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Disclaimer

You must get your physician's approval before beginning this nutrition & lifestyle program.

These recommendations are not medical guidelines, but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates a change in your diet or lifestyle. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper nutrition and lifestyle recommendations. All forms of nutrition & lifestyle changes pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. The dietary guidelines in this book are not intended as a substitute for any treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any nutrition program or change in lifestyle. If you are taking any medications, you must talk to your physician before starting any nutrition or lifestyle program, including the RESET Nutrition & Lifestyle Program. If you experience any lightheadedness, dizziness, or shortness of breath while on this program, stop the program and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the RESET Nutrition & Lifestyle Program, please follow your doctor's orders.



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Introduction

This e-book contains everything you need to know in order to get that lean, defined body you've always wanted.



CONGRATULATIONS! You are just a few quick steps from becoming the very next SUCCESS STORY!

This RESET Nutrition & Lifestyle Program will make reaching your fitness goals and living healthy easier. It is like hitting the RESET button. It is truly a **foundation program** that really sets the stage for making significant positive changes in your life, including achieving your ultimate physique goals.

You are going to be surprised at how easy this nutrition and lifestyle plan will fit into your daily busy lifestyle and how fast the pounds and inches will fly off as you build strong, sleek, lean muscle.

This simple, easy to follow nutrition and lifestyle plan has helped thousands of men and women lose unwanted weight, melt fat, lower blood pressure, lower cholesterol, have healthier younger looking skin and more energy than ever before... and it WILL work for YOU too!

Hear me out on this: Remember, we are breaking bad habits and creating healthy new habits. The first 3-5 days can be the hardest. From my experience over the last 22 years it only takes 3-5 days for you to lose your unhealthy sugar and carbohydrate cravings. Really... only 3-5 days when you are eating the right amount of carbohydrates (carbs) or sugar that your body can utilize. The magic question for all of us is, "How many carbs can I handle at each meal and each day?" This amount will vary based upon your age, activity level, sleep patterns, injuries, stress and more.

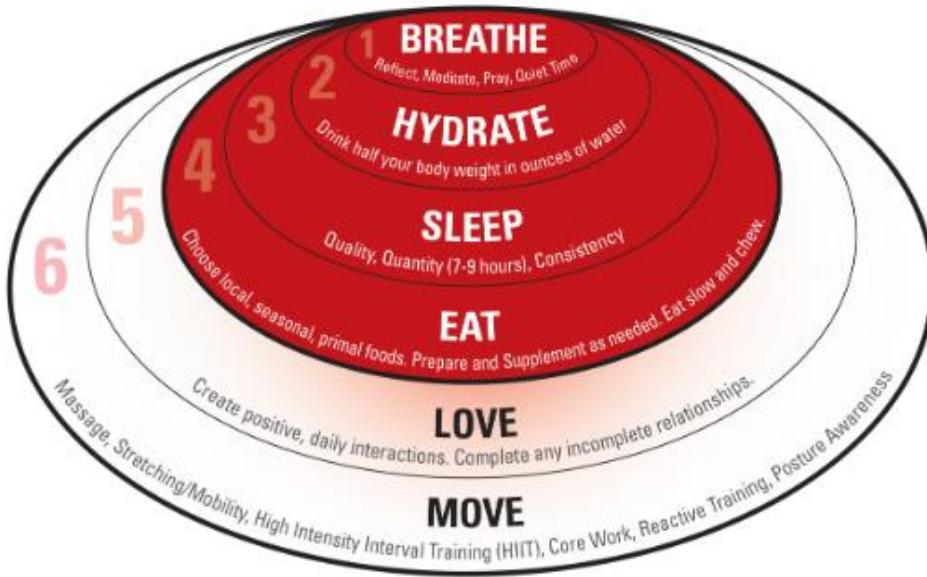
Figuring out your ideal fuel source is called [Metabolic Typing](#) and is a more advanced program. However, with experimentation in the RESET Program and journaling you can figure out what the best combinations of food works for you. By figuring out your metabolic type, you will create hormonal balance. This balance will decrease your body fat and improve your mood, tone and sleep quality. Life will be better! Don't we all want life to be just a little easier?

Your 6 Daily Primal Needs: Are They Being Met?

6 DAILY PRIMAL NEEDS *I am a Priority!*

Are your primal needs being met?

Only when you satisfy your 6 primal needs can you achieve optimal health, fitness and wellness. Make yourself a priority by setting your focus on achieving these 6 primal needs each day. You must plan and prepare for success!



LIFE SUSTAINING ABSOLUTES

Your body requires **air, water, sleep and food** to survive.

ELEMENTS OF VITALITY

By improving your past and current relationships and getting movement, you'll experience greater success in your overall health, well-being and vitality.

- **Breathe:** Reflect, meditate, pray, quiet time
- **Hydrate:** Drink half your body weight in ounces of water
- **Sleep:** Quality, quantity (7-9 hours), consistency
- **Eat:** Choose local, seasonal, primal foods. Prepare and supplement as needed. Eat slowly and chew.
- **Love:** Create positive, daily interactions. Complete any incomplete relationships.
- **Move:** Massage, stretching/mobility, High Intensity Interval Training (HIIT), Core Work, Reactive Training, posture awareness.

10 Tips to Getting Lean and Healthy



Here are some simple tips for quick and easy permanent fat loss and a lean, toned body.

Tip #1: 21 Day Mind Set

Don't cheat on your nutrition and lifestyle plan for 21 days. It takes the brain 21 days to reset itself and create a new habit. When you want to make a change, don't tell yourself that you are doing it for life; rather, tell yourself that you are going to do it for just 21 days. When you have completed the 21 days your conscious mind has the choice of stopping or continuing on, or so it thinks. Your new neural pathways have already formed, and you will more than likely continue with your new habit. You will have seen and felt the benefits along the way and your subconscious will want to continue.

Tip #2: Be Prepared

Most of the time people eat poorly because they do not bring food with them or do not prepare. "He who fails to plan - plans to fail!"

Bring healthy snacks with you like apples and walnuts (see the Snack section.) If you can, bring some storage containers or a cooler with healthy meals. Keep it simple. If you don't feel like bringing food, then plan out some healthy restaurants or stores where you can get some good food (see the Eating Out section.)

- ✓ Pre-cook some chicken or fish. Also try pre-cooking a sweet potato and keep it in the refrigerator. It will only take a few minutes to whip up one or two meals when you are prepared like this. Grab a few snacks to bring with you when you leave the house.
- ✓ Take five minutes to plan out what you are going to eat tomorrow.
- ✓ Whatever you eat for dinner, make extra for your breakfast and/or lunch.
- ✓ Pack your lunch the night before and make a meal replacement shake to eat for breakfast or snack.
- ✓ Always have water and snacks available in your car, at work and in your gym bag.

Tip #3: Keep a food diary

Write down everything you eat and drink for at least one week. Try writing it down right before the food or drink is consumed. By writing it down first you will have a moment to stop and think if your decision is going to be the best for reducing your belly fat.

- ✓ Have someone agree to review your food journal every day. Make an agreement that for each day you do not give them your journal you will owe them \$10.00. And every time you cheat on the program you owe \$1.00. Doing this will help keep you accountable. I work with people weekly observing their nutrition and lifestyle journals and give feedback on how to optimize each meal. Let me know if you are interested in this type of service. [Online Nutrition & Lifestyle Coaching Program](#)
- ✓ Journal how you feel immediately and 1-2 hours after each meal. Do you feel worse or better after the meal? Are you bloated, gassy, moody or tired? If so then something was probably wrong with your last email and it needs revising. Food is supposed to give us energy. When you have identified your optimal fuel source ([Metabolic Type](#)) you will feel the energetic effects of the food you eat. Nowadays most foods in the modern diet are processed and high in carbohydrates, and eating them leaves us feeling depleted.

