoy healthy meals and regular snacks that will keep your energy up while reducing your calories for effective weight loss.

North Beach Diet Phase 2

After reaching your goal weight on the North Beach Diet Phase 1 Template, it is time to move on to Phase 2. This Phase will help you to maintain the new body you have earned by following Phase 1. Phase 2 guides you through eating for weight management throughout your life by incorporating balanced nutrition and healthy foods. This Phase will teach you the good eating habits you need to maintain your new healthy weight. It is full of healthy foods that provide vitamins, minerals, fiber, antioxidants and energy. Everything you need to be healthy and stay healthy!

On The Go

Are you one of those people who never eats right because you are always “on-the-go”? Do you lack a healthy diet because of your busy lifestyle? Look no further! The On-The-Go menus provide you with all types of ideas for eating healthy even when you are short on time. They incorporate whole foods as well as some healthy fast food restaurant meals. No matter how busy you are, a



healthy diet is vital to good health and increased energy. Don't let your busy lifestyle take the place of good nutrition.

Sustained Energy

Do you feel like you struggle to get out of bed in the morning, feel tired after lunch and barely make it through the evening without falling asleep on the couch? Do you feel just plain worn-out? Than maybe the Sustained Energy Template is just what you need. The Energy Booster Template ensures that you eat high-energy, healthy foods all day long to help you fight fatigue and help get you through your busy day with vigor. The Templates incorporate quick delicious energy boosting smoothies during the least energetic parts of your day. Don't let your diet be the culprit of lost motivation! Use the Energy Booster Template to turn your day around!

Teen Scene

Is getting your teenager to eat a healthy, well-balanced diet an everyday challenge? During the teen years, good nutrition plays a vital role in proper growth and development as well as eating habits later in life. Now is the time to teach your teen good eating habits that will last a lifetime. The Teen Scene meal plan will help guide you through feeding your teenager a healthy diet that you can BOTH agree on. The Teen Scene menus ensure your teenager is receiving all of the essential nutrients they need for proper growth and development through these crucial years. These menus include plenty of: calcium, iron, calories, protein, carbohydrates, fiber, zinc, as well as other essential nutrients. These menus are formed around a healthy diet for teens that includes four or more servings of dairy per day, four to six ounces of lean meat per day.

Glycemic Management

High (am) to Low (pm)

The glycemic index is a helpful tool that measures how fast a food, that contains carbohydrates, will raise your blood sugar. The values on the glycemic index chart are based on pure glucose. Glucose is a carbohydrate that absorbs very quickly into the body, which makes it a good base to compare other foods to. Glucose is given the value of 100 and all other foods are compared to that number. The closer a food is to the value of 100, the faster it will be absorbed into your bloodstream and the faster the body will use it up. The lower the number is the slower it is absorbed into your bloodstream. The glycemic index only applies to foods that contain carbohydrates. That includes every food group except the

meat and fat group. The Hi to Low Glycemic Templates incorporates hi glycemic foods in the morning and afternoon for high energy and winds you down with low glycemic foods in the late afternoon and through the evening hours when you are less active.

Low (am) to High (pm)

The Low Glycemic Templates do all the figuring for you. Following these menus helps you follow a diet that contains low glycemic foods. Most of the foods contained in these menus have a glycemic index of around 50 or less. Following a diet full of lower glycemic foods can help keep your blood sugar level from falling too rapidly. Low glycemic foods do not cause your body to release as much insulin into your bloodstream and as a result are broken down over a longer period of time. The result is a longer, steadier release of energy, helping you to feel more alert and energetic through your day. By following these menus you will also be less likely to binge eat because your blood sugar levels are in balance.

Low Glycemic (all day)

The Low Glycemic Templates do all the figuring for you. Following these menus helps you follow a diet that contains low glycemic foods. Most of the foods contained in these menus have a glycemic index of around 50 or less. Following a diet full of lower glycemic foods can help keep your blood sugar level from falling too rapidly. Low glycemic foods do not cause your body to release as much insulin into your bloodstream and as a result are broken down over a longer period of time. The result is a longer, steadier release of energy, helping you to feel more alert and energetic through your day. By following these menus you will also be less likely to binge eat because your blood sugar levels are in balance.

