

Introduction

The meal plans and nutrition principles that follow are a culmination of 15 years of research and study into exactly what works to achieve a lean body.

I assure you that none of these rules are “unhealthy” or “extreme”. On the contrary, they are the best principles you can incorporate to not only get you jumpstarted on your fat loss success but to also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. I stay lean all year long and I do it by following these principles and eating very similar meal plans to the ones I have outlined below. I don't deprive myself and I am not miserable “on a diet”. It is actually, quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just do it “half-way”. Go 100% and see your body transform in a way you may have never seen before.

All the best!

Isabel De Los Rios

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Meal Plans

The following meal plans can be followed for the first 6 weeks for a quick, jumpstart plan. The serving sizes are the *minimum* you should be eating. Remember that each person's starting point is very different. The meal plan servings can be adjusted based on your personal needs.

If you experience hunger at any time, increase the protein, fruit or vegetable serving in 1 or 2 meals by 1 serving. For example, if lunch calls for 3 ounces of turkey, increase it to 4 ounces or even 5 ounces if necessary. Please do not be afraid to add more healthy food to your plan to nourish your body sufficiently. Eating one or two more ounces of a healthy protein, fruit or vegetable will not affect your results. Eating foods that are not on your list (breads, pastas, sweets) *will* deter you from seeing the results you're looking for.

I mention specific brands throughout this jumpstart guide because they are the ones I have researched and found to fit the program best. If you cannot find these brands and cannot order them online, you can make substitutions using your judgment and the principles you have learned here. However, I strongly encourage these as I have already eliminated several brands that claim one thing and deliver another.

Meal Plan – Week 1

Breakfast (7-8am)

Protein Choices: Choose One
1 egg + 3 whites
2 whole eggs
3 slices Applegate Farms turkey bacon
3 Applegate Farms breakfast sausages
2 oz of leftover meat from the night before
(Description of recommended Brands below)

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Fruit Choices: Choose One
1 green apple
1 pear
½ medium banana

Examples: 1 egg + 3 whites
1 cup steamed cauliflower
1 green apple

3 slices turkey bacon
1 cup spinach
½ medium banana

2 oz leftover turkey
1 cup cooked broccoli
1 pear

Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
2 hard boiled eggs

2 oz sliced turkey breast or chicken breast

Vegetable Choices: Choose One

Celery Sticks

6-7 Baby Carrots

½ sliced red, yellow, or green pepper

1 cup broccoli or cauliflower

Fruit Choices: Choose One

1 green apple

1 cup strawberries

1 cup blueberries

Examples:

2 Tbsp Almond Butter

Celery Sticks and 1 small green apple

2 hard boiled eggs

½ yellow pepper

1 cup blueberries

1 ounce raw walnuts

6 baby carrots

1 cup strawberries

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: Choose One

3 ounces chicken (dark or white meat)

3 ounces turkey (dark or white meat)

3 ounces fish (tuna only 1 time per week)

2 ounces beef or bison (lean varieties)

Over a large salad that is made up of any of the following:

All lettuce except for Iceberg (It has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

1 cup cooked broccoli

1 cup cooked cauliflower

1 cup sautéed spinach

1 cup steamed asparagus

Dressing: Bragg Organic Apple Cider Vinegar

2 tsp Extra Virgin Olive Oil or Flax Seed Oil

Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 3 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 2 tsp flaxseed oil as dressing

3 oz salmon
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 2 tsp extra virgin olive oil

Notes:

Turkey Bacon - Applegate Farms makes the best turkey bacon. Each slice has about 6grams of protein. If you can't find this brand, find a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates.

Turkey Sausage – Also Applegate Farms. Each link has about 6 grams of protein. If you can't find this brand, find a brand with NO nitrites and nitrates.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

All almonds, walnuts and almond butter must be raw. They can not be roasted. Roasting nuts takes a good food and turns it into a bad food!

Olive Oil must be Extra Virgin and preferably organic.

Flaxseed oil must go in the refrigerator.

Typical Day Meals and Times:

7am – Breakfast
10am – Snack #1
1pm – Lunch
3pm – Snack #2
6pm – Dinner

Please make an effort not to eat any later than 7pm. This will help to prevent the mindless snacking that we sometimes tend to do late at night in front of the TV.