Tip #4: The Magical Glycemic Index (GI)

Not all carbohydrate foods are created equal; in fact they behave very differently in our bodies. The Glycemic Index (GI) of a food represents the magnitude of the increase in blood glucose that occurs after the ingestion of a food. The reference food that is most often used in studies to figure out the GI is white bread which has a GI of 100. The higher the GI rating of a food, the greater the insulin response will be. The overproduction of insulin is considered one of the primary culprits of increasing weight and health problems in our society today.

Insulin helps metabolize carbohydrates to normalize blood sugar levels (ideal blood sugar levels are tightly regulated.) The main issue is that insulin is a “storage hormone”, evolved to store carbohydrate calories in the form of fat in case of future famine. The insulin that is stimulated by carbohydrate intake promotes the accumulation of body fat. In summary, too many carbohydrates = stored fat. How many carbs can you really handle?

High glycemic foods increase blood sugar levels, which increases insulin to store sugar. When this occurs, blood sugar levels decrease and you feel hungry and tired again. A low GI diet is recommended as a good choice for athletes and non-athletes alike. A low GI diet will improve glucose tolerance, energy, satiety (fullness) and make it easier to control food intake and body weight. In addition, a low GI diet promotes greater fat utilization, decreased storage of fat, lower cholesterol and blood pressure levels, and leads to a decreased insulin response.

Choosing low GI carbs — the ones that produce only small changes in our blood glucose and insulin levels — is the key to long-term health. It reduces your risk of heart disease and diabetes, providing the sustainable weight loss. You will see the best low glycemic carbs to eat in the Approved Food List section below.

- ✓ Eat every 2-4 hours. This will keep your metabolism and energy on turbo mode so the fat melts off. This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will regret.

- ✓ Always combine a protein and fat in your meal. This will help balance your blood sugar and hormonal levels.
- ✓ Check for blood sugar issues as needed. Use a Glucometer and check your blood sugar 4 times over the course of one day:
 - Upon waking up
 - Before lunch
 - Before dinner
 - Before bed

*All results must be between 90 and 100

Tip #5: Eat Real Food to Get Lean

KEEP YOUR DIET SIMPLE, ORGANIC AND PRIMAL. If a food wasn't around 10,000 years ago, it is typically best not to eat it. Avoid processed foods, sauces, white flour products, sugar and excess of everything.

You may not even know you are eating processed foods. Take non-fat milk as an example. This is one of the worst foods you can consume. Not only is the food pasteurized (heated) it is also homogenized (fat removed). You are left with a nutritionally void, fat-free (so higher sugar) and then fortified product that most of the world cannot even digest.

Key Tip: All fat free and low fat foods are processed, even milk and yogurt.

If you consume dairy products, choose those with higher fat content and from organic sources (preferably raw dairy from Earthbeam, New Leaf, Molly Stones or Lunardi's). You should lose weight regardless of the increased calories. This will occur given your digestion improves, the fat soluble vitamins (A, D, E and K) are present when the fat is still in the food, and the higher fat food is less processed overall giving you greater nutritional content.

For more information on the dangers of processed, pasteurized milk and over-cooking any food, see: [Fat Loss Tip #17](#)

If a food is packaged and has a shelf life of a year, ask yourself, "What is preserving this food to extend its shelf life?" The bottom line is, if a food has a label it is generally not good for you. The food manufacturers strip out the good stuff like fiber and nutrients. What you have left is a food that is nutritionally void. The worst part is that processed food is generally highly glycemic, which means our body treats it like sugar. The good news is, once you stop eating processed foods for a couple of weeks you lose your cravings.

I'm not saying don't have a life. I eat burgers (preferably grass-fed beef on lettuce ☺), gluten-free pizza and a piece of cake from time to time, but I follow the **80/20 rule: do what you should be doing to bring your body into balance 80% of the time and you will achieve success.** Listen to your body to find out your ideal metabolic type fuel source.

- ✓ What out for foods and drinks that people think are "healthy" like bagels, pretzels, and sports drinks like Gatorade and Vitamin Water. Consuming these foods is like eating straight table sugar.

Tip #6: Warning: Artificially Sweetened “Sugar-Free” Foods and Drinks Make You Fat

Did you know that most foods labeled as “sugar-free” or “low-carb” actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, causing your body to store more belly fat and increase cravings? There are only a few sugar substitutes that are healthy: Dextrose, Stevia, Lakanto, grade “B” maple syrup and Xylitol. You can also use cinnamon to sweeten food. Raw honey isn’t bad either (it’s actually quite good for the immune system) but it is still sugar.

Tip #7: Eat Snacks – Don’t Get “Starving”

Use snacks and drinks (see the Snacks section below) that will fill you up and curb your cravings. When you feel starved, you’ll crave foods which will add unwanted body fat and make you feel really guilty.

- ✓ When you get a late night sweet tooth craving, try a delicious homemade chai tea, a smoothie, nut butter, some veggies or blueberries.

Tip #8: Add Variety to Your Meals

Avoid eating the same foods every day. Food variety or rotation is very important to maximize nutrients and prevent food sensitivities, intolerances and allergies. We all have these issues but most do not know it. You will see a very fast rise in wheat sensitivities, gluten-intolerance and Celiac Disease over the next decade. Our food is not the same as it was only a few years ago. Foods are highly-processed, genetically altered, fortified, homogenized, pasteurized, irradiated and more. Our digestive, immune and neurological systems have had enough and are unable to deal with the stress, so inflammation is the result.

By eating the same foods every day you are likely to speed up the inflammatory process. Rotate different foods in and out of your diet regularly to ensure the intake of a wider variety of vitamins and minerals and other co-factors and reduce the likelihood of auto-immune reactions that occur when eating the same things over and over. This is common with dairy, eggs, nuts, soy, wheat and gluten. Using nuts as an example: eat almonds, almond milk and almond butter on Monday. Eat walnuts, hemp milk and peanut butter on Tuesday. Eat cashews, coconut milk and sunflower butter on Wednesday. Then rotate through the foods again.

Tip #9: Sleep Approximately 8-9 Hours

Get sleep! We are becoming a sleep-deprived society due to over-commitment and inefficiency. Spend your time wisely and avoid things that waste your time like Tweeting and Facebooking constantly. Do you really need to check your phone every few seconds for an email or text message?

Journal your day and see where you are spending your time: cut activities out that don’t move you towards your goals so you can get the things done that you really need to. We only have a few basic daily needs: air, food, water, sleep, movement and connections. By getting your needs met first you will have less anxiety and your mind will be free of clutter. This will help you sleep better.

- ✓ Keep sleep-wake times consistent above all.
- ✓ Do your best to get to bed around 10:00-10:30 pm and rise around 6:00 am. Research shows this will improve your physical and mental recovery and help with fat loss.
- ✓ [Check out this article and my podcast with Sina Nader from SWAN Medical on sleep disorders](#)

Tip #10: Daily Meditation

As I mentioned above, we need to get our daily needs met. One of the most important and neglected is air. Yes, given you are alive you are breathing. However, you have an opportunity to slow things down. You can slow your breathing rate which will shift you away from the fight or flight response lifestyle we tend to live in.

Although our bodies' reaction to some stress is good (given it helps us to adapt) we are being stressed from all angles more than ever. Stress comes not only from mental, emotional and spiritually-related issues like job deadlines, financial stress, relationships, whether you are a good Christian, Jew, or member of society, etc. Our bodies become stressed by the foods we eat, our environment, age, disease, bacteria, viruses, physical misalignment like bad posture, electro-magnetic stress (cell phones, computers, etc.) and being too cold or too hot.

Whatever the stress, our physiology does its best to fix the situation and eventually becomes fatigued. When we are overwhelmed with stress, we get tired, anxious, insomnia, fat, headaches, muscle and joint pain, digestive complaints, auto-immune diseases (the body breaks down), blood pressure and cholesterol issues, immune issues (we become susceptible to viruses, fungi and bacteria).

