



Healthy 
Transformation
Weight Loss Program



Program Adapted From



Welcome

Are you ready for a Healthy Transformation? This booklet has been designed to be your guide and companion on your 6-week journey to help change your life and your health. Use it for grocery shopping, planning meals, and recording daily food choices, physical activity, and emotions—as well as tracking progress.

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The information in this program guide is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment prescribed by your doctor. If you suspect that you have a medical problem, please seek the advice of your doctor.

Getting Started

Metagenics has been a leader in functional nutrition for over 30 years. They only sell their products to clinical practitioners (nutritionists, functional medicine doctors, Chiropractors, etc). More on Metagenics here: <https://bshamp.metagenics.com/who-we-are>

We will focus on their food model, but I have adapted their model significantly since November 2017, based upon my experience working with 500+ coaching clients very closely.

The products they recommend are optional, but they will definitely give you an edge.

Metagenics recommends two main weight loss support products which have proven to be successful clinically for weight & fat loss. Additionally I have found other bonus products to be helpful. **Challengers receive 15% off all products.**

1. UltraMeal Advanced Protein (Pea & Rice Protein Supplement to build & maintain muscle) Regular Price: \$49. **Your Price: \$41.65**
2. UltraFlora Control (Probiotic for Fat Loss and Gut Health) Regular Price: \$39.95 **Your Price: \$33.96**

Bonus: EPA/DHA 720 (Fish Oils) Regular Price: \$24.95 Your Price: \$21.21

Bonus: MCT Oil (Increases satiety, focus, reduces hunger, provides a healthy fat source) Regular Price: \$44.96 Your Price: \$38.22

Bonus: Exogenous Ketone Salts (Increases ketones within 15 minutes to be used as an energy source) Regular Price: \$59.95 Your Price: \$50.96
Bonus: EPA/DHA 720 (Fish Oils)

Products can be purchased at the Belmont or Burlingame/San Mateo Locations or online here: <https://bshamp.metagenics.com/> *Use Discount Code: 6week

Comprehensive Program Designed for Greater Success

To help you lose weight, body fat and promote health, this easy-to-follow program includes:



- **Targeted Nutritional Support for Weight Loss**—Protein supplement as needed to support weight loss and help maintain muscle mass: shake mix

- **Nutritional Support for Overall Health**—supplement recommendations to promote wellness include a probiotic and fish oil. MCT Oil and Exogenous Ketone Salts can also help you support a higher fat diet.



- **Eating Guidelines**—follow the recommendations for a moderate protein & higher fat phytonutrient-dense food plan that features low glycemic-load carbohydrates.



- **Regular Exercise**— simply attend our boot camp program at least 3x per week or more with the goal of daily movement 30 minutes or more each day.

- **Setting Goals & Monitoring Progress**—record how you're feeling each day in a journal, measure your weight & body fat on Saturday or Monday mornings, share with your coach and record your daily activity and food/beverage intake.

- **Program Support**—online support from your team and your coach

After just a week, you will start to notice a difference in the way you feel!



Targeted Nutritional Support for Weight Loss

This program recommends a convenient protein supplement and targeted probiotic to support healthy weight loss and help maintain lean body mass.

Not all supplements are created equal. Metagenics has been on the forefront of science for 30+ years and is a brand you can trust.

UltraMeal Advanced Protein Shake	Choose 1-2 daily
ItraFlora Control (Probiotic for Fat Loss and Gut Health)	1 daily

Advanced Nutritional Support for Overall Health*

Bonus dietary supplements include:

EPA/DHA 720 (Fish Oil)	2-4 capsules daily
MCT Oil	1 serving daily
Exogenous Ketone Salts	1 serving daily

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Eating Guidelines

This moderate protein, higher fat, phytonutrient-dense food plan was developed to facilitate loss of unhealthy fat while maintaining healthy lean tissues like muscle. The plan is designed with simple instructions that remove high sugar & carb calories without having to calculate calories.

Refer to the Food Choices for specific food recommendations and serving sizes.

Please note, this is just a model. It is unlikely you will gain weight with additional protein, healthy fats and veggies, so eat more as needed. This generous list includes foods high in taste with a lower glycemic index (GI) or glycemic load (GL). These foods produce a lower glucose and insulin response, which helps balance blood sugar—helping to curb hunger and cravings.

Approximately 2 main meals and 1-2 snacks (protein shake can be used as a meal or snack) can be eaten in any order. Many do better with no breakfast or a prefer Bulletproof Coffee model, while others prefer to eat a more substantial breakfast (e.g., omelet) and then have a snack for lunch (e.g., soup and salad).

Category	Total Daily Servings	Approx. Serving Size
Meal Proteins	At least 2	palm size
Snack Proteins	Approximately 1-2**	½ palm size
Nuts/Seeds	Approximately 1	Varies
Oils/Fats	At least 3-6	1 tsp. (Thumb) or equiv.
Fresh Greens	At least 5 oz.	Varies (Approx 1 Fist)
Vegetables	At least 6	½-1 cup (Approx 1 Fist)
Fruit (optional)	At most 1-2	Varies (Approx 1 Fist)
Beverages	Min. 1/2 bw in on oz. water/ herbal tea	8 oz.
Condiments	Varies	Varies

Main Meals

Eat approximately every 3 hours over a course of approximately 8 hours for the best results. This is a modified Intermittent Fasting Model (AKA Digestive Resting).

To simplify the food model, for each meal focus on Proteins/Fats/Veggies & Greens (Fiber). Consider nuts or cheese with a piece of fruit for a snack. It really is that simple!

Measuring protein intake using your palm is helpful because a person with a larger palm will typically need more calories. One serving of meat/fish is approximately 3/4" thick. **Consume more as desired.**



Meal Replacement, Snack & Protein Supplement Options

If you choose to have a protein shake it can be mixed with unsweetened varieties of cashew milk, almond milk, or coconut milk (boxed, not canned)—and ice or fresh/frozen fruit serving may be added to make a smoothie.