Disease Prevention

Breast Cancer

These menus are for women who are serious about taking preventative steps to lower their risk for breast cancer. These menus are predominantly plant-based; are low in saturated fats yet moderate in unsaturated fats (the healthy fats); rich in calcium and moderate in sugar and sodium. These templates are high in fiber and whole-grains, which may help to fight breast cancer by lowering levels of estrogen in the body. These menus include good sources of unsaturated fats, specifically monounsaturated fats and Omega-3 fatty acids in the form of fish, flaxseed, and nuts, which also may help fight breast cancer. The Breast Cancer Templates are jam-packed with foods that contain phytochemicals, which may have a preventative effect against certain diseases including breast cancer.



Phytochemicals include indoles in cruciferous vegetables such as broccoli and cauliflower, polyphenols present in green or black tea, lycopene in red colored produce, beta-carotene in orange and yellow produce and isoflavones in legumes such as soybeans. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as breast cancer. These menus provide antioxidants through a large variety of colorful fruits and vegetables.

Cancer Prevention (General)

The Cancer Smart Templates are for people who are serious about taking preventative steps in the area of nutrition to help lower their risk for cancer. These menus contain loads of plant-based foods; are low in saturated fats yet moderate in unsaturated fats (the healthy fats); rich in calcium and moderate in sugar and sodium. These templates are full of fruit and vegetables, which according to the American Institute for Cancer Research (AICR) are rich in substances that help reduce the risk of cancer, heart disease and other chronic diseases like diabetes. Eating a wide variety of fruits and vegetables is important because certain types of phytochemicals are found only in specific kinds of fruits and vegetables. Phytochemicals are “plant-chemicals” that have disease-fighting properties and may help rid the body of carcinogens. For example, carotenoids, a group of antioxidants found in tomatoes, watermelon and sweet potatoes are believed to enhance immunity and heart health as well as play an anticancer role. Another type, lycopene, is linked to reduced risk of prostate and breast cancer. These templates are also high in fiber and whole-grains and contain soy foods, which may help to fight some forms of cancer. They also include good sources of unsaturated fats, specifically monounsaturated fats and Omega-3 fatty acids in the form of fish, flaxseed, and nuts, which also may help fight certain types of cancer. Consuming a diet high in fruits and vegetables ensures a diet that is full of important antioxidants such as vitamin C, E and A (in the form of beta-carotene). Antioxidants are also important in helping your body to prevent the DNA damage that can cause cancer.

Heart Disease

Foods that you choose strongly influence the health of your heart so better dietary habits can greatly reduce your risk for heart disease. These menus are for people who want to be health conscious and heart healthy. These menus follow the guidelines set by the American Heart Association to help reduce your risk of heart disease. They are jam-packed with fruits, vegetables, a variety of whole-grain products, and “good” fats. The menus are rich in foods that contain soluble fibers as well as omega-3 fatty acids such as fatty fish, nuts and flaxseed, which all

help to lower cholesterol and protect our heart health. This heart healthy diet is high in B vitamins including B6 and folate, which may help to lower levels of a substance called homocysteine in the blood. High levels of homocysteine are a clear risk factor for heart disease. Other heart healthy substances included in these menus are phytochemicals such as isoflavones found in legumes such as soybeans; lycopene found in produce such as tomatoes; indoles found in cruciferous vegetables such as broccoli, polyphenols present in green or black tea; and beta-carotene found in orange and yellow produce. Drink up your tea with these menus- current research finds that drinking tea regularly may protect arteries from plaque build-up. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as heart disease.

