

# 21-Day Little Black Dress Challenge

## Nutritional Program Overview

The first 14 Days!

Program Guidelines and Recommendations

### Foods You Should Avoid Most Often

Clogging Food #1 – Dairy

Clogging Food #2 – Sugar

Clogging Food #3 – Glutenous Grains

## The First 14 Days & Program Overview

The first 14 days of this challenge comprise of the “Cleanse Phase.”

The goal of the cleanse phase is to limit incoming toxins so your body is able to neutralize and remove toxins that have been built up over the years. Incoming toxins can take the form of pesticides, household cleaners, and common allergenic foods – which can be any foods you find yourself eating every day.

You will follow Phase I for the first 2 weeks. Upon successful completion of Phase, I you will transition into a 7-Day Slim Down Plan. This Signature LYL plan has time and time again delivered head-turning results that will help you finish this 21-Day Challenge feeling your absolute BEST!!!!

**\*\*\* Protein \*\*\***

**Portion: Size of your palm or small deck of cards**

- Chicken breast
- Turkey breast
- Lean beef
- Lamb
- Game meat (i.e. rabbit / deer / buffalo etc.)
- Seafood (i.e. cod, salmon, trout, sole, tilapia, tuna, haddock, herring, mackerel, perch, mahi mahi, orange roughy, shrimp, scallops)
- 6 egg whites
- 2 whole eggs (once per day max)
- Equivalent to 20-30g/0.75-1oz protein powder (see Supplement Guides for recommendations)

**\*\*\* Additional Vegetarian Protein Options \*\*\***

**Portion: Size of your palm or small deck of cards**

- Chickpeas
- Lentils
- Kidney beans/red beans/black beans/broad beans
- Quinoa

**\*\*\* Fats / Oils / Dairy \*\*\***

## **Dairy:**

- 1 cup milk alternative (almond, coconut, rice, hemp, flax)
- 100g (3.25oz) full fat natural/Greek yogurt (unsweetened)\*
  - 100g (3.25oz) full fat cottage cheese\*
    - 1 tbsp. organic butter
    - 30g/1oz full fat cheese\*

(\* use in moderation 1x per day and when you can choose products made from Goats milk versus Cow's Milk)

## **Fats / Oils:**

- 1 tbsp. flaxseed oil (do not cook with flax oil), Udo's Oil, coconut oil, or olive oil
  - 60g/2oz avocado
  - 15 almonds or 8 half walnuts
- 1 tbsp. 100% natural nut butter (almond butter, sunflower seed butter, cashew butter, sesame seed butter)
  - 2 tbsp. flax meal
  - 30g/1oz pumpkin seeds
  - 30g/1oz sunflower seeds
  - 30g/1oz chia seeds
  - 30g/1oz hemp seeds

**\*\*\* Fibrous Vegetables \*\*\***

**Portion Size: UNLIMITED – minimum 2 servings of 2 cups per day**

- Asparagus
  - Alfalfa
    - Leek
    - Onion
  - Bok Choy
  - Broccoli
  - Spinach
  - Lettuce
- Bell peppers
- Mushrooms
- Brussels sprouts
- Green or yellow beans
  - Snow peas
  - Cucumber
  - Cabbage
  - Celery
- Cauliflower
  - Tomato
  - Carrots

**\*\*\* *STARCHY CARBOHYDRATES* \*\*\***

**Portion: Size of your clenched fist**

- Oats (plain – no added sugar, flavor or fruit)
- Rice (basmati, wild, or brown)
  - Brown rice pasta
- Sweet potato or yam
  - Lentils
  - Chickpeas
  - Kidney beans
  - Pumpkin/squash
- Quinoa, amaranth, millet etc.

**\*\*\* Fruit \*\*\***

**Portion: Size of your clenched fist**

- Strawberries or other berries
  - Apple
  - Orange
  - Grapefruit
    - Pear
    - Peach
  - Kiwi

## FOODS YOU CHOOSE TO AVOID

Look, you can make the choice to consume any of the following at any point you wish in your life. You are in charge. But for the best life ever, you may choose to avoid them whenever you can.

Please avoid the following for the duration of Phase I (first 14 days).

DAIRY

SUGAR

GLUTENOUS GRAINS

## CLOGGING FOOD #1: DAIRY

Dairy products are not allowed during PHASE I of the Little Black Dress Plan whatsoever. Raw or not, dairy is meant for baby cows. Grown cows do not consume cow's milk, so why do we?!

Milk is the #1 allergen, and the countries that consume the most milk are also the countries with the most osteoporosis and other bone problems.

Calcium can be gotten from other sources and it is really just a marketing blitz to get you to think that you need milk. Although you may want milk due to years of conditioning, you do not need milk!

Once you give up milk you will notice a whole lot of aches and pains let up. And if you have a problem with mucus, than you had better stop the milk this instant! After a few weeks without milk you may never touch the stuff again!

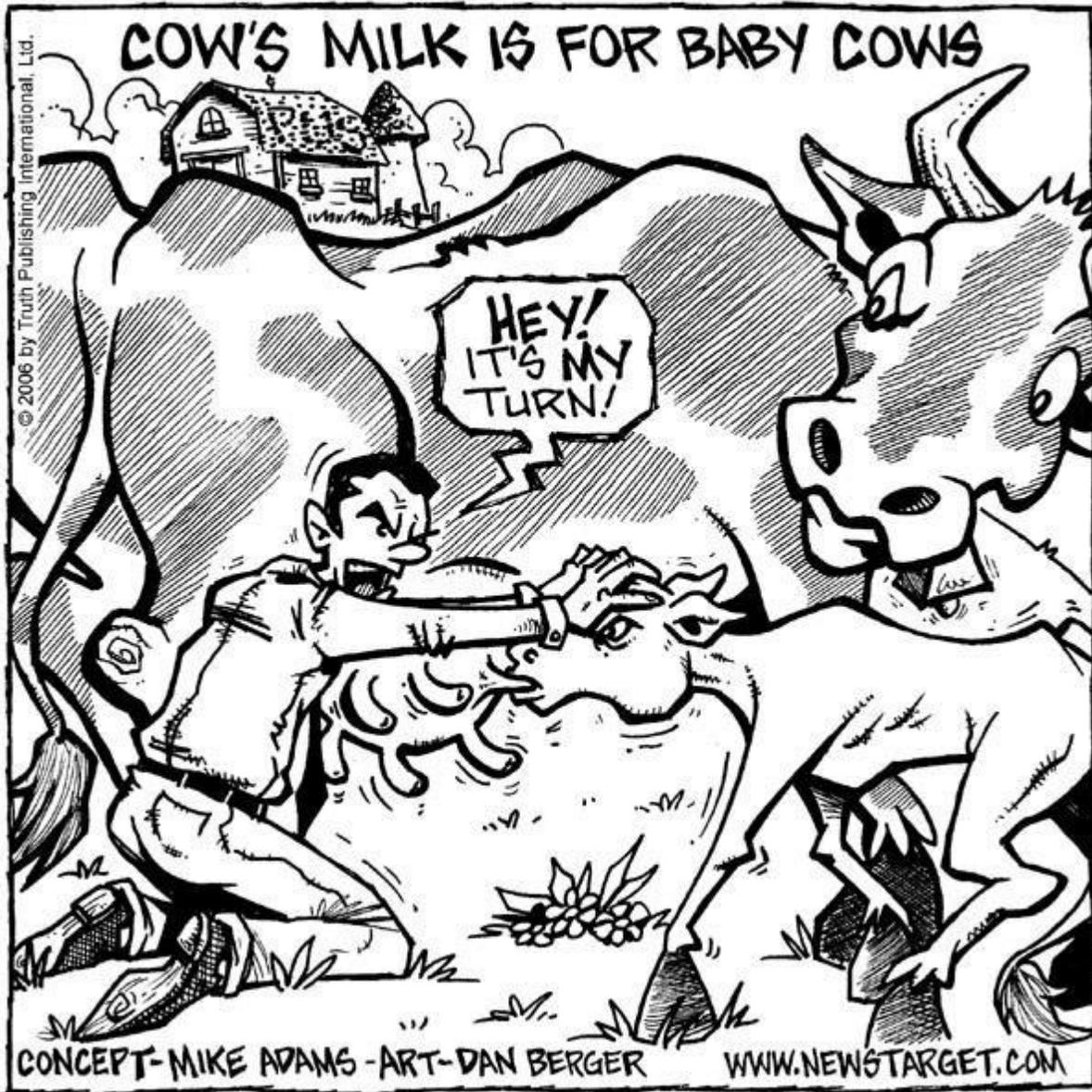
The one thing I tell people straight away in a conversation about dairy foods is to start thinking about what milk really is, and why it exists in the first place. You may be shocked to learn that cow's milk is not fit for human consumption.