For your other snacks, choose a snack protein (typically ½ the size of a meal protein) or a serving of nuts/seeds or oils/fats. When you skip meals/snacks after the first meal, you may have a tendency to overeat at the next meal. It's best to spread your food out, eating about every 3 hours. A good protein/fat snack will carry you over from lunch to supper!

Avoid unapproved snack items around the home or workplace. Stock up only on healthy snacks: raw vegetables, olives, raw nuts/seeds, raw organic cheese, and hardboiled eggs can make simple snacks when you feel tempted.

TIPS

- 2 large organic eggs equal a “palm-sized” meal protein serving; 1 large egg = snack.
- Protein options may be divided at a meal: 1 egg plus ¼ cup (1 oz.) of raw, organic shredded cheese is equal to a palm-sized serving.
- After meals, put away all food to curb unnecessary snacking.
- A protein bar is a great protein supplement on the run (**DFH Cocomune/Mint Fiber** or **Honey Mama Bar**).
- Keep a shaker cup and protein shake mix packets at work with a fat source (**MCT Oil**).
- Keep other snacks handy at work so you don't have to “figure out” what to eat when you're already hungry.

Vegetables & Fruits

The food plan includes **at least** 6 daily servings (½-1 cup fresh or frozen) of lower-glycemic-load vegetables from the Food Choices. Eat a variety daily for a broader range of healthy phytonutrients.



Unlike daily vegetable servings, fruit servings (1 -2/day) are optional. **Some people just don't tolerate fruit well, especially after 35.** Fruit is generally very high in carbohydrates, which increases insulin secretion that can lead to fat storage. Avoid fruit and vegetable juices and instead choose fresh or frozen whole foods that contain fiber (complex, slower digesting carbohydrates) and a lower glycemic load.

Fresh Greens

Daily total of greens may be divided in any way you like. **Generally more greens the better :**) To help you consume the 5 oz. portion of raw greens, plan to eat 1 large salad daily as a meal (e.g., lunch), using **at least** 2½ oz. of greens plus vegetables, proteins, nuts, etc. (see Sample Menus). The remaining 2½ oz. greens can be divided between a snack (1 oz.) and dinner (1½ oz.)—or eaten all at dinner (small dinner salad plus cooked greens as a side).

Nuts/Seeds

Nuts and seeds provide a vegetarian source of protein and healthy fat, which helps you to feel satisfied because they are filling. They would only be considered “fattening” if you eat too many, **but still not as bad as eating too many carbs.** Food Choices contain only nuts/seeds with lower carbohydrate counts.

Servings may also be divided between meals as snack complements (e.g., ½ serving **brazil nuts** with a protein shake), salad toppings, or meal ingredients (see Recipes in this guide and **additional recipes**).



TIPS

- Shirataki noodles (in the refrigerated section) (**non-soy**) make a great substitute for pasta, along with spaghetti squash.
- **Measure** vegetables **with a fist** to estimate portion size.
- If you forget the serving size of a fruit, a palm-sized portion is generally safe.
- Some fresh greens are available in convenient 5-oz. bags, but it may be more cost effective to buy in bulk to meet weekly amounts.
- Different greens weigh different amounts, so a scale is helpful.
- Take snack bags with 1 serving of nuts to work.
- Avoid leaving a jar full of nuts at work so you don't eat more than your allotment.

Oils/Fats

The oils listed in Food Choices are healthier options and help curb hunger. Cooking oils include **avocado**, olive, grapeseed, coconut, and palm—best used at medium temperatures for stir-frying. Sesame oil is usually added after cooking, but may be used in light stir-frying at low temperatures. Olive and flaxseed oils are great for salad dressings. Canned coconut milk (light) also contains fat that is best reserved for use in preparing a stir-fry or other designated recipes.

Beverages

If you don't drink enough water, you may not lose weight/fat as efficiently. Drinking adequate amounts of water will also help your body work properly while you are losing weight. Drinking a large glass of water before meals will help fill your stomach and curb overeating. Remember to drink at least **1/2 body weight in oz. of water** daily—plain or mineral. Herbal teas (unlimited) also count toward water servings. Regular/green teas and coffee are limited to 2 cups daily, with or without caffeine.



Condiments

See Food Choices for a variety of options to enhance flavor without adding too many carbs or calories at suggested serving sizes. It's important to avoid even low-calorie sweeteners that can increase cravings for sweet things. That's why stevia **should even be limited**.

If you prefer to purchase ready-made salad dressings, read labels carefully to make sure they do not have added dairy (e.g., casein, whey), sugars (e.g., dextrose, sucrose, cane syrup, corn syrups) or artificial sweeteners (e.g., sucralose).

TIPS

- For added convenience, make larger portions of salad dressings (see Recipes) to keep at work and home.
- Lemon or lime juice may be added to water or dressings without concern about their minimal carbohydrates.
- Wine can be used for cooking only, as the alcohol (carbohydrate) burns off in the process.
- Beware of flavored seltzers that have no calories but may contain artificial sweeteners.
- Coconut oil should be virgin and organic.
- All other oils should be “cold pressed” (not heated during processing) and extra virgin.
- Refrigerate oils (except olive, coconut, or palm) to prevent rancidity.
- Olive and coconut oils give a nice flavor to cooking greens.

Food Choices

For best results, select foods from this list or as advised by your healthcare provider.