Osteoporosis (Bone Health)

Maximum bone loss occurs as early as the mid-thirties. After that we begin to slowly lose bone density and/or bone strength. The “Bone Health” Templates are on the cutting-edge of current research being done in the areas of bone strength and the prevention of osteoporosis. The nutritional goals in maximizing bone mass and minimizing bone loss include adequate intakes of calcium, vitamin D, magnesium, phosphorus, vitamin C, vitamin A, manganese, copper, iron, zinc and unsaturated fatty acids. These menus include foods such as dairy products, fruits, vegetables, whole-grains, nuts and meats that are rich in all of these essential nutrients. Other important nutritional bone health goals that these Templates include are limited amounts of sodium, limited amounts of caffeine and an adequate intake of protein. Ongoing studies are linking vitamin K and vitamin B12 to the prevention of hip fractures and to the strengthening of bones. These menus include foods such as dark green leafy vegetables, whole grains, dairy foods, fish, beef, and eggs that are rich in both these important vitamins. In addition, these menus include isoflavones from soy foods, which are believed to help prevent osteoporosis and benefit bone health. Soy foods and flaxseed are also excellent sources of phytoestrogens. Phytoestrogens are known as plant chemicals and have been shown to either directly or indirectly impact bone turnover.

Stable Blood Sugar

Blood sugar or glucose is the body’s main source of energy and is formed when any type of carbohydrate is digested. Keeping blood sugar levels stable or level throughout the day is vital to people with diabetes to help protect them from developing diabetic complications down the road. It is also imperative for people with hypoglycemia to help keep them feeling their best all day long. Tight control

of blood sugar levels can also help you avoid hunger throughout the day. It is dips in your blood sugar levels that bring on those feeling of intense hunger. The Stable Blood Sugar Templates are meant to help people keep their blood sugar levels as stable as possible throughout the entire day. The Templates incorporate six meals every day to help minimize dips in blood sugar levels. They are packed with good nutrition including fiber, healthy fats, flaxseed and chromium that all play an important role in stabilizing blood sugar levels. If you have type 1 or type 2 diabetes, check with your physician before following any type of meal plan. Meal planning for diabetics should be individualized and based on individual nutritional goals as well as medications.

Stroke Prevention (DASH)

The Stroke Templates follow the ideas of the “DASH Diet” (Dietary Approaches to Stop Hypertension), a set of dietary guidelines designed for those with high blood pressure but also a heart-healthy eating plan. Recent research found that the DASH Diet, which may help lower blood pressure, might also reduce levels of homocysteine, a possible risk factor for heart disease and stroke. The Dash Diet is rich in low-fat dairy foods, fruits, and vegetables as well as low in saturated fat and total fat. This eating plan is rich in minerals that may help to lower blood pressure, especially calcium, potassium and magnesium. These templates are also jam packed with vitamin C. A growing body of evidence suggests that people who eat plenty of fruits and vegetables daily to meet their vitamin C requirements have healthier blood pressure levels than those who don't. These Templates contain loads of fruits and vegetables, which allows for a moderate intake of sodium since these foods are so much lower in sodium than many other foods. Sodium continues to be a controversial issue when it comes to high blood pressure but it is always good general nutritional advice to follow a diet lower in sodium.

Fitness & Performance

Athletic Training

The performance menus provide high quality whole grain and vegetable foods for optimum performance needs. The average macronutrient ratio for the 7-day period is 60% carbohydrates, 20% protein and 20% fat. The templates also offer a daily average intake of 40 grams of dietary fiber. High fiber levels will minimize body fat storage and stabilize glucose thus stabilizing blood sugar levels within the body to maximize sustained energy levels.



Weight Loss

The Weight Loss meal plan has been designed to yield fast results by combining the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to boost metabolism. Protein sources are provided by lean meats such as chicken, turkey and fish. This meal plan may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Weight Loss meal plan is very popular amongst male and female fitness enthusiasts to burn fat and maintain muscle.

Lean Bodybuilder

The Lean Bodybuilder templates combine higher protein, lower fat and higher daily calories for the average person wanting to shed body fat, entry level or experienced bodybuilder. This template has been designed using the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to maintain a high metabolism. Protein sources are provided by lean meats such as chicken, turkey, fish and generic protein shakes. This template may be somewhat limited in variety but has been clinically proven to maintain or increase lean muscle tissue when combined with a regular exercise routine consisting of cardiovascular and resistance exercises.