Due to constant bombardment from advertisements, billboards, magazines, and even celebrities with their milk moustaches, you probably think you have to drink milk to get calcium and prevent osteoporosis. You may even think you need to drink milk to lose weight!

Cow's milk is the most nutritious food we can think of – for baby calves. The milk you buy has been processed so much that even calves would die if they drank their own mother's milk after it had been pasteurized. It should be downright illegal to promote such disease-inducing "food," but money talks, and it will always drown out our cries for help in this matter.

A picture is worth a thousand words, right? WHY THESE FOODS ARE NOT RECOMMENDED

## COUNTERTHINK



Next time you want a tall glass of milk, picture yourself having to pull a baby calf from its mother's teat. Push the calf aside, and get sucking! Does this gross you out? It certainly

grosses me out! But this is EXACTLY what happens so you can enjoy your delicious breakfast cereal every morning. What is funny about this picture is that sucking milk directly from a cow would be a hell of a lot more nutritious than the form you buy from the supermarket! Read on to learn why this is the case.

## **BREASTMILK AND COW'S MILK: A COMPARISON**

Milk was designed specifically for animal nutrition, and contains the necessary nutrients in forms which are easily digestible to the young of a particular species.

There is no other food on our planet, aside from the whole carcass of an animal, including its bones, that contains the complete range of nutrients found in milk.

Milk is the fluid secreted by the specialized milk producing sweat glands of female mammals. The sole purpose of this fluid is to meet the complete nutritional requirements of the babies born to female mammals. Every species is unique in their nutritional and physiological requirements, and each species' milk reflects that uniqueness.

Milk was meant to be suckled directly from the teat or breast at frequent intervals, without even coming into contact with air, something to which the national milk supply will not be able to compare.

Breast milk is the most nourishing food you can feed your baby. Women give birth to and feed their young – this is why women have breasts! What we call “breasts” are none other than specialized milk producing sweat glands, called mammary glands. So, what happens when you replace this perfect chemically composed food with the milk of another species? Let's take a look at the composition of cow's milk versus human milk for some clarity.

Comparison of Nutrients in Human and Cow's Milk<sup>2</sup>

	Human	Cow's Milk
Milk	1.1	4.9
Macronutrients in grams per 100 grams	3.5	4.9

Human Milk 33 18 16  
Cow's Milk 118 97 50  
Micronutrients in milligrams per 100 grams

From the above tables you can see that the composition of human and cow's milk differ markedly. Cow's milk has nearly 4 times the protein content of human milk, while human milk has more fat and almost twice the carbohydrate content of cow's milk. This leads you to believe that humans run more on carbohydrate and fat content than they do on protein. And this is precisely the case!

The ratio of calcium to phosphorus is 2.35:1 in human milk, but it is only 1.27:1 in cow's milk. Just this statistic alone puts a halt to the calcium rationale for drinking milk. So even though there is more calcium in cow's milk, once you factor in the balance of the other micronutrients, we will actually absorb less calcium than if we were to drink human milk. This is because the high levels of phosphorus found in cow's milk actually prevent the absorption of calcium.

It's quite funny that our society has picked apart the fat content of milk, as that is the one nutrient that is the most similar among the two milks! When you take the natural fat out of milk, you are changing the composition of the nutrients once again, making the cow's milk even more alien to our human bodies.

If you're going to drink skim milk, you might as well pick up a glass of water instead. I'm not saying that you should drink whole milk, as I have made it quite clear that humans shouldn't be drinking any milk whatsoever. I simply want to point out the absurdities in our society and the lengths that the dairy industry will go to make you buy their products.

Even though the fat content is nearly equal, it is important to look at the composition of fats. Breastmilk has 6 to 10 times the essential fatty acids

(EFAs) of cow's milk. EFAs are essential to the development of your brain

– your children's brains. Yet another reason cow's milk was not meant for human consumption.

When it comes to your children, why mess around? EFAs are important during the fetal and postnatal periods, when babies' brains are maturing the fastest.

Cow's milk has a lot more sodium than breastmilk, and when you grow up and acquire a taste for cheese, you'll be getting way too much, as salt is added in the cheese making process to give it flavour.

Not only do breastmilk and cow's milk differ in their chemical composition, but they also differ energetically. The world is made of energy. You, me, we're all made up of little atoms moving at a particular frequency. The human energy field is missing in cow's milk. If your newborn were to suckle from a cow, the bonding experience surely wouldn't be the same for the baby as if she got her milk from her mother.

Humans are the only species that drinks another species' milk. We are also the only species with astronomically high cases of cancer, osteoporosis, and other diseases. Coincidence?

## **WHEN MILK HURTS BABIES**

I am so sick of mammoth companies peddling their products on trusting people, acting as if their care for their well-being, when what they are doing is in fact harming the very consumers that keep them in business just to make a sale. This is what drives us as nutritionists...can you feel the passion?! And when babies are involved, that passion is ignited 100-fold.

When formula is advertised to mothers who don't know any better, and who trust these companies to provide quality nutrition for their new babies, it makes us literally sick to our stomachs.