Water Intake – $\frac{1}{2}$ of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

Celtic Sea Salt – One big change for this week is that you are going to buy *Celtic Sea Salt*

You can either buy it at Whole Foods or order it online at www.celticseas.com

I encourage you to replace any salt in your home (Kosher, Iodized, or any other form of sea salt) with this brand. I assure you that salt is not bad. It is just the type of salt that is either good or bad.

Meal Plan – Week 2

Breakfast (7-8am)

Protein Choices: *Choose One*
2 whole organic eggs
3 slices Applegate Farms turkey bacon
3 Applegate Farms breakfast sausages
2 oz of leftover meat from the night before
1 Applegate Farms chicken sausage
2 slices Applegate Farms Canadian Bacon

Vegetable Choices: *Choose One*
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Fat Choices: *Choose One*
¼ Avocado
2 teaspoons flax seed oil (do not cook with flaxseed oil)
2 teaspoons extra virgin olive oil

Examples: 2 eggs
 1 cup steamed cauliflower
 2 tsp flaxseed oil over the cauliflower

 2 slices Canadian Bacon
 1 cup spinach
 ¼ Avocado

 1 Chicken Sausage
 1 cup cooked broccoli
 2 tsp extra virgin olive oil

Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: *Choose One*
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)

1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One

Celery Sticks

10 Baby Carrots

1 sliced red, yellow, or green pepper

1 large sliced tomato

2 cups broccoli or cauliflower

Examples:

1 chicken sausage

1 large sliced tomato

2 hard boiled eggs

1 yellow pepper

1 ounce raw macadamia nuts

10 baby carrots

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: Choose One

4 ounces chicken (dark or white meat)

4 ounces turkey (dark or white meat)

4 ounces fish (tuna only 1 time per week)

3 ounces beef (lean varieties)

Over a large salad that is made up of any of the following:

All lettuce except for Iceberg (It has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

1 cup cooked broccoli

1 cup cooked cauliflower

1 cup sautéed spinach

1 cup steamed asparagus

Dressing: Bragg Organic Apple Cider Vinegar

1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil

Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)

Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 1 Tbsp extra virgin olive oil

Notes:

Applegate Farms products can be found at Whole Foods or Trader Joe's. Any variety of the Chicken Sausage is ok (I think the sweet Italian flavor is the best).

Remember all nuts must be raw.

Olive Oil must be Extra Virgin and preferably organic.

Flaxseed oil must go in the refrigerator.

Typical Day Meals and Times:

7am – Breakfast
10am – Snack #1
1pm – Lunch
3pm – Snack #2
6pm – Dinner

Please make an effort not to eat any later than 7pm.

Water Intake – ½ of your bodyweight in ounces of water.
Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

Meal Plan – Week 3

Breakfast (7-8am)

Protein Choices: *Choose One*
1 egg + 3 whites
2 whole eggs
3 slices Applegate Farms turkey bacon
3 Applegate Farms breakfast sausages
2 oz of leftover meat from the night before
1 Applegate Farms chicken sausage
2 slices Applegate Farms Canadian Bacon

Vegetable Choices: *Choose One*
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus
1 cup red, yellow, or green peppers
½ medium tomato
(or 1 cup combination of any of the above.
Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: *Choose One*
1 green apple
1 pear
½ medium banana
1 cup berries (strawberries, blueberries, raspberries,
blackberries)
1 cup fresh pineapple

Examples: 1 egg + 3 whites
1 cup spinach, asparagus and tomatoes
½ medium banana

1 chicken sausage
1 cup spinach
1 cup fresh pineapple

Snack #1 (10-11am)

Protein Choices: *Choose One*

2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One

Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: Choose One

1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples:

2 Tbsp Almond Butter
Celery Sticks and 1 small green apple

2 hard boiled eggs
½ yellow pepper
1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup raspberries

Snack #2 (3-4pm)

Protein Choices: Choose One

2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One

Celery Sticks

10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples: 1 chicken sausage
1 large sliced tomato

2 hard boiled eggs
1 yellow pepper

1 ounce raw macadamia nuts
10 baby carrots

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: Choose One
4 ounces chicken (dark or white meat)
4 ounces turkey (dark or white meat)
4 ounces fish (tuna only 1 time per week)
3 ounces beef (lean varieties)

Over a large salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Dressing: Bragg Organic Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes,
cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 1 Tbsp flaxseed oil as
dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 1
Tbsp extra virgin olive oil

Notes:

If you did not get a chance to buy Celtic Sea Salt, please do so this week.