Category		Daily Serving Guidelines
Meal Proteins	<p>Animal (palm size)</p> <p>Grass-fed Beef* Avoid the leanest cuts to get more good fats</p> <p>***Wild Fish and shellfish (all fresh/frozen/canned varieties without sauces, breading, etc.): tuna, sardines, salmon, mackerel, etc.</p> <p>*Limit tuna and swordfish because of high mercury</p> <p>Poultry: Organic chicken, turkey, Cornish hen, duck (darker cuts are generally better)</p> <p>Wild game: venison, elk, buffalo, pheasant, bison, quail</p> <p>Eggs/Dairy/Vegetarian Options</p> <p>Eggs: pasture-raised, 2 large whole</p> <p>Whole Fat <u>Raw</u> Organic Cheese: cheddar, Colby, feta**</p> <p>Monterey Jack, Swiss, Jarlsberg or mozzarella, 2 oz. or 1/2 cup shredded Parmesan/Romano cheese, 6 Tbsp. grated**</p> <p>Ricotta cheese: 1/2 cup</p> <p>Organic Seitan (wheat gluten), palm size *Vegans only :)</p> <p>Organic Tofu/tempeh (soy), palm size *Vegans only :) Organic Legumes, 1/2 cup *Vegans only :)</p>	<p>At least 2 svg. (in addition to Snack Proteins)</p> <p>*Meat, poultry, and fish should be organic & grilled, baked, or roasted; fish can also be poached.</p> <p>*Consume rare to medium rare to optimize digestion.</p> <p>*Do not consume pasteurized cheese</p> <p>*If consuming pork, make sure it is nitrate free and free of hormones and antibiotics</p>
Snack Proteins	<p>Hardboiled Pasture-raided egg, 1 large or extra large</p> <p>Whole Fat <u>Raw</u> Organic Hard Cheese: Cheddar, Colby, Feta, Swiss, Jarlsberg, 1 oz. Mozzarella, 1 oz. Monterey Jack, Parmesan/ Romano cheese 3 Tbsp. grated.</p> <p>Ricotta: 1/4 cup</p> <p>Nuts, 1 svg.</p> <p>1 chicken drumstick</p> <p>Chicken breast/thigh, 1/2 palm-sized portion</p> <p>Canned wild tuna/salmon/sardines, 1/2 palm-sized portion</p>	<p>Approximately 2 svg.</p> <p>CONSUME ONLY RAW ORGANIC CHEESE OR NONE!</p>
Nuts/Seeds	<p>Brazil nuts: 6</p> <p>Coconut: grated, unsweetened, 3 Tbsp.</p> <p>Hazelnuts: 14 whole</p> <p>Pecan or Walnut halves or Macadamia- 10, Pistachios 2 Tbsp.</p> <p>Pine nuts, 1 1/2 Tbsp.</p> <p>Pumpkin, sesame, or sunflower seeds, 2 Tbsp.</p> <p>Nut/seed butter from above list: unsweetened, 1 Tbsp</p> <p>Flaxseed: whole or ground, Chia Seeds, Hemp Seeds, 1tsp</p>	<p>Approximately 1 svg.</p> <p>AVOID ALMONDS, ALMOND FLOUR and PEANUTS!</p> <p>*Best when soaked or sprouted</p>
Oils/Fats	<p>Avocado, 1/4 of whole or guacamole (1/4 cup)</p> <p>Olives: green or ripe/black, 8-10 medium</p> <p>Coconut milk, 3 Tbsp. (1 1/2 oz.)</p> <p>Oils: virgin, organic palm or coconut, 1 tsp.</p> <p>Other cold-pressed oils: olive, sesame, walnut, macadamia, grapeseed, and flaxseed (keep refrigerated) 1 tsp.,</p> <p>Grass fed butter, ghee</p> <p>Unsweetened coconut flakes</p>	<p>At least 3-6 svg. (3-6 tsp. or equivalent)</p> <p>*Use canned coconut milk for cooking only.</p>
Fresh Greens	<p>***All fresh lettuce and greens: arugula, beet greens, bok choy, cabbage (all types), chicory, collard greens, dandelion, endive, escarole, kale, mustard greens, radicchio, red/green leaf lettuce, romaine, spinach, Swiss chard, watercress, etc.</p>	<p>At least 5 oz. (plus Vegetable svg.)</p>

**May be added as garnish for snacks/meals (omelet, salad, etc.) in addition to other protein servings.

***Trace Mineral Rich Foods- Focus on these on 2 tsp of salt per day to optimize hydration/minerals


Vegetables	<p>Asparagus</p> <p>Artichokes, heart of palm</p> <p>Bamboo shoots, bean sprouts</p> <p>Broccoli</p> <p>Brussels sprouts</p> <p>Cauliflower</p> <p>Celery***</p> <p>Cucumber***</p> <p>Eggplant</p> <p>Garlic, fennel (anise)</p> <p>Green beans</p> <p>Mushrooms</p> <p>Okra</p> <p>Onions, leeks, chives</p> <p>Peppers (all types)</p> <p>Pickles***</p> <p>Radishes, turnips</p> <p>Sea Vegetables***</p> <p>Shirataki noodles (non-soybean)</p> <p>Snow peas, snap peas</p> <p>Squash: spaghetti, yellow/summer, zucchini</p> <p>Tomatoes</p> <p>Water chestnuts, 5 whole</p>	<p>At least 6 svg. (plus 5oz Fresh Greens)</p> <p>Serving size: 1/2-1 cup or 1 handful, unless otherwise indicated.</p> <p>*Avoid carrots, corn, potatoes, legumes (beans), and other veggies not on this list.</p>
FOCUS HERE!!!		
Fruit	<p>Apple, 1 small</p> <p>Apricot, 1 medium or 2 small</p> <p>Berries: blackberries, raspberries & strawberries, 1/2 cup</p> <p>Blueberries, 1/4 cup</p> <p>Cherries, 15</p> <p>Grapefruit, 1/2</p> <p>Lemons & Limes(unlimited)</p> <p>Nectarine or peach, 1 small</p> <p>Pear, 1 small</p>	<p>At most 1-2 svg.</p> <p>Fruit servings are optional— you do not have to consume and some should avoid!</p>
Beverages	<p>Water, purified or mineral water, unlimited</p> <p>Herbal teas, unlimited</p> <p>Coffee (with/without caffeine), 1 cup (5-6 oz.)</p> <p>Regular or green tea (with/without caffeine), 1 cup (5-6 oz.)</p>	<p>1/2 body weight in ounces of water at min-start with 2 cups in am.</p> <p>Limit coffee or regular/green tea to 2 cups (avoid after noon).</p>
Condiments	<p>All fresh/dry herbs: dill, oregano, basil, cilantro, etc.</p> <p>All spices: carob, cinnamon, ginger, chili powder, dry mustard, black pepper, etc.</p> <p>Broth/stock (unsweetened): vegetable, chicken, fish/ bone broth***</p> <p>Curry paste: unsweetened</p> <p>Dijon mustard</p> <p>Fish sauce: unsweetened</p> <p>Horseradish</p> <p>Flavored extracts: vanilla, almond, etc.</p> <p>Lemon/lime juice</p> <p>Sweeteners: Monk fruit, Stevia (liquid tastes better), Xylitol and Erythritol (may cause digestive issues if in excess. Limit sugar alcohol to 10g / day).</p> <p>Peppered vinegar sauce</p> <p>Salsa: unsweetened</p> <p>Himalayan Pink Salt- 2 tsp per day highly recommended</p> <p>*Tamari/soy sauce, miso paste (soybean) *Choose organic & gluten free</p> <p>Vinegar (all types) *Raw Apple Cider vinegar is best</p> <p><u>Shake Mixers</u> Unsweetened almond milk/coconut/cashew milk</p> <p><u>Limit to</u> Program Recipes <u>Only</u> Arrowroot, tapioca ,Capers, Orange juice/orange zest, White wine</p>	<p>Unlimited or as indicated.</p> <p>Avoid natural sweeteners or sugars (corn syrups, cane sugar/juice, sucanat, molasses, sorghum, glucose, sucrose, dextrose, etc.).</p> <p>Avoid artificial sweeteners (aspartame, etc.)</p> <p>See Recipes in this guide and online.</p>