Babies are unable to tell the doctor that their bellies hurt, that the reason they spit up so much is that their bodies are rejecting the cow's milk, or, yes – that even the replacement soy formula they are drinking does not agree with their little bodies.

Any baby who displays skin rashes is in serious trouble. Eczema is a clear sign from the body that something isn't right. Eczema on a baby is a sad situation.

That child may go through its entire life with skin problems on the surface, and horrible digestive pains that cannot be seen. The pain may build over years and years before the real reason for the discomfort is revealed, or the reason may never be revealed, all because it is assumed we were meant to drink milk!

## **LACTOSE INTOLERANCE**

Lactose intolerance is caused by the absence of the enzyme lactase on the brush border of the small intestine. If lactase were present, it would split the double sugar lactose into two individual sugars, galactose and glucose. This is why lactose-free milk tastes sweeter than regular milk – lactase has been added to break this bond, and there are more sweet particles for your taste buds to taste.

When lactase is not present, lactose is metabolized into hydrogen gas by bacteria in the colon. Lactose intolerance, then, can be quite easily revealed in a simple diagnostic test that measures the amount of hydrogen released when you breathe.

Nearly half of the people in the world are lactose intolerant, which means there is a good chance that you one of them. The other half, in my opinion, is either ignoring their body's signals of distress, or they simply do not know what is causing their current discomfort. The consumption of milk products can leave you bloated with severe abdominal pain and diarrhea.

My question to you is this:

How long are you going to ignore it?

Most children are capable of digesting their mother's milk. Their little bodies may not produce the lactase needed to digest milk, but their mother's milk supplies them with both lactose as well as the lactase needed to digest it. Isn't nature beautiful?!

When cow's or goat's milk is substituted for mother's milk, a problem arises. The compositions of the milks are different. They contain more protein and their protein molecules are shaped differently. And when the body doesn't recognize protein molecules, it mounts an attack against them. Lactalbumin and casein are the milk proteins to which most people react.

When dairy products are ingested and there is no lactase present to digest the milk sugars, then the lactose will be metabolized by the colon bacteria.

As the bacteria ferment the lactose into short-chain fatty acids, hydrogen gas is produced. If the fatty acids are not absorbed fast enough, water will be drawn into the colon, and diarrhea will result in severe cases.

Milk is the #1 allergen. Every single day we see more people with skin conditions such as eczema, psoriasis, and other skin rashes, and wonder if milk is causing their dis-ease. Other signs that you are lactose intolerant are chronic ear infections, chronic congestion, ADHD, diarrhea, and other problems - just to name a few. Bloating, cramping, and diarrhea are classic signs that what you're eating is not agreeing with you.

If you or your child has any of the above conditions, try two weeks without any dairy in your diet. No milk, cheese, breads, or pastries. Avoid anything that may contain milk. If you want to feel really fabulous, try omitting wheat as well, as it is the second leading allergen. If you want to test yourself after these 2 weeks, have a glass of milk at breakfast, and pizza and ice cream at lunch. See how you feel.

At the end of the day, nothing else matters but the way you feel. If you are like most people who have no ability to produce the lactase enzyme, you may get extremely ill when you re-introduce dairy into your diet. Listen to your body. It is trying to tell you something very important.

## **THE CALCIUM QUESTION ANSWERED**

Have you ever wondered why calcium has been singled out? When I tell people that I don't drink milk, the first question I'm asked is this: Where do you get your calcium? If you find yourself asking this very same question, ask yourself why you think you need to drink cow's milk to get your calcium! The odds are you've gotten much of your nutritional information from television commercials, or from grade school pamphlets (which are generously provided by the Dairy Council).

The Dairy Industry, looking for a strategy to sell milk, uses the logic that since cow's milk has calcium, and since calcium makes up part of the equation for strong bones, then you must drink milk to get strong bones. Actually, drinking milk can steal calcium from your bones. The higher your diet is in animal foods, the more calcium is excreted from the body. Let me explain why.

Calcium is the most abundant mineral in your body. And it's a very important part of your bone structure, but it's not the only part. Phosphorus, magnesium, silicon, strontium, possibly boron, and the protein matrix are also part of your bones. And vitamin D is needed for calcium and phosphorus to be absorbed from the digestive tract.

In order for calcium to be fully utilized, magnesium must be present. When magnesium is deficient, high amounts of calcium or vitamin D can lead to soft tissue calcification (think arthritis) or kidney stone formation. Milk is heavily fortified with calcium and vitamin D, but magnesium is absent.

Since calcium is the most abundant mineral in the body, it is the mineral called upon to maintain proper blood pH. Maintaining proper blood

calcium levels is even more important to life than maintaining proper calcium levels in the bones.

If there is not enough calcium in the blood to maintain balance, calcium will be drawn from the bones until balance is achieved. So, if you do not get enough calcium in your diet, your bones will be sacrificed.

The ratio of phosphorus to calcium in the bones is approximately 2.5 : 1, and the best proportions for our diet is currently believed to be about 1:1. When your diet is high in phosphorus, you will lose extra calcium through your urine. The calcium is filtered out from the blood through the kidneys, and calcium will subsequently be pulled from the bones to restore the calcium balance.

### **Non-Dairy/Green Vegetable Sources of Calcium**

Kelp 1,093  
Dulse 296  
Parsley 203  
Turnip Greens 184  
Watercress 151  
Broccoli 130

Although green vegetables provide a great amount of calcium, sesame seeds are the #1 food source providing a whopping 1,160 mg of calcium/100 g. So if you're looking for a balanced source of calcium then look at having some more hummus (because of the sesame based tahini) and plenty of green vegetables to dip in it!

### **FROM THE FARM TO YOUR TABLE – WHAT HAPPENS?**

The milk that comes from the cow is not the same milk that hits your cereal bowl in the morning. Firstly, feedlot cows are fed soy-based feeds instead of grass, and most of these cows need a constant dose of antibiotics and

artificial stimulants to keep them in the production line and producing an unnatural volume of milk.

The milk these cows produce is pasteurized, homogenized, and synthetic (fake) vitamins are added to it. It is a completely different substance than what a baby calf would receive. In fact, there was a study that took a calf's mother's milk, pasteurized it, and fed it back to the calf. The result: death. Nine out of ten of the calves died before maturity.

These days, people are concerned mostly with the fat content of foods, but what about all the other components that have been tampered with such as vitamins and minerals? It's not enough these days to simply look at fat, carbs, and protein. You must look beyond these macronutrients and look at the finer details – what exactly are you putting in your body...into your kids' bodies?

## **PASTEURIZATION**

Pasteurization is the process of heating a liquid to kill bacteria, a practice put in place to kill harmful bacteria in milk, which coincidentally serves to allow lax milk handling standards during mass production. Certified dairy herds and handlers involved in raw milk production are subject to strict standards of cleanliness that those who handle milk that is to be pasteurized are not. So you can see pasteurization comes with loads of drawbacks.