This week we are going to incorporate our first supplement, a high quality Omega 3 supplement. The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.

The brand I recommend and use myself is Prograde Krill Oil. It can be found here:

<http://fishoilforyou.getprograde.com/icon>

You are going to begin by taking one softgel with dinner. You can gradually increase as the weeks go on.

If there was only one supplement that I could have all of my clients on, it would be a high quality Omega 3 supplement. It really does wonders for the body.

Meal Plan – Week 4

Breakfast (7-8am)

Protein Choices: Choose One
1 egg + 3 whites
2 whole eggs
3 slices Applegate Farms turkey bacon
3 Applegate Farms breakfast sausages
2 oz of leftover meat from the night before
1 Applegate Farms chicken sausage
2 slices Applegate Farms Canadian Bacon

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus
1 cup red, yellow, or green peppers
½ medium tomato
(or 1 cup combination of any of the above.
Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: Choose One
1 green apple
1 pear
½ medium banana
1 cup berries (strawberries, blueberries, raspberries,
blackberries)
1 cup fresh pineapple

Examples: 1 egg + 3 whites
1 cup spinach, asparagus and tomatoes
½ medium banana

1 chicken sausage
1 cup spinach
1 cup fresh pineapple

Snack #1 (10-11am)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: Choose One
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples:
2 Tbsp Almond Butter
Celery Sticks and 1 small green apple

2 hard boiled eggs
½ yellow pepper
1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup raspberries

Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One

Celery Sticks
10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples: 1 chicken sausage
1 large sliced tomato

2 hard boiled eggs
1 yellow pepper

1 ounce raw macadamia nuts
10 baby carrots

Lunch (1-2pm)

Protein Choices: Choose One
3 ounces chicken (dark or white meat)
3 ounces turkey (dark or white meat)
3 ounces fish (tuna only 1 time per week)
2 ounces beef (lean varieties)

Carb Choices: Choose One
½ cup cooked brown rice
½ cup cooked millet
½ cup cooked quinoa
½ cup or 4 oz cooked sweet potato
½ cup cooked beans (any variety)

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Dressing: Bragg Organic Apple Cider Vinegar
2 tsp Extra Virgin Olive Oil or Flax Seed Oil

Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 3 oz grilled chicken (white or dark)
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
½ cup garbanzo beans added to the salad
Bragg Organic Apple Cider Vinegar and 2 tsp flaxseed oil as dressing

3 oz salmon
Over sautéed spinach
4 oz sweet potato
Salad on the side with Bragg Organic Apple Cider Vinegar and 2 tsp extra virgin olive oil

2 oz beef
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)
Over ½ cup brown rice
Salad on the side with Bragg Organic Apple Cider Vinegar and 2 tsp extra virgin olive oil

Dinner (6-7pm)

Protein Choices: Choose One
4 ounces chicken (dark or white meat)
4 ounces turkey (dark or white meat)
4 ounces fish (tuna only 1 time per week)
3 ounces beef (lean varieties)

Over a large salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Dressing: Bragg Organic Apple Cider Vinegar

1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes,
cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 1 Tbsp flaxseed oil as
dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 1
Tbsp extra virgin olive oil

Notes:

1. You can use 2 tsp of wheat free soy sauce for cooking. This can be found at Whole Foods or other Health Food stores.
2. By now you should be using Celtic Sea Celtic Sea Salt.
3. If you did not get to incorporate an Omega 3 supplement yet, please do that as soon as you can. Below I have included the notes from last week:

The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.

The brand I recommend at use myself is Prograde Krill Oil. It can be found here:

<http://fishoilforyou.getprograde.com/icon>

You are going to begin by taking one softgel with dinner. You can gradually increase as the weeks go on.

If there was only one supplement that I could have all of my clients on, it would be a high quality Omega 3 supplement. It really does wonders for the body.