The typical western model is: feel bad → go to the doctor → get medicine → mask symptom for a while → gain more weight → get tested frequently by the doctor to make sure liver and kidneys are okay from side effects of meds → get different symptoms like more weight gain, depression, and insomnia → get more meds, etc.

Much of this cycle can be reduced by a simple practice of daily meditation. There are many forms of meditation. The most common Zen Meditation is doing your best to think about nothing while breathing as slow as possible (three part breathing: belly → rib cage → chest). If this works for you, go for it.

Meditation can be done just about anywhere. How about a walk on the beach, a hike on a trail, or while jogging or cycling? For me, journaling works best. I reflect on all the things I am grateful for, and indicate the challenges that occurred during the day. I observe where GOD or Source moved through me and others during my interactions. For those challenges I have, I ask for help.

Asking for help is relatively new for me. Like a typical guy, asking for help was initially difficult. The great part is whenever I ask for help, my challenges and questions are usually resolved. I still try to control things on occasion, but that is human nature. I do my reflection and journaling just about anywhere now, and when I do my life is so much easier. I also love to walk on the Labyrinth at Mercy Center in Burlingame. This is a powerful place that grounds me, leaving me less anxious. Ask the right questions, and you may get answers also!

When I do not take time for myself, I am anxious, frustrated, overwhelmed, quick to anger, unmotivated to eat well or workout, experience muscle-related pain, digestive complaints and more. The more I give to others, the more I need to re-charge. How much of your stress and pain is due to a lack of time for yourself? Be good to yourself and do your daily meditation. The goal is to sit for at least 5 to 45 minutes per day. Oh yes, daily meditation is probably the most powerful weight loss strategy in the program and one that most will think is too easy to work.

Air is the foundation for life. Slow your breath and control your life. For more on meditation see Fat Loss Tip #35: [Engage in Daily Meditation](#). For more fat loss tips go to: [Brien Shamp's Fat Loss Tips](#)

What to Eat, How Much and How Often?



Ruth lost 16 inches overall in just 70 days!

In addition to eating low glycemic foods, balancing ratios of protein, carbohydrate, and fat in your diet helps promote healthy body composition, appetite control, emotional stability, mental clarity, and physical endurance. The balancing act is an important variable and can make or break your success. The key is to listen to your body. Based upon your symptoms, fine tune your ratios. Figuring out your ideal fuel source or Metabolic Type will help with this process. The biggest question we should ask is, "How many carbohydrates can I effectively utilize?" This will change based upon activity level, weather, sleep, stress and more. Also, some people can handle more carbohydrates than others based upon genetic background.

Below are general recommendations provided by Metagenic's First Line Therapy Nutrition Program which I have integrated into this program with awesome results! Each meal should contain approximately:

For Men:

- 25 grams of protein
- 20-30 grams of low or moderate glycemic index (GI) carbohydrates
- 12 grams of high quality fats or oils

For Women:

- 15 grams of protein
- 20 grams of low or moderate glycemic index (GI) carbohydrates
- 6 grams of high quality oils or fats

The above suggestions will vary according to each individual based upon genetics, activity levels, stress, goals and more. The main difference between an individual seeking to lose weight and body fat, versus another who wants to maintain weight or gain muscle weight is mostly a change in the number of calories consumed. In order to gain muscle weight, it is also necessary to engage in a moderate to high intensity strength training program at least three days per week. It is not as easy to gain muscle weight as many people believe. The guidelines for achieving one's individual goals will be relatively the same, given one is healthy.

I highly recommend that you eat locally grown Certified Organic foods whenever possible. If you are unable to find these ideal foods, soak your vegetables and non-porous fruits in one tablespoon organic apple cider vinegar per half gallon of water for five minutes. Rinse thoroughly to remove residue and vinegar before preparing or cooking. This will help to remove the surface pesticides, but not the systemic kind.

Approved Food List

Fat Burning Fruits (Carbohydrate) Low GI Fruits

- Apple (1 medium)
 - Apricots (3 medium)
 - Avocado (1/4) – good source of fat
 - Banana (1/2) – moderately high GI but shakes taste better when added
 - Berries: Blackberries, blueberries, raspberries and strawberries (1 cup)
 - Cantaloupe (1/2 medium)
 - Cherries (15)
 - Fresh figs (2)
 - Grapefruit (1 whole)
 - Honeydew melon (1/4 small)
 - Nectarines (2 small)
 - Olives (8-10 medium) – good source of fat
 - Orange – (1 large)
 - Peaches (2 small)
 - Pear (1 medium)
 - Plums (2 small)
 - Tangerines (2 small)
 - Coconut (1 tbsp) – good source of fat
- Fresh or frozen fruit only! Avoid dried fruit.
- To minimize the sugar content, apples and pears are best consumed when just ripe and bananas while still green-tipped.
- When possible, eat fruit along with protein and fat such as cheese or nuts or with raw milk in a smoothie (*Wolcott, Metabolic Typing*)
- People who have Fibromyalgia may benefit from avoiding citrus fruit (*Wolcott, Metabolic Typing*)
- Avoid eating melons with other foods as they are harder to digest.

Raw Nuts and Seeds (Protein and Fat)

- Almonds or Hazelnuts (10-12 whole nuts)
 - Walnut or Pecan Halves (7-8)
 - Peanuts (18 nuts or 2 tbsp)
 - Pistachios, Sunflower, Pumpkin, or Sesame Seeds (2 tbsp)
 - Nut or Seed Butter – (1 tbsp, made from above nuts)
- Avoid roasted nuts
- Sprout (soak for approx. 8 hours) nuts before eating to aid in digestion. Here is a good article on the sprouting process: [Sprouting](#)

Category 1 Low GI Vegetables

Servings: **UNLIMITED**

Fresh juices made from these vegetables are also allowed:

- Artichokes
 - Asparagus
 - Bamboo Shoots
 - Bean Sprouts
 - Bell or other peppers
 - Brussels sprouts
 - Broccoli and Broccoflower
 - Cabbage (all types)
 - Cauliflower
 - Celery
 - Chives, Onion, Leeks, Garlic
 - Cucumber and Dill Pickles
 - Cilantro
 - Eggplant
 - Green Beans
 - Greens:
 - Bok Choy, Escarole, Swiss Chard, Kale, Collard Greens, Spinach,
 - Dandelion, Mustard, Beet Greens
 - Lettuce/Mixed Greens:
 - Romaine, Red and Green Leaf, Endive, Spinach, Arugula, Radicchio
 - Watercress, Chicory
 - Mushrooms
 - Okra
 - Radishes
 - Salsa (sugar-free)
 - Sea vegetables (kelp, etc.)
 - Snow Peas
 - Squash
 - Sprouts
 - Tomatoes and Tomato Juice
 - Water Chestnuts (5 Whole)
 - Squash: yellow, summer or spaghetti
- **Nightshade vegetables** include potatoes, tomatoes, eggplant, peppers, pepinos, cape gooseberry, Chinese lanterns, tomatillo, ground cherry, naranjilla, tree tomato, garden huckleberry, chili, paprika. If you have any degenerative problems involving your bones or joints, you may want to try omitting these foods from your diet for 12 weeks to see if any positive change is noted. A substantial number of people report improvement in pain and other symptoms as a result. In a study published in the Journal of the International Academy of Preventive medicine, of the 5000 arthritis sufferers who eliminated Nightshade, seventy percent reported relief from aches, pains, and disfigurement (*Wolcott, Metabolic Typing*).

- **Thyroid Suppressing Foods:** If you have been diagnosed with hypothyroid, you may wish to avoid foods known to suppress thyroid function by interfering with iodine uptake known as goitrogens, particularly when eaten raw: soy, tofu, peanut, millet, bok choy, broccoli, Brussel sprouts, cabbage, cauliflower, kale, kohlrabi, mustard, radish, rutabaga, turnip, peach, pine nut, artificial sweeteners and the following oils: canola, corn, cottonseed, margarine, safflower, sunflower (*Wolcott, Metabolic Typing*).