Along with killing bacteria, pasteurization happens to be a high enough temperature to render 90% of milk's enzymes useless. Enzymes are incredibly important molecules that speed up the rate of reactions, and in the case of milk, enzymes are present in the form of lactase - needed for the digestion of lactose (milk sugars); galactase for the digestion of galactose; and phosphatase for the digestion and assimilation of calcium, but the list doesn't end there. There are many other enzymes in milk that are also destroyed.

Without its enzymes, milk is very difficult to digest and assimilate into the body. Most people stop producing lactase in their toddler years, and since we are dealing with cow particles, there are very likely some enzymes that we don't have the capability of making at all. For the enzymes our bodies can produce, our pancreas undergoes unnecessary strain in its efforts to provide the enzymes necessary to digest any enzymatically deficient (a.k.a. cooked) food. In time, the pancreas will fail to do so, and diabetes or pancreatic cancer may result.

Pasteurization also denatures the proteins in milk. When proteins are subjected to heat, they tightly coil and their structure changes. The same happens when you throw meat on the grill or an egg in the frying pan. The proteins become scrambled, so to say. Beneficial bacteria are wiped out right alongside the pathogenic bacteria, which proliferates since there are no beneficial bacteria left to defend the milk.

When milk is pasteurized, the calcium molecule is altered. It is no longer as biologically available as it would be in raw milk.

There are two types of pasteurization that are used most often. Typically, milk is pasteurized at 145°F for 30 minutes; however, Flash Pasteurization is gaining popularity. It occurs at a temperature of 71.7°C (161°F) for roughly 15 seconds.

Pasteurization is the process that makes boxed milk possible - milk that stand on a shelf without refrigeration. This process, known as Ultra High Temperature (UHT) Pasteurization makes the liquid completely sterile. Everything that was good about the milk is dead.

There have been many cases in which pasteurization has been executed inappropriately, resulting in salmonella poisoning and likely creating cases of leukemia since almost all milk is contaminated with bovine leukemia.

Calves given their own mother's milk that has been pasteurized will die within 6 weeks. Reproduction issues also arise when animals are fed pasteurized milk.

## **HOMOGENIZATION**

The purpose of homogenization is to prevent the natural separation of cream from the rest of the emulsion – the separation of fat from water. As far as we can tell, this practice was put into place to make milk more aesthetically pleasing to the consumer. Remember, the industry wants you to drink milk for one reason and one reason alone: to increase their sales and revenue. To avoid this natural separation, milk is forced by pressure through small holes which destroys the fat cells, releasing the insides like smashing a water balloon.

A milk enzyme, Xanthine Oxidase (XO), is broken down during homogenization along with the fat globules. When these particles are made smaller, they instantly become a new set of puzzle pieces which are able to fit into places in your body that they were never meant to fit. According to Dr. K. Oster, these tiny pieces have no problem getting into your bloodstream where they are free to react on your arterial walls. Due to their small size, they sneak through the intestinal wall into the lymphatic system, and then into the bloodstream. When scratches and lesions are created in the arterial walls, the body responds with a buildup of cholesterol to protect the arteries from the onslaught.

In a study by Ross D.J. et al. where aortic tissues were compared, the comparisons suggested that “xanthine oxidase may be deposited

gradually with time, possibly initiating a pathologic reaction which culminates in plaque formation or myocardial cellular damage.”<sup>4</sup> “It has been shown that milk antibodies are significantly elevated in the blood of male patients with heart disease.”<sup>5</sup>

So you can see why milk homogenization is linked to the hardening of the arteries and heart disease.

4 Ross, D.J., Ptaszynski, M., Oster, K.A. The presence of ectopic xanthine oxidase in atherosclerotic plaques and myocardial tissues Proceedings of the Society for Experimental Biology and Medicine 144 (2), pp. 523-526 (1973)

5 Ross, D.J., Sharnick, S.V., Oster, K.A. Proceedings of the Society for Experimental Biology and Medicine 163 (1), pp. 141-145 (1980)

## **FORTIFICATION**

Vitamin D, added to milk to prevent rickets in children, has far reaching consequences. It is manufactured in the skin when the sun’s UV rays shine on the body. It is also potentially the most toxic vitamin, which could explain

“sun stroke” and fatigue after a day in the sun.

In the body, the most important job that falls on vitamin D is the regulation of calcium metabolism. When much vitamin D is taken, such as the synthetic, irradiated vitamin D found in milk, it may contribute to calcification of the arteries, known as atherosclerosis, right from infancy.

Milk has 15 times the vitamin D usually found in milk, which may increase the amount of calcium in circulation and account for why children already have hardening of the arteries.

## **Other Ingredients in Your Milk**

Cow’s milk contains a substantial amount of female hormones. Hormones such as gonadotropins, thyroid-releasing hormones, ovarian

steroids, and insulin-like growth factor. Dairy actually accounts for 60-80% of estrogens consumed.<sup>6</sup>

Modern dairy farms milk their cows about 300 days a year. You may be surprised to find out that dairy cows can only produce milk when they become pregnant - something that may seem quite obvious to you now.

The hormone levels increase as the pregnancy nears full term. In the late stages of pregnancy, milk contains up to 33 times as much of an estrogen compound than milk from a non-pregnant cow. A study in Japan, milk was found to contain 10 times more progesterone than raw milk from Mongolia.

In Mongolia, where traditional herding societies are the norm, cows are milked for human consumption only 5 months of the year, and never in the later stages of pregnancy.<sup>7</sup> They go to great lengths to ensure hormone levels stay low.

<sup>6</sup> <http://www.news.harvard.edu/gazette/2006/12.07/11-dairy.html>

<sup>7</sup> <http://www.news.harvard.edu/gazette/2006/12.07/11-dairy.html> August 13, 2008

## **What is Life Like for a Dairy Cow?**

The modern dairy farm is run like a concentration camp. Dairy cows are impregnated for the sole purpose of being milked for human consumption. The brand new calves are taken away from their mothers within their first 24 hours of life and are sentenced to life in a veal crate while the mothers are sent to work in the milk line.

Cows are just as in love with their young as we are with ours. Imagine giving birth to your baby, only to have her taken away a few hours after birth. You are able to hear her cries, yet are chained up to a milking machine for hours and hours each day. Now, how does that make you feel? I suppose it's the same way it makes us feel: terrible.

## **IF MILK DOESN'T DO YOUR BODY GOOD, WHAT DOES IT DO?**

The commercials are just absurd. "It does the body good" does not even remotely come CLOSE to the truth about dairy. The studies (not the ones financed by the dairy industry) speak for themselves. It has been shown time and time again that milk actually contributes to asthma, osteoporosis, kidney problems, prostate cancer, and breast cancer, among other things.

The list just goes on and on. When you drink the bodily fluids of diseased animals, trouble will loom not far away. Yet the dairy industry comes at us from all angles in many forms, all guised as healthy foods.

### **Asthma:**

Eighty percent of milk protein is casein, the same glue used to hold together wood in furniture. It also holds the label onto a bottle of beer. Eat casein and you produce histamines. Histamines result in mucus, which filling the bronchioles with "glue" and makes breathing difficult. Robert Cohen speaks of a "pizza victim":

With every organ acutely congested with mucus, unable to breathe, this woman died with undigested cheese stayed in her stomach a full 15 hours after her meal.