Meal Plan – Week 5

Breakfast (7-8am)

Protein Choices: Choose One
1 egg + 3 whites
2 whole eggs
3 slices Applegate Farms turkey bacon
3 Applegate Farms breakfast sausages
2 oz of leftover meat from the night before
1 Applegate Farms chicken sausage
2 slices Applegate Farms Canadian Bacon

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus
1 cup red, yellow, or green peppers
½ medium tomato
(or 1 cup combination of any of the above.
Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: Choose One
½ green apple
½ pear
¼ medium banana
½ cup berries (strawberries, blueberries, raspberries,
blackberries)
½ cup fresh pineapple

Carb Choices: 1 slice Ezekiel Bread
½ Ezekiel Roll
½ Ezekiel English Muffin
1/3 cup dry slow cooked oats (made with water)

Examples: 1 egg + 3 whites
1 cup spinach, asparagus and tomatoes
1/3 cup oats (made with water and cinnamon)
½ apple (sliced and added to oatmeal)

1 chicken sausage
1 cup spinach
½ Ezekiel Roll (mini breakfast sandwich)
1 cup fresh pineapple

Snack #1 (10-11am)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: Choose One
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples: 2 Tbsp Almond Butter
Celery Sticks and 1 small green apple

2 hard boiled eggs
½ yellow pepper
1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup raspberries

Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter

1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: Choose One

Celery Sticks
10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples:

1 chicken sausage
1 large sliced tomato

2 hard boiled eggs
1 yellow pepper

1 ounce raw macadamia nuts
10 baby carrots

Lunch (1-2pm)

Protein Choices: Choose One

3 ounces chicken (dark or white meat)
3 ounces turkey (dark or white meat)
3 ounces fish (tuna only 1 time per week)
2 ounces beef (lean varieties)

Carb Choices: Choose One

½ cup cooked brown rice
½ cup cooked millet
½ cup cooked quinoa
½ cup or 4 oz cooked sweet potato
½ cup cooked beans (any variety)

Vegetable Choices: Choose One

1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach

1 cup steamed asparagus

Salad that is made up of any of the following:

All lettuce except for Iceberg (It has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

Dressing: Bragg Organic Apple Cider Vinegar
2 tsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 3 oz grilled chicken (white or dark)
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
½ cup garbanzo beans added to the salad
Bragg Organic Apple Cider Vinegar and 2 tsp flaxseed oil as dressing

3 oz salmon
Over sautéed spinach
4 oz sweet potato
Salad on the side with Bragg Organic Apple Cider Vinegar and 2 tsp extra virgin olive oil

2 oz beef
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)
Over ½ cup brown rice
Salad on the side with Bragg Organic Apple Cider Vinegar and 2 tsp extra virgin olive oil

Dinner (6-7pm)

Protein Choices: Choose One
4 ounces chicken (dark or white meat)
4 ounces turkey (dark or white meat)
4 ounces fish (tuna only 1 time per week)
3 ounces beef (lean varieties)

Over a large salad that is made up of any of the following:

All lettuce except for Iceberg (It has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

Dressing: Bragg Organic Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 1 Tbsp extra virgin olive oil

Notes:

1. Ezekiel products can be found at Whole Foods and most health food stores. Some supermarkets, like Kings and Shop Rite have started to carry them because of their popularity. Ezekiel bread is the only bread that I recommend to my clients. It is high in fiber and protein and digests better in your body than any other bread. If you can not find this brand, look for “sprouted grain” bread. You can also use Spelt bread, if that is available.
2. Allowable spices: Celtic Sea Salt, all spices, wheat free soy sauce, wheat free tamari.
3. Supplements: 1 Omega 3 capsule with lunch and 1 with dinner.

Meal Plan – Week 6

Breakfast (7-8am)

Protein Choices: Choose One
1 egg + 3 whites
2 whole eggs
3 slices Applegate Farms turkey bacon
3 Applegate Farms breakfast sausages
2 oz of leftover meat from the night before
1 Applegate Farms chicken sausage
2 slices Applegate Farms Canadian Bacon

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus
1 cup red, yellow, or green peppers
½ medium tomato
(or 1 cup combination of any of the above.
Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: Choose One
½ green apple
½ pear
¼ medium banana
½ cup berries (strawberries, blueberries, raspberries,
blackberries)
½ cup fresh pineapple