CONSUME AS MANY RAW FERMENTED FOODS AS POSSIBLE- GOOD PROBIOTICS: Raw Kimchi, Raw Sauerkraut, Miso Soup, Kombucha (low sugar), Raw Apple Cider Vinegar, Coconut Milk Yogurt, Coconut Milk Kefir, Dill Pickles, etc.


Sample Menus

Remember, in addition to your 6 servings of vegetables, you'll be eating a total of 5 oz. of some type of fresh greens (raw or cooked) divided throughout the day. Preparation instructions for items in *italics* are listed in the Recipes section in this guide.


Day 1

 **Snack 1—Breakfast:** *Protein Shake*, mixed with ¼ cup blueberries and fat source like MCT Oil.


 **Snack 2—Mid-Morning:** Hardboiled egg (2 small or 1 extra large)

 **Lunch:** Protein salad: 2½ oz. lettuce/mixed greens; 1 palm-sized portion chicken/pork/beef/bison/fish; 2 cups containing any combination of cherry tomatoes, chopped cauliflower, peppers, and cucumbers; toss with 2 Tbsp. *Mustard Vinaigrette Dressing*


 **Snack 3—Afternoon:** 6 brazil nuts


 **Dinner:** *Salmon in Coconut Milk* (1 svg.) Green bean salad: 2½ oz. mixed greens; 1 cup steamed/roasted green beans; 1-2 cups total of other veggies of choice (chopped onions/mushrooms, bean sprouts, broccoli florets); drizzle with 2 tsp. olive oil and 1 tsp. vinegar


Day 2

 **Snack 1—Breakfast:** *Bulletproof Coffee*


 **Snack 2—Mid-Morning:** 1 cup raw cut veggies with *Guacamole* OR *Stuffed Celery*

 **Lunch:** *Leftover Salmon in Coconut Milk* (1 svg.) Veggie salad: 2½ oz. lettuce; ⅛ avocado, sliced; 1-2 cups of containing any combination of bean sprouts, cherry tomatoes, and chopped celery and red/green peppers; toss with 1½ Tbsp. *Sesame Dressing*


 **Snack 3—Afternoon:** 10 walnut halves


 **Dinner:** *Halibut with Broccoli* (1 svg.) Sautéed greens: 2½ oz. Swiss chard, chopped; cook with 1 tsp. olive oil over low heat until wilted; toss with 1 Tbsp. balsamic vinegar just before serving


Day 3

 **Snack 1—Breakfast:** 3 oz Smoked Salmon with 1 serving of tomato with 1/4 avocado OR *Quiche Delight* (½ svg.)


 **Snack 2—Mid-Morning:** *German Chocolate Shake*

 **Lunch:** Roasted turkey breast (palm size) Tossed salad: 2½ oz. lettuce/mixed greens; 2 Tbsp. pumpkin seeds; 1 cup sliced cucumber, peppers, and celery; toss with 2 Tbsp. *Mustard Vinaigrette Dressing*


 **Snack 3—Afternoon:** ¼ cup *Salsa* with 1 cup raw veggies (green beans, bell pepper, celery, cucumber, snow peas, etc.) plus 8 olives


 **Dinner:** *Coconut Curried Shrimp* (1 svg.) OR roasted chicken (palm size) Sautéed spinach: 2½ oz. baby spinach; cook in 2 tsp. olive oil over low heat until wilted


Day 4

 **Snack 1—Breakfast:** *Water, Tea, Coffee Fast*


 **Snack 2—Mid-Morning:** 2 Tbsp. pistachio nuts


 **Lunch:** Salad: 2½ oz. lettuce/mixed greens; 1 oz. mozzarella, grated; 1 large hardboiled egg, sliced; and 1-2 cups of raw chopped broccoli florets, sliced radishes, and diced cucumber; toss with 1½ Tbsp. *Tangy Tahini Dressing*