Mass Builder

Designed with the hard-gainer in mind. The Mass Builder template provides meal plans and foods that yield higher carbohydrates and slightly higher fat to pack on the pounds where fast weight gain is desired. This template has been designed to work in conjunction with a regular weight training program to stimulate muscle tissue growth. Meal replacement shakes are required for snack times to boost daily calories and provide convenience over preparing foods. The animal protein sources for these templates come from chicken, turkey, fish and red meats.

Paleo (Caveman)

Paleo is short for Paleolithic, and the premise of a Paleo diet centers around the idea that our bodies have not adapted sufficiently to eating foods that weren't available to us 10,000 years ago. It is thought that more than 70% of food consumed today was never available in Paleolithic times. The advances in agriculture and mass food production have caused us to move away from eating real food; food meant to work with our bodies for optimal health. A Paleo diet involves eating meat and vegetables, nuts and seeds, little starch, some fruit and



no sugar. It means no grains, legumes, dairy or alcohol. It means staying away from all processed foods. It means eating as our hunter-gathers ancestors did.

Performance Training

The performance menus provide high quality whole grain and vegetable foods for optimum performance needs. The average macronutrient ratio for the 7-day period is 60% carbohydrates, 20% protein and 20% fat. The templates also offer a daily average intake of 40 grams of dietary fiber. High fiber levels will minimize body fat storage and stabilize glucose thus stabilizing blood sugar levels within the body to maximize sustained energy levels.

Special

Gluten Free

Celiac disease affects as many as 2 million Americans. These people are unable to tolerate the protein gluten, which is found in wheat, rye and barley. There is only one treatment for celiac disease and that is strict adherence to a gluten-free diet for life. Learning and following a gluten-free diet is challenging. People with celiac disease need help learning how to manage their diets and their lives. The Gluten-Free meal plan is one tool to help you get started. These menus are full of simple meal ideas that are completely gluten-free. They incorporate foods that are naturally free of gluten as well as specialized foods that are produced without gluten. This plan can act as a learning tool. However, it should not substitute visits to a physician and a dietitian specializing in this condition.

Healthy Soy

Soy is being touted as the health food of the decade. Soy is a plant-based food that is loaded with protein (including essential amino acids), fiber, calcium, and iron. Soy is low in saturated fat, contains no cholesterol and is an excellent source of isoflavones. The American Heart Association considers soy products to be a healthy replacement for meat and other foods high in saturated fat, cholesterol and total fat. While soy alone is not a magic food, the Healthy Soy Template incorporates the basics of healthy eating plus provides the tool to help increase soy in your diet. This template incorporates at least 25 grams of soy protein per day, which is equivalent to three to four servings of soy protein-rich foods.

High Fiber

A high fiber diet can be beneficial to both your health and body weight. High fiber diets have been linked to a reduced risk of many chronic diseases including certain types of cancer, heart disease and gastrointestinal conditions. High fiber



diets can help to reduce “bad” cholesterol, control blood sugar levels and improve both digestion and bowel function. In addition, increasing fiber can naturally help to decrease calorie intake as high-fiber foods can be very filling. This in turn can lead to weight loss. This High Fiber Template incorporates the recommendation of 20 to 35 grams of fiber daily and includes a mix of both insoluble and soluble fiber. If your current diet is low in fiber, increase your intake slowly. And stay hydrated when on a higher fiber diet by drinking adequate amounts of water.

Kosher

The Kosher plan has been designed to yield effective results by combining healthy foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. They are packed with good nutrition including fiber, healthy fats, vitamins and minerals. General Kosher guidelines have been implemented within these menus. However, to ensure a total Kosher diet, the user of these menus is advised to check all food labels for proper Kosher symbols. In addition, when meal planning, follow all other Kosher laws and practices.