Carb Choices: 1 slice Ezekiel Bread
½ Ezekiel Roll
½ Ezekiel English Muffin
1/3 cup dry slow cooked oats (made with water)

Examples: 1 egg + 3 whites
1 cup spinach, asparagus and tomatoes
1/3 cup oats (made with water and cinnamon)
½ apple (sliced and added to oatmeal)

1 chicken sausage
1 cup spinach
½ Ezekiel Roll (mini breakfast sandwich)
1 cup fresh pineapple

Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: *Choose One*
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Applegate Farms Chicken Sausage

Vegetable Choices: *Choose One*
Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: *Choose One*
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples: 2 Tbsp Almond Butter
Celery Sticks and 1 small green apple

2 hard boiled eggs
½ yellow pepper
1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup raspberries

Lunch (1-2pm)

Protein Choices: *Choose One*
3 ounces chicken (dark or white meat)

3 ounces turkey (dark or white meat)
3 ounces fish (tuna only 1 time per week)
2 ounces beef (lean varieties)

Carb Choices: *Choose One*
½ cup cooked brown rice
½ cup cooked millet
½ cup cooked quinoa
½ cup or 4 oz cooked sweet potato
½ cup cooked beans (any variety)

Vegetable Choices: *Choose One*
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Dressing: Bragg Organic Apple Cider Vinegar
2 tsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 3 oz grilled chicken (white or dark)
Large salad made up of Romaine lettuce, tomatoes, cucumbers
and celery
1 cup asparagus added to the salad or on the side
½ cup garbanzo beans added to the salad
Bragg Organic Apple Cider Vinegar and 2 tsp flaxseed oil as
dressing

3 oz salmon
Over sautéed spinach
4 oz sweet potato
Salad on the side with Bragg Organic Apple Cider Vinegar and 2
tsp extra virgin olive oil

2 oz beef
Broccoli and Cauliflower stir fry (small amount of wheat free soy
sauce, see note below)
Over ½ cup brown rice

Salad on the side with Bragg Organic Apple Cider Vinegar and 2 tsp extra virgin olive oil

Dinner (6-7pm)

Protein Choices: Choose One
4 ounces chicken (dark or white meat)
4 ounces turkey (dark or white meat)
4 ounces fish (tuna only 1 time per week)
3 ounces beef (lean varieties)

Over a large salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Dressing: Bragg Organic Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 1 Tbsp extra virgin olive oil

Notes:

1. Be sure to have your last meal before 7pm.
2. Drink ½ of your bodyweight in ounces of water.
3. Only use Celtic Sea Celtic Sea Salt for all of your salt needs.
4. All spices are ok.
5. Soy sauce and Tamari should be labeled “wheat free”
6. 1 capsule of Omega 3 supplement with lunch and dinner.

Shopping List

Bread

Choose Food for Life brand's Ezekiel 4:9 organic sprouted whole grain products. Sources include health food stores (often in the freezer section) and the following:

- Food for Life (www.foodforlife.com)
- Trader Joe's
- Whole Foods Market

Dairy

Choose raw organic dairy products. The following Web sites provide information about obtaining raw organic dairy products in the United States:

- A Campaign for Real Milk (www.realmilk.com)
- Organic Pastures (www.organicpastures.com)
- The Weston A. Price Foundation (www.westonaprice.org)

Meats and Poultry

All of the animal protein you choose should be hormone- and antibiotic-free, organic, and preferably grass-fed. Sources include local health food stores and the following:

- U.S. Wellness Meats (www.grasslandmeats.com)
- Diamond Organics (www.diamondorganics.com)
- Wegmans
- Whole Foods Market
- Wholesome Harvest (www.wholesomeharvest.com)

Nut Butter

Choose nut butters (e.g., almond, walnut, cashew, or macadamia nut) made from raw (not roasted) organic nuts. Sources include local health food stores and the following:

- Nut Butters (<http://nutbutter.worldofrawfood.com/>)
- Nut Butters (www.wildfamilynaturals.com)
- Wild Jungle Peanut Butter (www.naturalsunfood.com)
- Artisana Organic Nut Butters (www.premierorganics.com)
- Organic Living Food (www.organiclivingfood.com)

- Whole Foods Market

Oil

For high-heat cooking, **coconut oil** is your best choice. It should be certified organic, unrefined, no chemicals (including hexane) added, unbleached, not deodorized, not hydrogenated, made from traditional coconut palms only (no GMO varieties), and cold-pressed (no heat used in the extraction process).