Category 2 High GI Vegetables (Carbohydrate)

Average serving size = $\frac{1}{2}$ cup or as indicated

Servings: **2-3 per day**

- Beets
 - Winter Squash (such as acorn or butternut squash)
 - Carrots
 - $\frac{1}{2}$ cup cooked or
 - 2 medium raw or
 - 12 baby carrots
 - Sweet Potatoes or Yams
 - $\frac{1}{2}$ medium baked
- If eaten, watch for low blood sugar reactions: hunger, feeling physically full but still hungry, or sweet cravings soon after eating. You may need to eat some fats or oils with these vegetables and eat them along with protein (*Wolcott, Metabolic Typing*).

Legumes (Mostly Carbohydrate with Some Protein)

Average serving size = $\frac{1}{2}$ cup cooked, or as indicated

Servings: **0-4 per day**

- Beans: garbanzo, pinto, kidney, lima, cannelloni, navy, mung beans
 - Bean soups ($\frac{3}{4}$ cup)
 - Hummus ($\frac{1}{4}$ cup)
 - Split peas, sweet green peas, lentils
- In preparing legumes, soak them overnight, pour off water, and then add fresh water before cooking (*Wolcott, Metabolic Typing*).
- Buy organically-grown. Avoid canned preparations such as beans and chilies (*Wolcott, Metabolic Typing*).

Concentrated Protein Sources (Protein and Fat)

Average serving size= 3 oz. cooked or as indicated

Servings: **5-6 per day**

- Free range, Omega 3 eggs (2 whole)
 - Grass-fed beef (3 oz = roughly 200 calories)
 - Wild caught fish (3 oz fresh or $\frac{1}{4}$ cup canned in water)*
 - Poultry: Chicken, Cornish Hen, Turkey
 - Grass-fed leg of lamb, buffalo, ostrich, pork
- Meat, poultry, and fish should be grilled, baked or roasted; fish can also be poached. Eat as raw as possible for enhanced nutritional benefit. Purchase protein sources free of hormones and antibiotics, grass-fed if possible.
- *Mercury is one of the most toxic substances on our planet. Unfortunately, it is finding its way at an alarming rate into our food supply via many forms of seafood. It is recommended that the consumption of any mercury containing foods be limited to no more than twice a month or not at all. See <http://www.gotmercury.org/> to calculate actual mercury levels in seafood. Mercury is found in high levels in: bass, catfish, cod, crab, grouper, halibut, lobster, mackerel, Mahi Mahi, mussels, oysters, rockfish, orange roughy, salmon, shark, snapper, swordfish, and tuna. A good way to counteract the mercury would be to take chlorella. It works as a sponge to bind toxic metals in the gut so that they don't get into the body (*Wolcott, Metabolic Typing*).

Oils (Good Fat)

Average serving size = 1 tsp or as indicated

Servings: **5-8 teaspoons per day**

- Flaxseed Oil (keep refrigerated, do not heat)
 - Extra Virgin Olive Oil
 - Coconut Oil
 - Palm Oil
- Oils should be cold-pressed.
- Use butter, ghee (clarified butter) or coconut oil for cooking purposes given they tolerate heat better. Olive oil can be used for light sautéing (*Wolcott, Metabolic Typing*).
- Best to sauté or stir fry in water, then add a vegetable oil before serving for taste and texture (*Wolcott, Metabolic Typing*).
- Scientific evidence is mounting that the recent belief that saturated fats cause cancer, heart disease and other degenerative conditions is false. Natural, unadulterated saturated fat in the form of animal fat, dairy (butter, cream), coconut oils and palm oil are extremely beneficial for good health. The real dangerous fats are the Trans fats and an excess of Omega 6 fats (seed, nut oils) (*Wolcott, Metabolic Typing*). For more info, see:
- http://www.mercola.com/2002/feb/23/vegetarianism_myths_06.htm
 - http://mercola.com/2002/aug/17/saturated_fat1.htm#
 - <http://raypeat.com/articles/articles/coconut-oil.shtml>

Dairy (Protein and Fat)

Average serving size = 6oz or as indicated

Servings: **0-4 per day**

- Cheese – raw
 - Milk – raw, whole
 - Butter – raw
 - Ghee (clarified butter)
 - Cream – raw
 - Yogurt and Kefir-made from raw milk
- Avoid Pasteurized Dairy.
- “Organic” yogurt or cheese is fine once a week. Raw is ideal though.
- Dairy has wonderful, health-giving properties, but only if it is raw, organic and derived from range fed cows (*Wolcott, Metabolic Typing*). See [Resources](#) for places to buy raw dairy products.

Grains (Carbohydrate)

Servings: **0-4 per day**

- Amaranth
 - Quinoa
 - Buckwheat
 - Millet
 - Teff
 - Brown/Wild Rice
 - Bob's Red Mill Oats
- Use rice and quinoa if you need pastas, but be careful of carbohydrate content.
- Stay away from all refined grain products. Limit use of breads because they tend to be higher in glycemic value.
- Use only sprouted, whole grain breads, such as Ezekiel and Manna breads when you do eat breads (*Wolcott, Metabolic Typing*).
- If you have thyroid, digestive, immune, neurological or joint pains, it is probably best to get tested for wheat and gluten sensitivities and celiac disease. New testing as of January, 2011 will change the world. Gluten related issues will see a massive rise in the next few years. Contact me for testing info.
- Those with known gluten issues should avoid the following gluten-containing foods: wheat (durum, semolina), rye, barley, oats, spelt, triticale, kamut, farina and their cereals. If problems persist, then avoid all gluten foods: beer, liquor, rice milk, oat milk, ice cream, ricotta, Roquefort, sour cream, canola oil, curry, horseradish, ketchup, mustard, soy sauce, brown sugar, vanilla extract, rice vinegar, and all grains except rice (brown, white, wild) (*Wolcott, Metabolic Typing*).
- The latest research indicates that in addition to eliminating gluten-based foods, there are additional related foods that cause leaky gut symptoms for those identified as gluten intolerant or Celiac Disease, such as coffee, all grains, chocolate and more. The new testing will help you identify your needs.

Beverages

Servings: **UNLIMITED**

- Decaffeinated, Herbal, or Green Tea
- Water: Never drink tap water. Always drink purified water
- Drink $\frac{1}{2}$ your body weight in ounces of filtered water per day. Carry with you everywhere. Limit consumption with meal to allow for proper digestion.

Ginger Lemonade: This is a perfect pick-me-up beverage if you feel hungry or tired.

INGREDIENTS:

- 2 inches fresh ginger root
- 3 lemons
- stevia to taste (minimal)
- 2 quarts of water

PREPARATION:

Wash and peel the ginger root. Grate it finely over a bowl. Squeeze the grated ginger mash with your fingers to extract the juice. Discard the dry mash. Bring water to a boil. Remove from heat and add ginger and juice of three lemons. Add Stevia and stir well. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

Iced Green Tea: A healthy cold drink that satisfies!

INGREDIENTS:

- Filtered Water
- Green Tea Bags-Decaf
- Limes
- Pinch of Stevia

PREPARATION: (2 Quarts)

Bring some water to boil. Add 6 individual green tea bags. Let steep for 5-6 minutes until nice and rich. While still warm, add in a pinch of stevia as needed. Pour into a pitcher and add enough ice and water to fill to 2 quarts. Add 2 fresh limes, juiced to taste. Enjoy!