 **Snack 3—Afternoon:** 1 chicken leg with ½-1 cup raw celery and cucumber sticks

 **Dinner:** Stir-fry with noodles: 1 palm-sized portion of broiled bluefish or stir-fried chicken chunks; ½ cup each sliced mushrooms and peppers, stir-fried with 1 tsp. olive oil; add 2½ oz. steamed bok choy; combine all with 3 Tbsp. lite coconut milk, 1 Tbsp. tamari/gluten free soy sauce, and 2 oz. cooked *Shirataki Noodles*


Day 5¹


 **Breakfast:** *Smoked Salmon Omelet* (1 svg.) *Roasted Asparagus (or Green Beans)* (1 svg.)

 **Snack 1—Mid-Morning:** 2 Tbsp. sunflower/pumpkin seeds


 **Snack 2—Lunch:** Bone Broth; add 1 oz. finely chopped kale/spinach/endive and cook until softened
Salad: 1½ oz. mixed greens/radicchio; top with 1 svg. *Spring Salad*


 **Snack 3—Afternoon:** ¼ cup ricotta with ½ cup sliced strawberries


 **Dinner:** Grilled tuna/flank steak (palm size) “*I Can’t Believe It’s Not Mashed Potatoes*” (1 svg.)

 Sautéed spinach: 2½ oz. baby spinach greens; cook in 2 tsp. olive oil over low heat until wilted
Sautéed snow peas: 1 cup snow peas (same preparation as spinach)


Day 6

 **Snack 1—Breakfast:** Poached egg (1 extra large) on bed of steamed spinach (1¼ oz. raw)


 **Snack 2—Mid-Morning:** *Protein Shake*


 **Lunch:** Steak/tuna salad: 1 palm-sized portion of leftover flank steak or tuna, cubed; 1¼ oz. mixed greens; top with 1 svg. *Snow Pea & Asparagus Salad*


 **Snack 3—Afternoon:** 10 macadamia nuts


 **Dinner:** Broiled snapper/bass (palm size) OR *Roasted Salmon/Snapper* (1 svg.)
Veggie stir-fry: 1-2 cups zucchini slices, stir-fried with freshly chopped basil in 1-2 tsp. coconut oil
Tri-color salad: 2½ oz. chopped arugula/radicchio/endive; 3 Tbsp. roasted red peppers; ¼ cup thinly sliced onion; toss with 1½ Tbsp. *Sesame Dressing*


Day 7

 **Snack 1—Breakfast:** *Peach Melba Shake*

 **Snack 2—Mid-Morning:** 1 Tbsp. nut butter and ½ cup celery pieces

 **Lunch:** *Gazpacho* (1 svg.)
Tossed salad: 2½ oz. lettuce/mixed greens; ½ cup chopped raw snow peas; 1 oz. crumbled lowfat feta cheese; ½ palm-sized portion of shrimp; toss with 2 Tbsp. *Mustard Vinaigrette Dressing* OR 2 tsp. olive oil and vinegar of choice

 **Snack 3—Afternoon:** 1 hardboiled egg
1 cup *Roasted Cauliflower* (warm or room temperature)

 **Dinner:** 1 grilled/broiled patty (turkey, salmon, very lean beef)
Sautéed veggies: ½ cup chopped red/green pepper; ½ cup chopped zucchini; sauté in 2 tsp. olive oil; toss in 2½ oz. baby spinach greens and sauté until spinach is just wilted; garnish with slivers from ⅓ avocado

TIPS

- If you plan meals ahead, you'll be less likely to eat unapproved items when pondering, “What should I eat?”
- Plan leftovers for convenient lunches and late work nights, and to save on cooking time and food waste.
- Don't shop on your way home from work or when overly rushed or hungry.
- Try to shop with a full stomach on the weekend when you have more time and it's easier to make the best choices.
- Make a shopping list that includes only recommended foods to avoid impulse purchases.

Recipes

Additional recipes available at brienshamp.com/recipes/

Protein Shakes

Protein Shake (1 serving)



Food types per serving: 1 Meal

Replacement

Add packet contents to 6-8 oz. cold water or unsweetened cashew milk, almond milk, or coconut milk, with added fat source and stir. You can also mix in a blender with ice and/or frozen fruit and slightly reduce water for desired consistency.

For the shake recipes below, mix ingredients in a blender to desired consistency. Adjust liquid according to personal taste.

Peach Melba Shake (1 serving)

Food types per serving: 1 Meal Replacement, 1 Fruit

1 packet Protein Shake mix, vanilla flavor
6 oz. unsweetened almond or coconut milk (not canned)
2-4 oz. cold water
½ peach
¼ cup raspberries, fresh or frozen
2 ice cubes (omit if using frozen fruit)

German Chocolate Shake (1 serving)

Food types per serving: 1 Meal Replacement

1 packet Protein Shake mix, chocolate flavor
3 Tbsp. (6 oz.) unsweetened coconut milk (not canned)
4 oz. water
¼ tsp. coconut extract
2 ice cubes

Appetizers/Snacks

Salsa

(3 servings at ¼ cup)

Food types per serving: 1 Vegetable, 1 Oil

2 large tomatoes, diced
2 scallions, chopped
1 Tbsp. cilantro, chopped
1 clove garlic, chopped
1 Tbsp. cold-pressed, extra virgin olive oil
2 tsp. fresh lime juice

Combine ingredients in bowl. Feel free to add chili powder or other spices for a zippier taste. Serve with raw veggies of choice—cucumbers, celery, zucchini, etc. (which count as additional vegetable servings). Also makes a great topping for fish, such as *Roasted Salmon/Snapper*.

Roasted Cauliflower (4-5 servings)

Food types per serving: 1 Vegetable, 1 Oil

1 head cauliflower
2 Tbsp. cold-pressed, extra virgin olive oil
Sea salt to taste
Fresh ground pepper to taste

Preheat oven to 425°. Break apart cauliflower into bite-sized pieces or florets and place in large mixing bowl. Add olive oil and stir to be sure that all cauliflower pieces are drizzled with oil. Sprinkle with salt and pepper. Transfer mixture evenly onto baking sheet and roast, uncovered, for 20-25 minutes or until the top and edges of cauliflower are lightly brown. Serve immediately or at room temperature. Can be served as an appetizer or side dish.