Her body worked overtime to produce mucus and histamines which made her choke to death!

### **Fibromyalgia:**

One case of a 59-year old man of Sri Lankan origin presented with a 26 year history of severe muscle pain, fatigue, tachycardia (abnormally fast heartbeat), irritable bowel symptoms, and ever-changing hypertension, with acute onset of muscle-aches, dizziness, and tachycardia after staying at a farmhouse. He required daily painkillers and his headaches occasionally came with blurred vision and dizziness. A diagnosis of chronic fatigue syndrome was suggested. He ate a Western diet, including milk.

Now, chronic fatigue and fibromyalgia diagnosis' often come about when doctors have no idea what is causing the distress. But there

always is something causing the distress, and the diet is a good place to start looking.

In this case, all symptoms improved after the simple exclusion of lactose from the man's diet!<sup>8</sup>

### **Osteoporosis:**

Bone loss is accelerated by ingesting too much protein. How? Dairy protein increases the production of acid in the blood, which the body neutralizes by leaching calcium out of the bones. Calcium losses are increased by the use of animal protein, salt, caffeine, tobacco, and by physical inactivity. In order to absorb calcium, the body needs a balance of calcium to

magnesium....cow's milk has calcium, but negligible magnesium; therefore, we do not absorb the calcium!

In Dr. T. Colin Campbell's Protein Study, it was found that casein consistently promoted cancer. Casein makes up 87% of cows milk protein!<sup>9</sup>

### **Period Cramps, etc:**

Dairy products are associated with unbearable period cramps and heavy flow. I (Amy...obviously) should know! Before my dairy enlightenment, I had the WORST period cramps in the history of period cramps. I remember a time, not so long ago, when the first 2 days of every period was largely spent in bed curled up in the fetus position. I was a Midol, Advil, and Excedrin junkie. It was normal for me to go through a whole bottle of pills per period! Now, it is just the opposite. No pills, and no pain.

<sup>8</sup> S.B. Matthews, A.K. Campbell. When Sugar Is Not So Sweet. The Lancet Volume: 355, Issue:

9212 April 15, 2000 pp. 1330. <sup>9</sup> T. Colin Campbell, Protein Study

### **Rheumatoid Arthritis:**

This type of joint pain can be a symptom of a food allergy, and dietary change Sometimes has a profound effect. Dairy products, the most common food allergen, are one likely candidate as a contributing causative factor. Avoid all dairy products, and see for yourself! We would

recommend 6 months just to get the full benefit, but some people have found complete remission within as little as 3 weeks!

### **Sinus Congestion:**

If you go to doctor a few times a year with the complaint of mucus and nasal congestion, you will receive steroid spray. This will go on for the rest of your life, unless you change your diet! After starting nutrition school, I (Amy) cut all dairy out of my diet, and in one week my sinus symptoms were severely diminished. This is when I asked my mom if I had ear infections as a child, and the answer was “all the time, even when you were a baby!” Dairy allergies are the leading cause of chronic ear infections in children. Yet another example of how downright ignorant doctors are of nutrition...if you have a child with recurrent ear infections, cut out the dairy!

And get a new doctor who knows his/her nutrition!

### **Diabetes:**

There is a consistent relationship between type I diabetes in either cow's milk or diminished breast-feeding. Patients who had type I diabetes were more likely to have been breast-fed for less than 3 months and to have been exposed to cow's milk before 4 months. Early exposure to cow's milk may increase the risk of developing type I diabetes by 1.5 times.<sup>11</sup> In our holistic nutrition school, we were taught that babies should not be fed cow's milk for the first year of life due to the possibility of developing cow's milk allergy. Right away, we questioned this logic. Why give them cow's milk at all then? The body obviously rejects it.

10 Ganmaa, D. Incidence and mortality of testicular and prostatic cancers in relation to world dietary practices. *International Journal of Cancer* 98 (2), pp. 262-267 (2002). 11 Gerstein, H.C. *Diabetes Care* 17 (1), pp. 13-19 (1994).

### **Fertility Problems:**

In some cases, fertility problems may simply stem from the fallopian tubes being blocked by mucus. When dairy products are removed from the body, conception is made possible.

### **Calcium Deposits:**

There is a lot of misinformation out there on this topic, as there are with most of these topics! Some “articles” we have come across even include

insane statements like “Most sufferers ask if they should change their diet in order to lessen calcium intake. This can be possible, but it is not recommended as a form of treatment.”<sup>12</sup>

If the diet doesn't influence the body, then what the hell are we made of anyway?

The first thing we would recommend to people who suffer from abnormal calcification in the body is that they stop eating any form of dairy products whatsoever. No cream, milk, cake, ice cream, etc. and then we would assess the situation and go from there. Although, the removal of dairy from the diet may just stop and reverse the problem right there, and no other steps may need to be taken at all. And an additional bonus: more energy than you've ever experienced!

#### **CLOGGING FOOD #4: SUGAR**

Sugar is one of the most addictive street drugs known to man. The average person in North America consumes 150 lbs of refined sugar per year! This is astronomical in contrast to the 5 lbs per year consumed by the average person at the turn of the 20th century.

Sugar, especially in its refined state, has many detrimental effects on the body. First and foremost, it is highly acid-forming. This means that sugar consumption throws off your pH balance so that your blood and other important become more acidic. The more acidic your body becomes, the greater the likelihood for disease to flourish.

Arthritis, asthma, headaches, psoriasis, cancer, stomach gas, intestinal gas, osteoporosis, heart disease, weight gain, PMS, candidiasis, tooth decay, multiple sclerosis, inflammatory bowel disease, cancer sores, cataracts, gallstones, kidney stones, and cystic fibrosis are all diseases and conditions that are negatively affected by the intake of sugar.

Exclusion of sugar from the diet can improve these and many other conditions markedly. In many cases, a sugarless diet can eradicate the suffering altogether when combined with a well-balanced diet.

But as you may already know, getting sugar out of your diet is not an easy task, and only by having tons of support can you be sure of your success!

Refined sugar is one of the worst poisons you can put into your body. The consumption of sugar suppresses the immune system almost instantly, lowering the body's natural defenses and making it less capable of fighting harmful pathogens.

In total, the consumption of sugar lowers your immune function by roughly 4 hours, with the lowest immune functioning occurring 2 hours after sugar consumption. So if you find yourself getting sick after the holidays, you know exactly why! By comparison, when starches (complex carbohydrates) are consumed, your immune functioning actually heightens for some time before falling back down to normal.

### **Sugar - The Drug and Fat Promoter**

When you consume sugar, insulin is released from the pancreas, causing the cells to take up glucose from the blood and store it in the liver and muscle. A diet that includes sugar goes hand in hand with mood swings. When blood sugar is abnormally high, as it is when sugar is ingested, the sugar acts like a drug, and you become elated.