Lactose Intolerant

Lactose intolerance is caused by the deficiency of lactase, a digestive enzyme. People can have different degrees of lactose intolerance. It is advisable to consult with your physician to confirm a diagnosis and to determine your personal degree of intolerance. Many people can tolerate some dairy, depending on its form. These menus eliminate MOST foods that contain lactose and replace them with other foods that continue to supply the important nutrients that dairy products contain such as calcium. In addition, they are designed to yield effective results by combining healthy foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. The plan contains yogurt, which is a dairy product but is well-tolerated by the majority of lactose intolerant people.

Organic Low Carb

One of the newest trends, according to industry polls, is an organic diet. Foods that carry the “USDA Organic” seal certify that they have been grown and processed according to strict criteria. Specifically they are free of pesticides, synthetic fertilizers, growth hormones and genetically-engineered substances. However, this doesn’t mean they are completely pesticide-free. A few synthetic and botanical pesticides are still allowed. The Organic Templates will help you to meet your organic goals, whether you are a beginner or a pro at this style of eating and whether you opt for a low carb diet or a low fat diet.

Organic Low Fat

Foods that carry the “USDA Organic” seal certify that they have been grown and processed according to strict criteria. Specifically they are free of pesticides, synthetic fertilizers, growth hormones and genetically-engineered substances. However, this doesn’t mean they are completely pesticide-free. A few synthetic and botanical pesticides are still allowed. The Organic menu will help you to meet your organic goals, whether you are a beginner or a pro at this style of eating.

Vegan

These menus are for the strict vegetarian or vegan. They include no animal products. These menus ensure over 800 milligrams of calcium per day, a mineral that is hard to get for vegans. They also contain plenty of fiber and at least 72% of the RDI for Iron for the week’s average. The higher calorie levels contain all of the recommended Iron for the day. These menus contain plenty of healthy soy also.

Vegetarian / Low Fat

The Low Fat Vegetarian plan provides 7 days of meal plans each consisting of 5-6 meals each day. The macronutrient ratios average 65% carbohydrates, 15% protein and 20% fat for the seven day period. Protein sources are provided by tofu and soy products, beans, peanuts and some dairy in the form of cheese and milk (no eggs).

Wheat Free / Low Fat

A small population has allergic reactions to foods that may contain wheat products. Avoidance of wheat and wheat-containing foods is the first step in the treatment of wheat allergy. However, because wheat is a staple food product, wheat elimination diets are particularly difficult for a person and their family to maintain. The Wheat Free template is designed to provide balanced diet rich in vitamins and minerals, low in fat, but with the absence of wheat by-products. Each day contains at least 5 small but frequent meals to help increase metabolism.

Detox & Cleanse



21-Day Jump Start Detox Fruit

The 21 Day Jump Start program begins with a fruit detox and cleanse phase for the first 14 days followed by 7 day low glycemic phase eating plan. The fruit detoxification and cleanse phase uses primarily low glycemic fruits and juices to help the



body eliminate bad bacteria while giving the body more energy to devote to cleansing and healing. The primary protein source is derived from eggs. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

21-Day Jump Start Detox Veggie

The 21 Day Jump Start program begins with a veggie detox and cleanse phase for the first 14 days followed by 7 day low glycemic phase eating plan. The vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The primary protein sources are derived from eggs, fish and some tofu. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

21-Day Jump Start Detox Meat

The 21 Day Jump Start program begins with a detox and cleanse phase which include lean meats for the first 14 days followed by 7 day low glycemic phase eating plan. Our animal protein detoxification template is full of organic chicken and beef sources of protein along with lentils and black beans for cleansing. Our elimination process begins by avoiding all dairy, gluten/wheat grains, caffeine, fish, shellfish and corn products. It is loaded with high fiber fruits and vegetables along with providing you with low glycemic, high nutrient based carbohydrates such as brown rice, broccoli, and asparagus. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55.

Detox with Fruit

Our all fruit detoxification template uses primarily low glycemic fruits and juices to help the body eliminate bad bacteria while giving the body more energy to devote to cleansing and healing. Our primary focus is to detoxify the liver from environmental, lifestyle and emotional toxins that have been built up over many years. The liver is the first organ or filter that toxins from our GI tract pass through. Many digestive problems such as constipation, diarrhea, food allergies, diverticulitis, Celiac disease (malabsorption disease), colitis, IBS and Crohn's disease are connected to a toxic liver and colon. Our well designed detoxification

program along with a quality probiotic restores a healthy digestive system by removing harmful toxins leaving you feeling lighter, leaner and more focused.