Stuffed Celery (1 serving)

Food types per serving: ½ Protein, 1 Vegetable

1oz cheese
1 scallion, chopped
Pinch of horseradish
Pinch of garlic powder
2-3 ribs of celery, cut into 3" pieces
Paprika for garnish

In a small bowl, thoroughly combine cheese, scallion, horseradish, and garlic powder. Mix. Spoon into celery and sprinkle with paprika.

Dressings

Mustard Vinaigrette Dressing

(10 servings at 2 Tbsp.)

Food types per serving: 2 Oil

¼ cup balsamic vinegar or any vinegar you prefer
¼ cup water
1 tsp. Dijon mustard
Herbs (oregano, basil, parsley, tarragon, etc.) to taste
½ cup cold-pressed, extra virgin olive oil
⅓ cup flaxseed oil (or use total of ⅔ cup of olive oil)
1 clove garlic, minced
Sea salt to taste
Freshly ground pepper to taste

Measure all ingredients (except oils) into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before use.



Tangy Tahini Dressing (12 servings at 1½ Tbsp.)

Food types per serving: 2 Oil

½ cup cold-pressed, extra virgin olive oil
¼ cup sesame tahini
2-3 Tbsp. apple cider vinegar
½ lemon (juiced)
2 Tbsp. reduced sodium natural gluten free tamarind
2 Tbsp. water
1 tsp. dried dill
1 tsp. dried chives (optional)

Combine all ingredients in a bottle with a tight lid and shake well. Will keep for up to 2 weeks refrigerated. Shake before each use.

Sesame Dressing

(3 servings at 1½ Tbsp.)

Food types per serving: 2 Oil

2 Tbsp. lemon juice
1 garlic clove, finely minced
1½ Tbsp. sesame oil
1 Tbsp. extra virgin olive oil
Sea salt to taste
Fresh ground pepper to taste

In a small bowl, whisk the lemon juice, garlic, salt, pepper, sesame oil, and olive oil. Pour dressing over salad and toss gently. (Additional salt/sesame oil can be added if desired for taste.)

Breakfast Dishes

Smoked Salmon Omelet (serves 1 Meal or 2 Snacks)

Food types per serving: 1 Protein, 1 Vegetable, 1 Oil

2 eggs
1 slice of smoked salmon
¼ cup tomato, sliced
1 Tbsp. fresh dill, diced OR 1 tsp. dried
1 tsp. olive oil
Sea salt to taste
Fresh ground pepper to taste

Preheat broiler. Whisk eggs and dill. Add salt and pepper to taste. Pour mixture into oiled ovenproof pan on medium heat and cook for 1 minute in pan and then for 1 minute under broiler. Place eggs

on a plate and lay salmon and sliced tomato on one half. Garnish with dill and fold in half. Serve immediately with additional allowed vegetables (optional).

Quiche Delight

(serves 2 Meals or 4 Snacks)

Food types per serving: 1 Protein, ½ Vegetable

4 eggs
1 medium onion, finely sliced
¼ cup grated zucchini
¼ cup finely chopped broccoli 1 oz. cheddar or Parmesan cheese, grated

Preheat oven to 350°. Lightly spray a quiche dish or similar with olive oil or rub with coconut oil. Combine all ingredients together into greased dish and bake in preheated oven for 25 minutes or until quiche is set. Serve warm or at room temperature.

Salads/Veggie Salads

Spring Salad

(6 servings)

Food types per serving: 1 Vegetable, 2 Oil

1 Tbsp. fresh lemon juice
2 Tbsp. cold-pressed, extra virgin olive oil
1 clove garlic, crushed
½ tsp. kosher or sea salt
½ tsp. black pepper
1 lb. asparagus, ends snapped off
½ English cucumber, cut into quarters and sliced thinly (unpeeled)
3 scallions, sliced, white part only
1 ripe avocado, diced into 1" pieces

Combine lemon juice, oil, and garlic in a jar. Shake vigorously, add salt and pepper, and set aside. Slice asparagus into 1-inch pieces diagonally. Blanch 3 minutes, remove with strainer, and run under cold water. Set aside. Combine all veggies in a serving bowl. Shake dressing and toss into salad. Add avocado right before serving.



Snow Pea & Asparagus Salad (4 servings)

Food types per serving: 3 Vegetable, 2 Oil

Dressing:
Grated zest of ½ lemon
2 Tbsp. lemon juice
1 tsp. Dijon mustard
2 Tbsp. extra virgin, cold-pressed olive oil
Sea salt to taste
Fresh ground pepper to taste

Salad:
1 Tbsp. extra virgin, cold-pressed olive oil
1 lb. fresh asparagus, ends snapped off, sliced into 1" pieces
¾ lb. snow peas, ends and strings removed
1 Tbsp. minced fresh dill (or 1 tsp. dried)

In a small jar, shake together all dressing ingredients, except olive oil. When well mixed, add olive oil and shake again. Set aside while fixing the vegetables. Stir-fry asparagus and peas in olive oil until tender but not soft, about 3-5 minutes. Allow to cool. Combine vegetables with dill, salt, and pepper and toss with the dressing.

Soups

Bone Broth Soup (1 serving)

Food types per serving: 1 Meal

Bone Broth is typically made with bones and can contain a small amount of meat adhering to the bones. Bones are typically roasted first to improve the flavor of the bone broth. Bone broths are typically simmered for a very long period of time (often for 8 hours, and sometimes in excess of 24 hours), with the purpose being not only to produce gelatin from collagen-rich joints but also to release a small amount of trace minerals from bones. At the end of cooking, the bones should crumble when pressed lightly between your thumb and forefinger. For more texture and variety, you may also add fresh herbs and sautéed vegetables or greens.