But once insulin packs the sugar away into the cells, your mood will sour and the brain signals that more sugar is needed to regain the high. This is exactly when you find yourself reaching for a chocolate bar or another sugary treat. When a sugar-free diet is consumed, you will find your moods are even throughout the day, and your body will actually tap into fat as a source of fuel, a process that stops the second you eat something sugary. Since toxins are stored in fat, this is something you want to get rid of!

### **Sugar = Acid**

Sugar is also highly acidic. It upsets the acid-alkaline balance in a way that promotes disease. In order to live your best life, you've got to

increase alkaline foods (think green vegetables!) and decrease acidic (think processed) foods!

And remember, just because a sweetener may be natural does not mean it is good for you. So while the likes of maple syrup and agave are better choices than white sugar, it is still a good idea to steer clear of them as much as possible.

Excessive sugar consumption throws the body's pH levels out of balance. The sugar, and the acidity that it creates, provides an internal environment that is ripe for the overgrowth of dangerous yeasts, fungi, and bacteria - ultimately making it much harder to lose weight and maintain optimal health.

In turn, these pathogens feed on the sugar, multiply, and expel toxic wastes that make us feel and look even worse. Because these critters feed on sugar, our body begins to crave more sugar in the form of sweets, breads, pastas, and so forth. We end up feeding these microorganisms and fuel their growth and place further toxic acid into our body.

As this vicious cycle continues not only do we feed these toxin-producing microorganisms but we also intake huge amounts of calorie-rich, nutrient void, sugar-laden foods. Over time, an excess intake of calories through sugar obviously leads to weight gain (considering everything else remains equal).

The other aspect of sugar that increases toxicity is the fact that as we fuel more and more microorganisms, the toxins they expel create more acid in our blood and pose added stress on our liver.

Since excess acid in the blood will eventually be stored in fat cells, it is futile to further acidify your body if you want to lose weight. Only once you rid your body of excess acid and restore its proper pH balance will you be able to shed excess fat. If fat isn't needed to store acid, then it can more readily be metabolized.

Similarly, if your liver becomes stressed and compromised as a result of having to filter tons of toxins floating through your blood, your weight

loss attempts will be in vain. This is because the liver is not only the body's major filter but it also regulates sugar and fat metabolism.

If your liver is not functioning properly then its ability to metabolize sugar and fats will also be compromised. Elevated blood sugar and blood lipid levels are usually the result.

## **Sugar as a Processed Food Ingredient!**

It's not just the refined table sugar that is the problem. In fact, the majority of our sugar intake comes from hidden and unexpected sources such as processed and packaged foods. Sugar is used as an additive in foods ranging from meat to ketchup to salt. In packaged foods sugar can take the form of glucose, dextrose, sucrose, or the ever-present high-fructose corn syrup.

The manner in which sugar is processed exacerbates the problem. More than 60 chemicals are used in the processing of natural sugarcane's thick beige stalks into the fine, white granular table sugar that we're all too familiar with. Many of these chemicals, including bleaches and deodorizers, are still present in the final product.

At the same time, the naturally occurring minerals and vitamins in the sugarcane plant are completely removed. One such mineral is chromium.

Chromium is a critical player in the body's ability to uptake sugar from the blood and into the cells. The fact that chromium is not present in refined sugar poses a problem for sugar uptake and metabolism, which imposes further stress on the body's energy metabolism regulation. This is one of the reasons why refined sugar causes a rapid spike and then crash in blood sugar levels.

## **Sugar Upsets the Mineral Balance in Your Body**

There are so many reasons that sugar is bad news that it's impossible to go through all of them right now. But one reason we will hit on is the fact that sugar can single-handedly upset the mineral balance in your body.

Sugar upsets the body's chemistry. Sugar consumption increases the rate at which you excrete calcium. And since there is no calcium in the sugar you are eating, your body must forfeit its own calcium reserves, like those of your bones and tissues in order to process the sugar. So eating sugar on a regular basis (every day) can lead to porous bones and therefore osteoporosis, among other things! The easiest way to combat calcium depletion is to remove sugar from your diet completely.

Minerals in the body will only work in relation to other minerals in the body.

So if you do not have enough calcium, and decide to take a calcium supplement, your body will not be able to utilize all of the calcium since you do not have the corresponding amount of phosphorus the body needs for balance. Many scientific studies have verified these claims.

Overall, sugar provides no real nutritional value, while wreaking havoc on your blood sugar levels (promoting diabetes and weight gain) and leading to excess caloric consumption. It suppresses the immune system, disrupts normal mineral relationships, compromises the health of your vital organs, and keeps your body incredibly toxic.

Eating even one teaspoon of sugar has the ability to weaken your immune system for up to 6 hours. A weak immune system can make you susceptible to everything from the common cold to cancer. If you eat a lot of sugar, our bet is that you are sick pretty often and had a lot of cavities as a child.

Sugar has been refined and does not possess any nutrients whatsoever – just empty calories. This means that the minerals needed to process the sugar in your body are not present, and chromium, magnesium, cobalt, copper, zinc, and manganese must be robbed from your body in order to process the sugar.

Sugar just did not exist in the days of early man, who subsisted on meat, nuts, seeds, fruit, and vegetables, and since our genetic makeup is

virtually identical to man hundreds of thousands of years ago, our bodies simply aren't built to deal with the excess sugar that we are now eating.

Even if you are eating 100% fresh fruit, if you are eating too much of it, then you are getting too much sugar. Fruits these days are bred to be the sweetest they can be, and any food that has been genetically modified is a food that your body will not recognize and have a hard time processing.

### **What Problems are Caused by Sugar Consumption?**

Sugar can suppress the immune system

Sugar can upset the body's mineral balance.

Sugar can cause anxiety, and concentration difficulties.

Sugar can produce a significant rise in triglycerides.

Sugar contributes to a weakened defense against bacterial infection.

Sugar can cause kidney damage.

Sugar may lead to chromium deficiency.

Sugar can cause copper deficiency.

Sugar interferes with absorption of calcium and magnesium.

Sugar may lead to cancer of the breast, ovaries, prostate, and rectum.

Sugar can cause colon cancer, with an increased risk in women.

Sugar can be a risk factor in gall bladder cancer.

Sugar can increase fasting levels of glucose.

Sugar can produce an acidic stomach.

Sugar malabsorption is common in those with functional bowel disease.

Sugar can speed the aging process, causing wrinkles and grey hair.

Sugar can promote tooth decay.

Sugar can contribute to weight gain and obesity.

High intake of sugar increases the risk of Crohn's disease and ulcerative colitis.

Sugar can cause a raw, inflamed intestinal tract in person's with gastric or duodenal ulcers.

Sugar can cause arthritis.

Sugar can cause asthma.

Sugar can cause candidiasis (systemic yeast infection)

Sugar can lead to the formation of gallstones.

Sugar can lead to the formation of kidney stones.

Sugar can lead to ischemic heart disease.

Sugar can exacerbate the symptoms of multiple sclerosis.