Sources include local health food stores and the following:

- Extra Virgin Traditional Philippine (www.wildfamilynaturals.com)
- Extra Virgin Coconut Oil (www.naturalsunfood.com)
- Tropical Traditions (www.tropicaltraditions.com)

For medium-heat cooking (sautéing) and use straight from the bottle (on salads and cooked foods), choose organic extra-virgin **olive oil**. It should be cold-pressed, cloudy (unrefined), and sold in a dark bottle. Sources include local health food stores and the following:

- Bariani EVOO (www.naturalsunfood.com)
- Organic EVOO. (<http://evoo.vitalchoiceorganics.com>)
- Bragg EVOO (www.truefoodsmkt.com)
- Whole Foods Market

Omega-3 Supplements

Cod liver oil should be taken in the winter because of its higher vitamin D content. (Although our bodies synthesize vitamin D from the sun's ultraviolet rays, sun exposure typically is insufficient during the winter.) The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle.

Fish oil should be taken in the summer because of its lower vitamin D content. The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle, or 1 milliliter for every 10 pounds of body weight (1 teaspoon = 5 milliliters).

The following brands, available at local health stores and online, are tested by independent laboratories for the absence of heavy metals:

- Wild Sockeye Oil (<http://salmonoil.vitalchoiceorganics.com>)
- Krill Oil (<http://fishoilforyou.getprograde.com/icon>)
- Nordic Naturals Omega-3 Fish Oil softgels (www.nordicnaturals.com)
- Norwegian Cod Liver Oil softgels (www.carlsonlabs.com)

Salt

Choose pure unrefined sea salt with no additives, preferably Celtic sea salt. Sources include local health food stores and the following:

- Celtic Sea Salt brand (www.celticseas.com)
- Redmond's Sea Salt (www.wheatgrasskits.com)
- Whole Foods Market

Stevia

Many stevia formulations are available (e.g., liquid, powder, powder plus inulin fiber). The liquid extract is ideal for all beverages, and the powders are ideal for baking. Powders are suitable for use in hot liquid but may not dissolve in cold liquids. Read packages to determine which product is right for you and the correct amounts to use in recipes. Sources include local health food stores and the following:

- Steviva (www.stevivasweetener.com)
- Whole Foods Market (in the supplement section)

Water Filtration Systems

Our bodies absorb water not only from food and drink but also through the skin, the body's largest organ. You should filter water for bathing as well as for drinking and cooking (i.e., at the kitchen sink). A whole-house filtration system takes care of this and more; it is installed where the main water line enters the home and filters the water before it flows throughout your plumbing system.

Two good online sources are the following:

- Sun Water Systems (www.sws-aquasana.com) sells Aquasana brand products for kitchen, bathroom, and whole-house water filtration as well as glass bottles for water storage. (20% discount)
- New Wave Enviro Products (www.newwaveenviro.com) sells water filters for kitchen and bathroom applications.

Remember...

Do the very best you can with whichever foods are available to you. You may not be able to find every single food I have listed, but that is ok! I have never had a client not lose weight because they had to make 1 or 2 adjustments. More importantly, make the majority of your food choices “all natural” and follow the recommended portion sizes and food combinations. I know from personal experience with hundreds of clients that even following the above plans at 90% proves amazing results.

What you’ve learned here is just the beginning. Are you ready to take charge of your weight and your health once and for all? Are you ready to feel the best you have ever felt? Visit www.TheDietSolutionProgram.com to download your copy of The Diet Solution Program Manual today. Don’t let one more day go by without living the incredible life you’ve dreamed about.

About Isabel De Los Rios

Isabel De Los Rios, CSCS is a holistic nutritionist and exercise specialist in New Jersey and the author of www.TheDietSolutionProgram.com

Isabel's Diet Solution Program offers the most cutting edge, revolutionary nutrition information available today. Her meal plans are a product of extensive nutrition study, research and real world results with clients. They not only guarantee fat loss success, they guarantee a level of health and vitality that is above and beyond what most people ever achieve.