Roasted Asparagus Soup (4 servings)

*Food types per serving: 2
Vegetable, 1 Oil*

2½ lb. asparagus, ends removed,
cut into 2" pieces
2 large leeks, dark green ends
discarded
2 Tbsp. olive oil
2-3 cups vegetable or chicken
broth
1 Tbsp. fresh parsley or tarragon,
chopped
1 clove garlic, minced
Sea salt to taste
Fresh ground pepper to taste

Preheat oven to 425°. Combine
vegetables in a large bowl and
add oil, mixing well. Put veggies
on a large baking sheet with sides
and sprinkle with salt and pepper.
Roast in preheated oven for about
45 minutes, until asparagus is
soft and leeks are golden brown,
stirring occasionally. Remove from
oven and set aside to cool. Blend
½ of cooled veggies, along with
garlic and parsley/tarragon, in
food processor or blender with 2
cups broth. When smooth, transfer
to a soup pot and repeat with
remaining veggies. Warm soup
and add more broth if too thick.

Gazpacho

(8 servings at ¾ cup)

*Food types per serving: 2
Vegetable*

1 cucumber, chopped
1 scallion, chopped
1 clove garlic
4 cups tomato juice
1 green pepper, chopped
½ tsp. dill weed
1 cup spicy salsa (no added sugar)
Sliced mushrooms OR tomato
chunks for garnish
Fresh ground pepper to taste

Combine all ingredients in small
amounts in blender and blend
until smooth. Add ground pepper.
Stir in salsa. Chill several hours
before serving and garnish with
mushrooms or tomatoes.

Main Dishes

Salmon in Coconut Milk (4-6 servings)



*Food types per serving: 1 Protein,
1 Oil, 1 Vegetable*

14-oz. coconut milk (not canned)
2 tsp. arrowroot or cornstarch
1½ tsp. curry powder
1½ lb. salmon fillets
2 large tomatoes, chopped OR 2
cups cherry tomatoes, cut in half
1 handful baby spinach leaves
¼ cup chopped fresh basil or
cilantro
Sea salt to taste
Fresh ground pepper to taste

Preheat oven to 350°. Mix coconut
milk, arrowroot/cornstarch and
curry in a 2- or 3-qt. ovenproof
dish. Add salmon and bake
covered for about 20 minutes.
Uncover and add spinach leaves,
stirring. Cook for 5-10 minutes
more. Add salt and pepper to
taste. Serve immediately with
some of the sauce on top of
each fillet and top with chopped
tomatoes and some basil or
cilantro. Remaining sauce may be
used to top veggies (cauliflower,
broccoli, green beans, etc.).

Roasted Salmon/Snapper (6-8 servings)

Food types per serving: 1 Protein

2 lb. salmon or red snapper fillets
4 tsp. cold-pressed, extra virgin
olive oil
1 Tbsp. fresh lime juice
1 Tbsp. cilantro, freshly chopped
Sea salt to taste
Fresh ground pepper to taste

Preheat oven to 400°. Brush 1
tsp. olive oil on a baking sheet
and place fish, skin side down.
Combine remaining olive oil, lime
juice, and cilantro; and brush on
each fillet. Sprinkle with salt and
pepper to taste. Allow to sit for
15 minutes, then bake for 20
minutes or until just cooked.
(For added veggies or flavor,
garnish with *Salsa*.)

Coconut Curried Shrimp (4-6 servings)

*Food types per serving: 1 Protein,
1 Vegetable, 2 Oil*

1½ lb. peeled and deveined
shrimp
1 Tbsp. minced fresh ginger OR 1
tsp. ground ginger
2 garlic cloves, minced
1 Tbsp. sesame oil
1 red/green bell pepper, diced
1½ cups fresh broccoli florets,
broken into small pieces
½-1½ tsp. Thai red or green curry
paste (more = spicier)
1 tsp. curry powder
½ cup canned coconut milk (light)
½ cup water
2 Tbsp. soy sauce
¼ cup chopped fresh basil (or 1
Tbsp. dried)

Heat sesame oil in a large skillet or
wok, over medium high heat. Add
shrimp, and ginger and cook 3-4
minutes, stirring. Remove shrimp
and set aside (they are not yet fully
cooked). Add bell pepper, broccoli,
curry paste, garlic, and curry
powder to skillet or wok and cook
for 3-4 minutes, stirring constantly.
Lower heat to medium and add
coconut milk, water, and soy sauce
and cook for 4-5 minutes more,
stirring often. Add shrimp back
and cook another 2 minutes until
shrimp are no longer pink. Do NOT
overcook, as shrimp will be tough.
Remove from heat and stir in fresh
basil before serving. (If using dried
basil, add to skillet or wok with the
coconut milk.)

Turkey Lettuce Wraps (4 servings at 1 wrap each)

*Food types per serving: 1 Protein, 1
Vegetable, 1 Oil*

1 Tbsp. coconut or grapeseed oil
1-2 cups shredded cabbage
1 medium zucchini, shredded
4 green onions, thinly sliced
1 lb. ground turkey
¼ cup tamari/soy sauce
Dash of garlic powder
Crisp lettuce leaves (butter lettuce,
green leaf)

Heat oil in a large skillet. Add
cabbage, zucchini, and onions and
sauté until tender. Add turkey and
stir into the vegetables, breaking
up the meat. Cook and stir for 5-7
more minutes. Add tamari/soy
sauce and garlic powder, stir and
cook for another 2 minutes. Divide
into 4 portions and stuff each into
a lettuce leaf.