Sugar can indirectly cause hemorrhoids.

Sugar can cause varicose veins.

Sugar can elevate glucose and insulin responses in oral contraception users.

Sugar can lead to periodontal disease.

Sugar can contribute to Osteoporosis.

Sugar contributes to saliva acidity.

Sugar can cause a decrease in insulin activity.

Sugar leads to decreased glucose tolerance.

Sugar can decrease growth hormone.

Sugar can increase cholesterol.

Sugar can increase systolic blood pressure.

Sugar can change the structure of protein, causing interference with protein absorption.

Sugar causes food allergies.

Sugar can cause toxemia during pregnancy.

Sugar can cause cataracts.

Sugar can cause emphysema.

Sugar can cause atherosclerosis.

Sugar can cause free radical formation in the bloodstream.

Sugar lowers the enzymes' ability to function.

Sugar can cause loss of tissue elasticity and function.

Sugar can increase the amount of fat in the liver.

Sugar can overstress the pancreas, causing damage.

Sugar can increase the body's fluid retention.

Sugar can cause constipation.

Sugar can cause myopia (nearsightedness).

Sugar can compromise the lining of the capillaries.

Sugar can cause headaches, including migraines.

Sugar can cause and increase in delta, alpha, and theta brain waves, which can alter the mind's ability to think clearly.

Sugar can cause depression.

Sugar can increase insulin responses in those consuming high-sugar diets compares to low-sugar diets.

Sugar can cause hormonal imbalance.

Source: Appleton, Nancy. Lick The Sugar Habit, 1996.

## **CLOGGING FOOD #8: GLUTENOUS GRAINS**

If you want to get the most out of the Little Black Dress Plan you will need to choose to forgo grains for awhile, or at least limit your intake of them for a period of time. I support a grain-less diet, however, I realize that not everyone is at the same point in their diet and lifestyle, considering the high amount of grain products most of us were raised on; therefore I thought it best to arm you with the knowledge you need to decide for yourself whether or not to include grains in your diet.

Grains stimulate the growth of yeast, fungi and mold. They are often harvested and then stored in large silos where they will ferment and mold within ninety days if not consumed.

Most grains contain gluten, a protein that has been long known to create digestive upset. Grains that contain gluten are oats, rye, barley, and wheat. Grains that do not contain gluten are quinoa, millet, brown rice, and buckwheat.

Gluten is a protein in these grains that acts like glue in the body. It literally coats the lining of the intestines, impairing proper nutrients absorption and irritating the digestive and intestinal tract.

All grains, gluten-containing or not, should be soaked before they are used to neutralize some of the phytates and disarm the gluten they contain.

All grains contain phytic acid in the bran of the grain. Phytic acid is a known mineral blocker of calcium, magnesium, copper, iron, and zinc, so even though you may think you are eating a healthful, whole grain meal, your body may not actually be able to obtain the nutrients since the phytic acid will bind them and make them unavailable to the body.

Phytic acid can actually be broken down by the sprouting process, which means that once grains are sprouted, your body will be able to absorb these minerals. Sprouting has been said to rid the grain of its

gluten. And gluten is one of the constituents of grains to which some people with digestive issues have intolerance.

Have you actually paid attention to how you feel after a meal heavy in grain products - a croissant, a rice dish, toast? We're sure that most people have no idea how their foods affect them, but when you pay attention, you may realize that eating these foods makes you feel bloated, depressed, sleepy, fatigued, and/or unable to concentrate.

What about sprouted grains you ask? While sprouting grains takes away the phytates and leave the nutrients more or less available for your body to assimilate, some health professionals maintain that they are still concentrated carbohydrates which can still make you overweight, leave you with low blood sugar, and increase your triglyceride levels to some extent.

Our position is this: if you want to eat grains, it is best to eat them sprouted. At the very least, you will decrease the phytic acid and maintain the enzyme content, both of which make grains more digestible.

Grains and grain products, along with sugars and potatoes occupy a far larger percentage of the typical diet than they should. In general, people are consuming far too much bread, pasta, cereal, and pastries. Add to this the amount of sugar, potatoes, and corn, in the diet and you've pretty much accounted for almost 100% of what people are eating these days – a frightening reality.

While most grain products consumed are refined and processed, you see, simply moving to whole grains may not actually be the answer when it comes to your health. Since the body can only process a certain amount of carbohydrates at a time, eating grains and high carbohydrate meals means that the excess will be stored straight away in the fat cells.

What this means if you are overweight, is that you are almost certainly overdoing it on the carbohydrates, and where this is the case, it usually means you are underdoing the vegetables!

So – limit the intake of grains and grain products, add more veggies, and you will remarkably improve your health!

## **21-Day Little Black Dress Challenge**

### **Welcome to PHASE I**

Over the next two weeks you'll learn a healthy, enjoyable and delicious way to cleanse your body so that you can enjoy a slimmer waistline, have more energy, reduce sugar cravings and take your well-being to a whole new level.

Phase I: No Sugar, No Wheat, No Dairy has been designed to help you jumpstart your new found commitment to health. It focuses on teaching you the skills you need to make smart decisions about how to properly care for your body, not only for the duration of the program, but for the rest of your life!

The reason this program is so effective is because it combines a strategic dietary plan with a supported exercise schedule that work together to maximize your results.

It's time to press the reset button.

A SEXY, SLIMMER and STRONG waistline is only 21 short days away.

You got this girl!

Let's dive in.

## PHASE I INTRODUCTION

*Detoxes* and *cleanses* are the all the rage in health and wellness world today. There are hundreds of potions, pills, and teas promising to rid the body of excess waste, cleanse the liver, kidneys and colon, leaving us with slimmer waistlines and healthy bodies. Although many of these products do produce great results, unfortunately, they are improperly utilized as quick fixes. True detoxification should only be used as part of a healthy lifestyle, and NOT something that need be repeated every couple of months for fast weight loss.

Throughout our lives, our bodies are bombarded by toxins from processed food, steroid injected meats, sugar, alcohol, cigarettes, and pharmaceuticals, not to mention the environmental pollutants which we breathe, and consume through our drinking water. Because of this, our natural detoxification systems are no longer performing optimally. We find ourselves feeling lethargic, suffering from brain fog, depression, skin ailments, yeast infections, irritable bowels, and the increasing onslaught of diseases like diabetes, cancer and heart disease. To combat the toxic build up in our bodies, PHASE I of your 6-week plan is going to stimulate and rejuvenate the 3 systems responsible for waste removal; including the circulatory, digestive and lymphatic; by eating a specifically designed nutrient rich diet, and participating in a variety of callisthenic, high intensity workouts, in addition to detoxifying yoga sequences.

During the 14 day regiment, your body may experience symptoms<sup>1</sup> related to the dying off of nasty bacteria and the excretion of pollutants that have built up in these systems. However, such side effects are completely normal, and by day 5 most symptoms will have subsided. It is important to note that the first detox is probably the most difficult, but, by slowly reintroducing foods into your diet, and by maintaining proper eating habits, your circulatory, digestive and lymphatic systems will return to optimal function, prolonging the wonderful benefits of the cleanse.