Condiments

Servings: **UNLIMITED**

- | | | |
|--|---|---|
| <ul style="list-style-type: none">• Mustard• Apple Cider Vinegar• Lime• Lemon• Garlic• Cinnamon• Salsa | <ul style="list-style-type: none">• Stevia• Raw Butter• Clarified Butter (Ghee)• Sea Salt• Hot Sauce• Raw Cocoa• Other Spices/Herbs | <ul style="list-style-type: none">• Avocado• Guacamole• Coconut Butter• Coconut Cream• Coconut Flakes• Raw Nut Butters (no salt)• Raw apple cider vinegar |
|--|---|---|

Meal Ideas for Your RESET Program



Andrew lost 10 lbs of fat & gained 3 lbs of lean muscle in 72 days!

The key ingredients to avoid in your meals are gluten, pasteurized dairy, alcohol, genetically modified foods and added sugars.

For those seeking faster fat and weight loss or those struggling with the program, I have a 21 day challenge for you... remove all grains and all dairy for 21 days and observe how you look and feel.

Consume any caffeine before noon.

The general meal model is a high quality protein source + unlimited category 1 veggies + low glycemic grain or lentils or higher glycemic category 2 veggies. Limit high glycemic carbohydrates in the evening. Use fruits as your snacks or in meal replacement shakes.

Do not worry about caloric intake on this program. Focus on high quality foods and eat small meals every 2-3 hours. Even if you are not hungry, eat a snack.

BREAKFAST IDEAS *should be the biggest meal of the day

Option 1 High Energy and Fiber Oatmeal (Avoid if reducing grains on 21 Day Grain & Dairy Reduction Challenge)

- ½ cup Bob's Red Mill Oatmeal (Gluten Free) *Slow Cooked *No Microwaves
- 25g of whey protein (I recommend Prograde, Standard Process or One World Whey Protein – see [Resources](#))
- 20-24 almonds, 14-16 walnuts or 2 tsp. olive or flax seed oil or fish oil
- ½ cup mixed organic frozen berries or a hand full of organic raisins
- Dash of stevia or raw honey, and/or cinnamon if desired to make sweeter

- Option 2 Happy Eggs**
- 3-4 Organic Eggs
 - ½-1 Medium Sized Chopped Red or Sweet Potato (6 oz.) or 2 pieces of Gluten Free Bread or Oatmeal or Quinoa flakes or ½ cup Steamed Brown Basmati Rice (avoid if limiting grains)
 - 1/2 Avocado or 2 tsp. Organic Butter
 - All You Can Eat Extras: Veggies, Salsa, Hot Sauce, and Black Pepper
- Option 3 Protein Shake**
- 25g of Whey Protein or 2 Scoops of SP Complete (can also add additional whey)
 - 8-16 oz of water, No Sugar Added Almond Milk, Hemp Milk or Coconut Milk
 - ½ Banana and ½ cup Berries if desired
 - 2 tsp. Organic Peanut Butter or Almond Butter or Coconut Oil or Flax Oil or avocado,
 - 2 tbsp. Flaxseeds
 - Organic Cinnamon can be added to enhance taste and for blood sugar balance.
 - Dash of Stevia and/or cinnamon if desired to make sweeter
 - Bentonite Clay can be added for removal of toxins and metals.
- ✓ For time efficiency: Blend before bed, drink for breakfast, and put half in a thermos for later in the day.
 - ✓ Alternatively, the Magic Bullet Blender is great and you can travel with it. Go to your local Costco.
 - ✓ Shakes or bars can be used any time you are in need of a meal. That is why they are called meal replacements.
 - ✓ Additional shake recipes can be found here (or ask me): [Protein Shakes](#)

Option 4 Organic Chicken Apple Sausage + Sautéed Veggies

Option 5 Smoked Salmon + Sautéed Veggies

Option 6 Lydia's Organics Grainless Apple Cereal

Mix with nuts or raw milk, ½ cup berries and ½ serving Whey Protein (sold at Whole Foods)

Option 7 You can select any option from the snack, lunch or dinner choices

MORNING SNACK IDEAS

- Option 1 Fruits, Nuts or Raw Cheese**
1 Apple, 1 Pear, 1 Orange, 1 Peach, or 2 cups Cherries and 1 Oz (about the palm of your hand) Almonds, Cashews or any nuts (preferably RAW) or 1 Oz Raw Cheese
- Option 2 Celery with 2 tbsp. Raw, No Salt Added Nut Butter**
- Option 3 Cucumber with ¼ Cup Hummus or Baba Ganoush**
Can use other veggies as desired

Option 4 Steamed Broccoli and Carrots with Bragg's Organic Healthy Vinaigrette

Option 5 Kale Chips

LUNCH IDEAS

Option 1 Rice or Veggie Bowl (Avoid if reducing grains on 21 Day Grain & Dairy Reduction Challenge)

- 1 Chicken Breast (6oz) or Ground Beef (6oz) or Wild Salmon or Tuna (6oz)
- ½ Cup Brown Long Grain Basmati Rice or 1 Steamed Veggies (bell peppers, mushrooms, cabbage, snap peas, broccoli, etc.)
- 2 tbsp Sesame Oil or 1/2 Avocado or 2 tbsp. Fermented Soy Sauce
- All You Can Eat Extras: Veggies, Black Pepper, Balsamic Vinegar and Salsa

Option 2 Healthy Sandwich

- 6oz Can Wild Salmon or Turkey Slices (6oz) or Chicken Breast (6oz)
- 2 Slices Gluten Free Bread or Lettuce Wrap
- 2 Avocado or Guacamole or 1 Slice Organic Raw Cheese
- All You Can Eat Extras: Mustard, Lettuce Or Veggies

Option 3 Lite and Healthy Salad

- 1 Chopped Organic Chicken Breast (6oz) or Wild Salmon or Tuna (6oz) or Grass-fed Beef (6oz)
- Green Leaf Lettuce and/or Spinach (As much as you want)
- 2 Avocado cubed or 2 tbsp. Sunflower seeds
- Dressing –Vinaigrette Dressing or Bragg's Organic Healthy Vinaigrette (Refer to Shopping List for more choices)
- All You Can Eat Extras: Veggies, jicama, cucumber, shredded carrots, sprouts, etc.

Vinaigrette Dressing

Ingredients:

- | | |
|--|--------------------------|
| • 2/3 cup olive oil or flax oil | • 1 clove garlic, minced |
| • 1 tablespoon Dijon mustard | • 1/4 cup water |
| • 1/4 cup apple cider vinegar or
freshly squeezed lemon juice | • Herbs to taste |

Directions:

Measure ingredients into a jar with a tight-fitting lid then shake vigorously or use a whisk.

Option 4 Egg Delight

- 3-4 Organic Eggs
- ½ cup Steamed Brown Basmati Rice or 2 Organic Corn Tortilla (Avoid if reducing all grains)
- 2 Avocado or 2 oz. Organic Shredded Cheese (preferably raw cheese)
- All You Can Eat Extras: Veggies, salsa, hot sauce, and black pepper

Option 5 You can select any option from the breakfast and dinner choices

AFTERNOON SNACK IDEAS

- Option 1** **Dutch Chocolate Shake**
- 25 g of Whey Protein (see [Resources](#))
 - $\frac{1}{2}$ cup frozen Berries
 - 8-16 oz of no sugar added Almond Milk, Hemp Milk, Coconut Milk or Raw Milk (depending your personal preference)
 - Added Extras (20-24 almonds, 2 Tbsp. Flax Seeds, 1/4 cup dried shredded coconut, 2 Tbsp Raw Cocoa Nibs (See Shopping List)
 - Additional shake recipes here: [Protein Shakes](#)
- Option 2** **Veggie Juice**
Mix a bunch of veggies in a juicer: spinach, celery, kale, ginger, carrots, with a little apple for sweetness.
- Option 3** **Avocado**
 $\frac{1}{2}$ avocado with sea salt and pepper with or without fruit
- Option 4** **Apple with Cinnamon and Walnuts**
- Option 5** **Dale's Raw Bars**
- Option 6** **Guacamole and Flax Crackers or Veggies**
Try Mary's Gone Crackers (Onion Flavor)