Halibut with Broccoli (3-4 servings)

*Food types per serving: 1 Protein, 1
Vegetable, 1 Oil*

2-3 cups small broccoli florets,
fresh or frozen
¼ cup finely ground almonds (use
blender to grind or purchase
"almond meal")
2 tsp. minced fresh tarragon or
basil (or 1 tsp. dried)
1 Tbsp. olive oil or coconut oil
1 lb. halibut filets
½ cup chicken broth or fish stock
Fresh or dried basil for garnish
½ cup lemon juice
Sea salt to taste
Fresh ground pepper to taste

Steam broccoli until slightly
tender, but not too soft. Set aside.
In a small bowl, mix herbs with
ground almonds. Dip each halibut
filet into the almond mixture.
Heat oil in a large skillet over
medium heat and sauté halibut
for about 4 minutes on each side,
depending on thickness. Transfer
to serving dish and cover with
foil to keep warm. Add ½ cup of
broth or stock to skillet and stir
in broccoli to reheat. Add lemon
juice and season to taste with
salt, if needed, and pepper. Spoon
broccoli with juices on top of
halibut filets, garnish with sprinkle
of basil and serve immediately.

Vegetables/Side Dishes

"I Can't Believe It's Not Mashed Potatoes" (4 servings at 1 cup)



*Food types per serving: 2
Vegetable, 1 Oil*

1 large head cauliflower
1 Tbsp. cold-pressed, extra virgin
olive oil
⅓ cup almond milk or other nut
milk 1-2 tsp. garlic powder
(optional)
OR curry powder and nutmeg
(optional)
Sea salt to taste
Fresh ground pepper to taste
Cut cauliflower into 4-6 pieces and
steam until cooked but not
overdone. Place in blender or food
processor with remaining
ingredients and blend until the
consistency of mashed potatoes.
Serve immediately and enjoy the
unique flavor!

Summer Squash & Leeks (6 servings)

*Food types per serving: 1
Vegetable, 1 Oil*

¾ lb. small patty pan squash or
other yellow squash
½ lb. small zucchini
2 Tbsp. olive oil
1 cup finely chopped leeks
(include some tender green)
2 Tbsp. veggie broth
1 Tbsp. unseasoned rice vinegar
1½ Tbsp. freshly squeezed lemon
juice
Sea salt to taste
Fresh ground pepper to taste

Cut both types of squash in
half and then slice 1/2" thick on
the diagonal. Add to a steamer
basket with 1-2 inches of water in
the bottom. Cover and steam until
tender, about 7-8 minutes. While
squash is cooking, heat
olive oil over medium heat in a
medium saucepan. Sauté leeks
until softened, about 10 minutes.
Remove from heat and add veggie
broth, vinegar, and lemon juice.
Add squash and toss gently.
Season with salt and pepper.

Roasted Asparagus (or Green Beans) (4-6 servings)

*Food types per serving: 1
Vegetable, 1 Oil*

1 bunch asparagus OR 1 lb. green
beans
2 Tbsp. cold-pressed, extra virgin
olive oil

Preheat oven to 425°. Break
off ends of asparagus or green
beans and place in flat dish. Add
olive oil and stir to be sure that
all vegetable pieces are drizzled
with oil. Transfer mixture evenly
onto baking sheet and roast,
uncovered, for 5-15 minutes or
until the pieces begin to brown.
Smaller pieces will take a shorter
time to cook. Serve immediately or
at room temperature.

Shirataki Noodles (1 serving)

*Food types per serving: 1
Vegetable*

These noodles are made from
fiber-packed glucomannan starch.
You will find them in the
refrigerated section of your grocery
store. They are 0 calories and 0 net
carbs. Do not buy tofu noodles.
Drain and rinse the noodles 2 or 3
times, and cook in boiling, salted
water for only 2-3 minutes. Drain
and put back into the same pan,
with no liquid added. Stir for a few
minutes over low heat until
noodles are somewhat dry. Now
they can be added to a stir-fry of
veggies and whatever else you
like. You can also add them to
soup.

Regular Exercise



Before beginning an exercise program, get your healthcare provider's approval. An optimal exercise program combines moderate to high intensity aerobic exercise with resistance training (based upon fitness, skill & injuries), so our boot camp program will provide you the ultimate program. We will modify as needed. Don't forget to perform self massage and gently stretch before and after any exercise to improve flexibility and aid muscle recovery.

Emotional Well-Being

Sometimes eating habits that lead to weight gain are influenced by stress or emotions. At the end of each day journal how you're feeling and record daily challenges and triumphs. Making these notes may help you identify situations that may trigger emotional eating and enable you to adopt alternative responses that won't endanger your health.



7 Daily Primal Needs

Are your primal needs being met?

1. Breathe
2. Hydrate
3. Sleep
4. Eat
5. Love/Connect/Contribute
6. Growth
7. Move

Only when you satisfy your 7 primal needs can you achieve optimal health, fitness and wellness. Make yourself a priority by setting your focus on achieving these primal needs each day. You must plan and prepare for success!

Let's play a game daily. In a journal assess how you did with your primal needs.

- If you practiced the need to the fullest extent described, score yourself a 5 for the day.
- If you practiced the need ...but not fully, score yourself a 3 for the day.
- If you considered the need, but couldn't follow through score yourself a 1 for the day.
- "Out of sight, out of mind"...I didn't even think about this :(= 0 for the day.

When you check in with your coach they will also assess your 7 Daily Primal Needs. **For**

strategies to satisfy your 7 Daily Primal Needs: <http://brienshamp.com/primal-needs/>

Setting Goals & Monitoring Progress

To help you achieve program success, it's important to set measurable goals for yourself. Set one or more goals for yourself each week—like a walking milestone (80,000 steps for the week), **food variety** goal (try 4 new recipes), or other aspirations. Check the goals off when you meet them and remember to reward yourself with a favorite activity, relaxing indulgence, and new clothes!

Week 1 Goals

- _____
- _____
- _____

Week 2 Goals

- _____
- _____
- _____

Week 3 Goals

- _____
- _____
- _____

Week 4 Goals

- _____
- _____
- _____

Week 4 Goals

- _____
- _____
- _____

Week 5 Goals

- _____
- _____
- _____

Week 6 Goals

- _____
- _____
- _____

NEW Goals

- _____
- _____
- _____