Detox with Veggie

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the “mental fog” we find we live with on a daily basis.

Detox with Meat

Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the “mental fog” we find we live with on a daily basis.

Childhood



Childhood Obesity Low Cholesterol

55% carb, 20% protein, 25% fat Adults are not the only ones that can be affected by high cholesterol levels. Children can also experience elevated levels that can cause health problems as they grow. High cholesterol levels in children is usually linked to family history, diet and/or obesity. The Childhood Obesity Low Cholesterol templates, along with additional doctor's orders such as physical activity, will help children to get a handle on high cholesterol levels as well as help them reach a healthy weight. This low cholesterol meal template provides intake averages of



less than 200 mg of cholesterol per day as well as less than 7 percent of total calories coming from saturated fats. Not only will this template help to lower total cholesterol and bad fat intake (saturated fat and trans fat) but it will ensure that children receive adequate calories and nutritional intake needed, according to gender, age and activity level, for proper development. This 7-day plan encourages and teaches children to try a variety of healthy and tasty foods that are good sources of fiber, healthy fats, essential vitamins and minerals as well as disease fighting antioxidants. This template is built around three meals and two snacks per day to fit children's school schedule. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.

Getting a Healthy Start (2-3 years)

55% carb, 10% protein, 35% fat The Getting a Healthy Start template will help parents get their child, aged 2 to 3 years, off to the best nutritional start possible. Young children need the perfect blend of calorie and nutritional intake to keep them growing and in the right direction. This template fits all of that into a 7-day plan that focuses on introducing them to a variety of healthy, tasty and simple foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. This template is built around six small meals per day to fit their miniature appetites. Not only will children learn what healthy foods are but parents will become aware of how to encourage healthy eating habits for life.

Growing Up With Healthy Habits (4-8 years)

55% carb, 15% protein, 30% fat The Growing Up With Healthy Habits template will help parents start their child, aged 4 to 8 years, on life-long healthy eating practices. Habits are formed at a young age and starting good habits early is vital. It is important that children be structured in their eating routine and that they learn young what healthy foods actually are. Not only will the child adopt good eating habits but parents will become aware of how to encourage healthy eating habits for life. Children need a blend of calories and nutritional intake to fit their gender, age and activity level and keep them growing and developing properly. This template fits all of that into a 7-day plan that encourages and teaches children to try a variety of healthy and tasty foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. This template is built around three meals and two snacks per day to fit children's school schedule. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.



Develop Healthy Eating Habits (9-13 years)

55% carb, 20% protein, 25% fat The Develop Healthy Eating Habits template will help parents start their child, aged 9 to 13 years, learning and continuing healthy eating practices. In this age range, media, friends and visual cues can very easily influence children. Children need to be taught what is in fact healthy and they require a helping hand that will lead them in the right direction. This template will do just that by presenting them with foods that will give them the nutrition they need to continue to develop into young healthy adults. This template will ensure that children receive the calories and nutritional intake they need, according to gender, age and activity level, for proper development. Not only will the child adopt good eating habits but parents will become aware of how to encourage healthy eating habits for life. This template fits all of that into a 7-day plan that encourages and teaches children to try a variety of healthy and tasty foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. This template is built around three meals and two snacks per day to fit children's school schedule. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.

Develop Healthy Eating Habits (9-13 years)

50% carb, 25% protein, 25% fat The Healthy Teen Years template will help teens, aged 14 to 18 years of age, adopt permanent healthy eating habits. This template will encourage and empower teens to take responsibility of their health by becoming aware of the foods they eat. Teens are growing and developing quickly and need a calorie and nutritional intake that will support their development, gender, age and activity level. This 7-day template does just that with three healthy meals and two snacks per day that will fit around the teen's school schedule and include foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.

Thank you and Enjoy!