DINNER IDEAS *should be the smallest meal of the day and low carbohydrate

- Option 1** **Grilled To Perfection Protein with Sautéed Vegetables**
- 6 oz Grilled Chicken Breast, Lamb, Fish, Pork or Steak (Sirloin or Round Tip)
 - 1 Medium Sized Baked Red Potato or 1 Medium Sized Sweet Potato (with 1tbsp Raw Butter) *Limit grains in the evening for those desiring hormonal balance
 - Asparagus, and Broccoli sautéed in extra 2 tbsp virgin olive oil seasoned with Sea Salt, Garlic and Pepper
 - All You Can Eat Extras: Any and all veggies and pepper
- Option 2** **Deliciously Baked From the Sea**
- Baked 6oz Wild Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia
 - $\frac{1}{2}$ cup Steamed Brown Basmati Rice or 1 Medium Sized Sweet Potato
 - Green Salad – Mixed greens, $\frac{1}{2}$ Avocado Cubed, Vinaigrette Dressing (any veggies you want-lots of colors)

Option 3 Fill You Up Till Morning Chicken Soup

INGREDIENTS:

- 16 oz organic broth (chicken or vegetable)
- 6 oz chopped chicken breast or scrambled eggs
- 1 cup fresh or frozen organic mixed vegetables
- ½ cup brown basmati rice
- ½ avocado, cubed
- Spices – pepper, and sea salt

DIRECTIONS:

Pre-cook the chicken or eggs and pre-cook the brown basmati rice. Add the chicken or scrambled eggs to the broth in a medium pot. Next, add the cooked brown rice, avocado and the veggies. Add spices and enjoy!

Option 4 Healthy Crunchy Chicken, Beef or Fish Tacos

- 6 Oz Organic Chopped or Ground Chicken Breast, Beef or Wild Fish (Baked or Grilled)
- 2-3 Organic Corn Tortillas or Lettuce Wraps
- ½ Avocado or 1oz Raw Shredded Cheese
- All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and Veggies

Option 5 You can select any option from the breakfast and lunch choices

OPTIONAL SNACK IDEAS *If you are awake, keep eating every 2-3 hours

Option 1 Sweet Tooth Chai Tea

- 2 Teabags of Yogi Mayan Cocoa Spice Tea
- 12-16 oz no sugar added Almond, Coconut or Hemp Milk
- Dash of Stevia

Directions: Heat milk in a pot on the stove. Put in 2 teabags of Yogi Mayan Cocoa Spice Tea. Add tiny dash of stevia (very sweet). Enjoy this filling sweet-tooth-busting, virtually no-calorie treat

Option 2 Mouth Watering Cucumber Jicama Snack

- Peel and chop cucumber
- Peel and chop jicama
- Chop up and enjoy
- All You Can Eat Extras: lemon, salsa, pepper, balsamic vinegar

Option 3 Protein Shake

Option 4 Delicious Berries in Milk

Take frozen blueberries or raspberries and add Almond, Coconut, Hemp Milk or Raw Milk

Option 5 Meal Replacement Bar

- Dale's Raw Bars, Organic Food Bar-Protein, Raw Revolution Bar, Perfect Food Bar, Green Superfood Bar, You Bars. Not all bars are created equal!
- For more choices, see the [Additional Snacks](#) section next
- For more ideas check out: [Paleo Diet Recipes](#)

Additional Snacks



Anna lost 11.3 lbs, 2.6% body fat and 10 inches in 71 days!

1. Hummus with Veggies

Ingredients:

- 1 can of garbanzo beans partially drained
- $\frac{1}{4}$ cup of tahini paste
- 1 clove of garlic
- Hot sauce (to taste)
- 1 lemon – squeeze the juice out
- Sea salt to taste

Directions:

Put all of the ingredients into a blender and blend well.

2. Thai Mango Salsa with Cucumber Chips (source Sam @ Café Solstice)

Ingredients:

- | | |
|--------------------------------|---------------------------------------|
| • 1 diced mango | • Chiffenade mint leaves (to taste) |
| • 1 diced red bell pepper | • Cayenne powder (to taste) |
| • Diced green onion (to taste) | • Lime juice and lime zest (to taste) |
| • 1 avocado, sliced | • Sea salt (to taste) |
| • 1 cucumber, sliced | |

Directions:

Combine together and serve on sliced cucumber chips.

3. Greek Quinoa Salad

Ingredients:

- | | |
|----------------------------------|--|
| • 1 pint cherry tomatoes halved | • $\frac{1}{4}$ cup scallions |
| • Feta cheese (to taste) | • $\frac{1}{4}$ - $\frac{1}{2}$ cup Kalamata olives |
| • Two handfuls of arugula | • 2 cups quinoa (cook in chicken or vegetable broth) |
| • $\frac{1}{2}$ cucumber chopped | • Sea salt & pepper (to taste) |
| • $\frac{1}{2}$ onion chopped | |

Directions: Cook the quinoa while chopping the rest of the ingredients. Let the quinoa cool and then mix with the chopped ingredients.

4. Chocolate Coconut Haystacks (revised 4/1/12)

Ingredients:

- $\frac{1}{2}$ cup melted coconut oil
- $\frac{1}{2}$ cup raw cocoa powder
- $\frac{1}{4}$ cup raw honey or $\frac{1}{4}$ cup maple syrup (grade B)
- 1 tsp vanilla extract
- 2 cups shredded coconut
- 1 cup ground flaxseed meal
- 2 tbsp sunflower butter
- Dash of cayenne pepper (to taste)

Directions:

Mix all of the ingredients in a mixing bowl to make a dough. Shape the dough into balls on a tray lined with parchment paper. Set it in the refrigerator. The haystacks will last 6-12 months in the refrigerator or freezer. You can add or reduce the ingredient amounts based on your preferences. Other ingredients can be: gogi berries, instant coffee, cocoa nibs, etc.

5. Nut Balls

Ingredients:

- $\frac{1}{2}$ jar of sunflower butter (or cashew butter, almond butter or peanut butter*)
- 2 tbsp freshly ground organic flax seeds
- 1 cup shredded coconut
- A few raisins
- 3 tbsp chopped walnuts
- Optional: 2 tbsp protein powder & 1 tbsp raw honey

Directions: Combine all the ingredients and form into balls. Roll in the shredded coconut. Keep in the refrigerator.

- Please note that some peanut butters may be contaminated with aflatoxin, a potent carcinogenic mold. This mold toxin can even be present on freshly ground organic peanuts.
- Because of this I use Arrowhead Mills organic peanut butter. Arrowhead Mills grows their peanuts in a state where aflatoxin has not yet been identified due to the dry conditions, so I feel comfortable that it is aflatoxin-free peanut butter.

6. Kale-Quinoa Salad (source Café Solstice)

Ingredients:

- Raw kale chopped into small pieces (spine removed)
- Lemon juice
- Olive oil
- Sea salt
- Diced red bell pepper
- Diced red onion
- Black sesame seeds (optional)
- Avocado
- Quinoa (cook in chicken or vegetable broth)

Directions:

Massage the chopped kale (with your hands) in the lemon juice and olive oil for 10 seconds at a time at least four times over a period of two hours until the kale begins to break down. Add in the remaining ingredients and top with the black sesame seeds.

7. Granola (source Café Gratitude)

Ingredients:

- 1 ½ cups soaked almonds
- ½ cup soaked sunflower seeds
- ½ cup soaked whole buckwheat berries
- 5 cups grated apple (6-7 small)
- ½ cup pureed dates
- ½ cup cranberries
- ½ cup dried coconut
- ¼ cup raw honey or ¼ cup maple syrup grade b
- 1 tsp vanilla extract
- 2 tsp cinnamon
- 1/3 tsp sea salt

Directions:

Mix ingredients together to make the granola.

8. Wholesome Banana Chocolate Breakfast Bars (source ChocolateandZucchini.com)

Ingredients:

- 2 cups (200 grams) rolled oats or mixed rolled grains
- 2/3 cup (60 grams) ground almonds (almond meal)
- 1/3 cup (30 grams) dried unsweetened grated coconut
- ½ tsp natural vanilla extract
- ¼ c (60 ml) whole almond butter (can substitute olive oil or slightly warmed coconut oil)
- ½ tsp salt
- 4 ¼ oz (120 grams) good quality bittersweet chocolate
- 4 very ripe medium bananas (approx. 14 oz or 400 grams after peeled)

Directions:

- Preheat the oven to 350°F (180°C).
- Grease a medium baking dish with vegetable oil.
- In a medium mixing bowl combine the oats, ground almonds, coconut and salt. Set aside.
- Chop the chocolate so the largest pieces are about the size of a chocolate chip. Set aside.
- In another medium mixing bowl, combine the bananas, vanilla extract and almond butter. Mash thoroughly using a potato masher. Add in the oats mixture and mix well. Fold the chocolate in gently.
- Pour into the prepared baking dish, level the surface and place into the oven.
- Bake for 25 minutes until the top is set and golden-brown. Let cool completely.

Supplements

Supplements are needed to help supplement the diet. Do you need them? It depends on your lifestyle, symptoms, organ damage, age, genetics, gut function, performance need and ideally lab results. I have access to quite a bit of lab testing to get more specific. Let me know if you want more detailed info on advanced lab services for assessment.

Below you will see commonly used supplements I recommend for those needing additional support. I can get these for you, or you can order them on your own through a qualified healthcare practitioner. However, all boot campers will receive 10% off products when purchased from me. It should be hard to beat the prices with the boot camp discount, but do your due diligence. **Let me know what you need via email and I will get them to you ASAP: beshamp@brienshamp.com**

MEAL REPLACEMENTS

Meal replacements help to achieve more frequent eating patterns rather than preparing all 5-6 meals per day. They have a tremendous amount of nutritional value: greens, whey and rice protein, antioxidants and more.

Standard Process SP Complete:

SP Complete offers essential whole food nutrition in a convenient powder.

- Provides amino acids, essential fatty acids, and other vitamins
- Supports intestinal, muscular, and immune health
- Provides antioxidants
- Supports healthy liver function
- Supports the normal elimination of toxins
- Contains non-denatured whey proteins which have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet, and can be used as nutritional support in the Standard Process Purification and Post-Purification Programs

WHEY & RICE PROTEIN SUPPLEMENTS

Can be used to supplement the diet with additional protein (many are often missing good quality protein)

Whey Complete:

Standard Process Whey Pro Complete supports weight management, muscle tissue, immune function, and gastrointestinal health.

One World Whey:

The first, 100% UNHEATED, cold temperature processed, 100% all natural, unrefined, bioactive, grass pasture raised milk-whey protein. [Get One World Whey Protein Powder](#)

Prograde: Not as good as the above two given they are the top of the line, but great pricing and education. This is similar to others on the market with less added crap thrown in. [Get Prograde Protein Powder](#)

Metagenics Ultra Meal Rice:

A meal replacement with vitamins and minerals to support healthy body composition made with rice protein, available in chocolate or vanilla. <http://bshamp.metagenics.com/mp/medical-foods/ultrameal-rice>

Metagenics Ultra Clear Macro:

A hypoallergenic rice protein with L-Glycine, L-Glutamine and fiber.
<http://bshamp.metagenics.com/mp/products/ultraclear-macro>

PROBIOTICS

Good bacteria for digestive and immune system function.

Standard Process ProSynbiotic:

ProSynbiotic is a synergistic blend of 4 research-supported probiotic strains and 2 prebiotic fibers to support gut flora and overall intestinal health.

FISH OIL

Great to supplement fish oil when not eating fish at least 3 times per week. Helps to decrease inflammation, improve mental capacity and much more.

Standard Process Tuna Omega-3 Oil:

Tuna Omega-3 Oil delivers essential omega-3 fatty acids (including EPA and DHA).

- Natural profile of tuna oil; not concentrated
- Supports normal lipid profile
- Supports the body's natural inflammatory response
- Provides antioxidants
- Sustainably sourced and dolphin friendly
- Third-party tested for environmental contaminants
- Supports cognition
- DHA is important for proper fetal eye and brain development
- Supports the nutritional needs of the mother and baby during lactation
- Supports healthy skin/hair health
- Supports emotional balance

ADRENAL SUPPORT

We are all taxing our adrenals, a gland that responds to the stress we deal with in every area of our lives. Not just relationships and job stress, but the stress that occurs when we don't get enough sleep, with dehydration, too much sugar or caffeine, etc. We need to support our adrenals given this gland is the key when it comes to hormonal balance and therefore weight loss, thyroid function and more.

Standard Process Adrenal Complex:

Adrenal Complex contains Licorice and Rehmannia, a combination that contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids. The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality. Together these herbs and the substances within them combine to:

- restore adrenal function to reduce the effects of stress on the body
- support adrenal gland health and energy production to help combat fatigue
- help the body adapt to the challenges of everyday life
- promote the body's normal resistance function

Standard Process Drenamin:

Drenamin supports adrenal function and helps maintain emotional balance.

- Promotes healthy adrenal gland function
- Encourages a healthy response to environmental stresses
- Maintains energy production
- Supports a balanced mood

VITAMINS & MINERALS

Ideally we should eat fruits, veggies, and other healthy foods to provide all that we need, but research states that we are often missing important vitamins and minerals (even with the best diet). The latest research on Vitamin D states that 80% of people from Northern California are deficient. Sun exposure is the most important, but it is often recommended to take Vitamin D.

Standard Process Catalyn:

Catalyn is a multiple vitamin, mineral, and trace mineral concentrate formulated by Dr. Royal Lee in 1929. Catalyn is the antithesis of the "mega-dose" approach to nutritional supplementation. Dr. Lee summoned the whole of his considerable nutritional experience and know-how to provide a nutritional catalyst, a supplement using whole food ingredients which he named Catalyn. Dr. Lee's goal was to provide a food-based package of nutrients in the most potent and bioavailable form—its natural state.

Standard Process Trace Minerals-B12:

Trace Minerals-B₁₂ combines important nutrients to support enzymatic reactions in the body.

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune and thyroid function; fat metabolism; and calcium utilization

Vitamin D:

When vitamin D is balanced we can improve our mood, bone health, high blood pressure and more. Get tested ASAP and regularly.

LIVER SUPPORT

The liver is working all the time and is stressed with toxins, both internal and external. When the liver is inefficient, this often leads to digestive complaints (gassy, bloated, IBS), achy muscles and joints, fatigue, mental and emotional instability and more.

Standard Process Livaplex:

Livaplex is a whole food multivitamin for the liver.

- Supports healthy liver and gallbladder function
- Supports the body's normal elimination of toxins
- Encourages healthy digestion of fats
- Enhances bowel function
- Encourages healthy bile production

Standard Process SP Cleanse (Main Detox Supplement in 21 Day Program):

SP Cleanse combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin removal processes.

- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the normal elimination of toxins
- Promotes healthy elimination

OTHER RECOMMENDED SUPPLEMENTS

Standard Process Coleus Forte (Supplement in 21 Day Program):

Coleus Forte is made from the root of *Coleus forskohlii*, which contains the labdane diterpene forskolin as a major constituent. Coleus Forte may:

- aid moderate weight loss in conjunction with a balanced, calorie-controlled diet and exercise program
- help the body maintain healthy weight
- help maintain normal blood pressure within a normal range
- support and maintain cellular health
- promote healthy digestion
- maintain normal thyroid function

Standard Process Gymnema (Supplement in 21 Day Program):

The substances in Gymnema 4g work together to maintain healthy blood sugar levels when combined with a balanced diet and maintain normal cholesterol levels in a normal range. Great for those with sugar/carb cravings and diabetics.

Standard Process SP Green Food (Supplement in 21 Day Program):

SP Green Food provides a simple way for people of all ages to add vital phytonutrients to their diet.

- Promotes healthy liver function
- Provides antioxidants
- Supports overall cellular health
- Provides phytonutrients
- Supports cholesterol metabolism, already within a normal range
- Supports the normal elimination of toxins
- Adds vital nutrients to any diet, and can be used as nutritional support in the Standard Process Purification Program

Standard Process Digestive Support (Helps to digest animal protein):

Zypan (aka HCL): Zypan combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.

- Supports gastrointestinal pH
- Supports the environment of the gastrointestinal tract
- Provides enzymatic support for protein digestion
- Fatty acids are included to coat the pancreatin, helping it to be digested in the correct area of the digestive tract

Local Stores to Shop

Whole Foods:

They generally have everything you need here, but other stores are less expensive in the area and I would rather support smaller businesses and local farmers. San Mateo, Redwood City and Palo Alto are the closest locations: <http://www.wholefoodsmarket.com/>

Trader Joes:

They have convenient snack foods, but many are not healthy. Their products tend to get old quickly. Lower priced than other stores. Not the best for fruits and veggies. San Mateo, San Carlos and Menlo Park are the closest locations: <http://www.traderjoes.com>

Sigona's Farmers Market

Love Sigona's for their fresh fruits and veggies. Palo Alto and Redwood City Locations:
<http://sigonas.com/>

Earthbeam

One of my favorite stores that has most of what I need on a daily basis. Prices tend to be a little higher than Whole Foods, but similar. They sell raw dairy here. Burlingame Location:
<http://earthbeamfoods.com/>

Costco

They are getting more and more organic foods and healthier products. I do quite a bit of shopping here to get the following:

- Avocado (not organic but given as a family we eat about 3 avocados a day much less expensive model and we do not eat the peel)
- Bananas (not organic)
- Organic Carrots
- Organic Spinach
- Organic Celery
- Silk Almond Milk
- Niman Ranch Pork
- Organic Ground Beef (I do my best to get grass-fed beef elsewhere)
- Organic kale
- Wild Salmon Fillets and Canned
- Organic Chicken(thighs and whole chicken)
- Chicken Apple Sausage (gluten free, dairy free, no MSG or nitrates)
- Organic Blueberries (fresh and frozen)
- Organic Eggs
- Organic Baked Apple Chips
- Amy's Organic Soups
- Organic Marinara Sauce
- Bob's Red Mill Oatmeal
- Organic Quinoa
- Green Cleaning Products, Paper Towels, Toilet Paper

Molly Stones (Palo Alto) and Lunardi's (San Mateo)

I only go to these stores as needed. They both sell raw dairy products.

- You can also order Raw Dairy directly from the source: www.organicpastures.com
- You can order some of the best Wild Fish (low in mercury) from [Vital Choice](http://Vital%20Choice).
- And [Dales Raw Food](http://Dales%20Raw%20Food) meal replacement bars are the healthiest I have seen on the market.

What to Get If You Go Out to Eat

If you eat out, here are some tips:

- Eat before you go out so you are not starving.
- Request no bread or tortillas chips. If they bring it to the table have them take it back or if that's not possible, then just don't eat it.
- Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.
- Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out for healthy options when you are looking through the menu.
- Drink water or tea (unsweetened)
- Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.
- No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!
- Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.
- Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.
- SPECIFY no dairy or grains.
- Only order what you intend to eat.

There are a lot of restaurants to choose from, keep these tips in mind when selecting a place:

Mexican

The majority of Mexican restaurants serve chips and salsa when you sit down. Don't get out of control with the chips. It is best to avoid them so you don't stuff yourself before your meal arrives.

- Order a grilled chicken, pork, steak or fish taco on a corn tortilla. You can add salsa, hot sauce and guacamole. If you are making a taco at home try a lettuce wrap instead of a corn tortilla.
- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad without the tostada; leave out the dressing and use salsa and or guacamole instead.
- Get a rice bowl or salad instead of a taco or burrito. Add a protein, beans, salsa and guacamole.

Sushi

Avoid the tempura and anything else that's deep fried. The majority of rolls come with rice. Ask your server to leave it out.

- Order Sashimi (no rice)
- Edamame
- Hand rolls with no rice (They're pretty good.) I like salmon and tuna. You can also ask for vegetable.
- Sashimi Salad
- Miso Soup
- Ask for Low Sodium Soy Sauce

Italian

Beware of the bread; have the waiter take it away. Nowadays, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce if you really need pasta. Get a green salad ahead of time so you do not reach for the bread if others are eating it.
- You can also order a grilled chicken salad with olive oil and balsamic vinegar dressing.
- You can request your favorite protein source with grilled veggies with a marinara sauce.
- You can tell the waiter to let the Chef know you have dietary restrictions. The Chef will create something with your needs in mind.

Fast Food

This is definitely the least desirable choice of restaurant when getting healthy and lean. There are quite a few choices on every corner, but these are my top three suggestions of places to eat if you really don't have a lot of time:

- Baja Fresh – Your choice of chicken, pork or steak tacos. Make sure they are in corn tortillas with salsa. You can also have guacamole. Make sure you don't eat the tortilla chips that usually come with it. A salad would be the best choice.
- Chipotle – They have great healthy chicken, pork and meat tacos, rice bowls and salads. Make sure you don't eat the tortillas chips. A salad would be the best choice.
- Freebirds World Burrito – Try the salads!

Resources

www.calorieking.com

I use this website to find out the calories, carbs, fat, protein etc. of thousands of foods. It's easy to use and it's FREE!

www.brienshamp.com

Your resource for boot camps, personal training, and "Real Life" nutritional and lifestyle coaching.

www.glycemicindex.com

This website has tons of information of how the glycemic index is related to getting rid of excess body fat and being healthy.

[Prograde Nutrition](#)

Good source for protein powders, meal replacement bars and supplements.

[Dale's Raw Foods](#)

Check out the healthiest meal replacement bars I have seen on the market.

[One World Whey](#)

The first, 100% UNHEATED, cold temperature processed, 100% all natural, unrefined, bioactive, grass pasture raised milk-whey protein.

The most important things to remember are: eat often, don't worry about calories (When you are eating the right foods for your type, cooked the right way, from the right source, you will look and feel your absolute best.) and mix up your foods often (avoid eating the same foods daily, especially wheat, gluten corn, dairy, soy, nuts and seeds).

[Brien Shamp's Coaching Program](#)

This is my interactive weekly lifestyle and nutrition coaching program with community support. In this program I cover all topics that affect and that will help you achieve your health and physical fitness goals. All of your questions will be answered in these group sessions along with tools that will help to motivate you and allow me to provide specific feedback on your progress. This program is free to all boot camp members, and is available at a low cost for non-boot camp members. [Check it out](#) and let me know if you have any questions.

If you are interested in more advanced and specific programs, just contact me about the following:

[21 Day Detox Program](#)

[10 Day Detox Program](#)

[5 Day Detox Program](#)

[Metabolic Typing](#)

What If I Have Questions?

I have painstakingly spent over ten years learning through experience to create this RESET Program for you to benefit from.

The RESET Program has helped hundreds of men and women quickly and easily lose body fat, gain lean muscle, have endless energy and optimize health.

I'll have you know that I am PERSONALLY dedicated to seeing that you achieve your health and fitness goals NO MATTER WHAT!

Here is my PERSONAL email to your direct nutritional and lifestyle support hotline:
beshamp@brienshamp.com

Your friend and coach,

Brien Shamp

<http://www.brienshamp.com>

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