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<sup>1</sup> Symptoms and Side effects may include; loose bowels, headache, breakouts due to a release of toxins through the skin, and lack of energy in the first few days.

To make this as easy on you as possible the 14 Day No Sugar, No Wheat, No Dairy Plan is broken down into phases. Below is a detailed description of your 14 day schedule, including RULES you should follow for maximum results and some helpful tips to ensure your success.

Let's get started!!

## **24 Hours Pre-Program**

Refrain from eating sugar, red meat and dairy products and drinking coffee and alcohol.

### **Phase I: Elimination (Day 1 & 2)**

The first 48 hours are the most intense part of the plan, designed to eliminate as much waste as possible through a predominately liquid and plant based diet. The diuretic and detoxifying properties of parsley, cabbage, mint, lemon, and ginger help relieve water retention and bloat, while at the same time cleanse the kidneys, liver and digestive tract. For these two days you are not to consume coffee, but can have 1 cup of green tea in the morning to help with caffeine withdrawal. You will eat/drink only plant based foods, and herbal teas, allowing the body to breakdown the sludge from poor dietary indulgences.

### **Phase II: Back to the Basics (Day 3, 4, 5 & 6)**

Now that you have gotten through your first 48 hours, it is time to incorporate a variety of clean foods back into the diet. The next four days are going to be full of nutrient rich leafy greens, healthy fats, fish, eggs, whole grains, colourful vegetables, and a variety of fruits high in fibre. The meals are going to be quick and easy to prepare, which will come in handy during the fast pace of the weekend. By the end of these four days you will begin to appreciate the simplicity of such a natural diet, and gain the cooking knowhow to reproduce such healthy meals for yourself and your family in the future. A few basic seasoning techniques that utilized garlic, onions, sea salt, pepper and fresh herbs is all you need to liven up these dishes. Prepare to feel the brain fog lifting, mood swings subsiding, and find your skin glowing as your body begins to start fully absorbing the

natural occurring vitamins, minerals, and essential nutrients from these wonderful whole foods!

### **Phase III: Stimulate your Circulation (Day 7 & 8)**

The next three phases are going to tackle the systems responsible for waste elimination, one at a time. This phase is aimed at boosting circulation. Good circulation means a reduction in blood pressure, which lowers the risk of developing heart disease and stroke. It is also necessary for properly carrying nutrients, gases, hormones, and blood cells throughout our bodies. With healthy circulation we are less likely to feel joint stiffness and pain, and recover faster from exercise by quickly removing lactic acid from our muscles. That being said, circulation is not only result of a good diet, it is vastly improved by exercise, so for the next two days push yourself in your workouts to maximize the circulatory boosting benefits!!

Over the next two days you will be eating stimulating spices like ginger, cinnamon, cayenne, chillies, garlic and paprika. The dishes will also consist of high iron and fibre foods like dates, and oily fish that protect the heart and arteries. Enjoy the flavour sensations that LYL menu has to offer!

### **Phase IV: Give your Digestion some Affection (Day 9 & 10)**

The digestive tract is a complicated maze of intestine, bacteria, acids, and is highly affected by proper kidney and liver function. For two days you will go back to eating a super clean menu of steamed veggies, fibre full whole grains, protein rich beans and legumes, with the additional benefit of natural live yoghurt added to your smoothies, accompanying fresh berries for a delicious snack, and added to soups or stew to boost the healthy bacteria in the stomach and colon. Say “so long” to the *yeasty beasties* living in your digestive tract and “hello” to the super probiotic bacteria that will help indigestion, irritable bowels and constipation.

### **Phase V: Love your Lymph (Day 11 & 12)**

The lymphatic system is tangential to our circulatory system, and is responsible for carrying lymph, or excess recycled blood plasma, through our bodies and back into the blood stream. The lymphatic organs associated with the system play a major role in the immune system, but they are also connected to digestion. The two days designated to loving your lymph will combine the best of circulatory boosting, and digestion aiding foods, with immunity enhancing super foods like kale, garlic, white onion, essential fatty acids from fish and flax, pumpkin seeds which are high in zinc, and vitamin C rich fruits and vegetables.

### **Phase VI: “Raw! Raw!” Time to Finish Hard (Day 13 & 14)**

As you might have guessed from the title of phase, the last 48 hours are going to be a raw food based diet. It not going to be all completely raw, we will include some hummus (made from cooked chickpeas), but in general you will enjoy fresh salads, fruits and veggies with raw nuts and seeds. It's the final sprint to the finish line, and when you cross you will feel clean, rejuvenated, and lighter!

## PHASE I GUIDELINES

### RULE #1: No foods that have *added* sugar of any kind.

No *added* natural sugars (honey, molasses, maple syrup, agave, etc.) Basically, if it has *added* sugar of any kind (natural or otherwise), don't eat it. This includes any and all artificial sweeteners which are not considered part of a clean eating diet anyway. To sweeten your food, use stevia only!

Everything has sugar in it - even toothpaste! Sugar consumption leads to sharp rises in blood sugar levels and excessive insulin release. Chronic high insulin can lead to all sorts of problems like fatigue, abdominal pain, blurred vision, weakness, confusion or unconsciousness. Chronic high blood sugar levels can lead to insulin resistance, obesity, type II diabetes, heart disease, adult-onset blindness, overgrowth of pathogenic bacteria in the digestive tract and many other disorders. Sugar is a completely unnecessary addition to the diet and yet it is difficult to escape. Eliminating all sugar for the next 14 days will normalize blood sugar levels and make you feel more even-tempered and more energetic.

When I say NO sugar, I mean no *added* sugar. The idea is to give up ADDED sugars. So when you read a nutrition label, look at the actual list of ingredients *NOT* the % of sugar per serving. If sugar is listed in the ingredients, you don't eat it. Period!

**What you need to avoid** - All table sugar, maple syrup, honey, corn syrup, molasses, cane sugar, evaporated cane juice, date sugar, beet sugar, fructose, high fructose corn syrup, brown sugar, granulated sugar, icing sugar, powdered sugar, agave or xylitol. Watch ingredient labels for anything ending in "ose" (eg. fructose, dextrose), any reference to "cane".

### RULE #2: No foods that contain wheat.

Food sensitivities are becoming more prevalent than ever, but unfortunately many people suffering from them aren't aware that they have a problem. Sensitivities can cause subtle symptoms such as fatigue, headaches, digestive issues or skin conditions - symptoms you would never think are related to the foods that you're eating and so until you remove these foods from your diet, even temporarily, you may never know they're causing you any problems.

In order to thrive, be happy and healthy, we require a healthy and happy digestive system. This means removing anything that hinders our health and wellness. By taking a break from foods that hurt us, the body gets the opportunity to heal and be well.

Gluten represents one of the most common foods people have difficulty with. You've probably noticed that more and more people are learning they are intolerant to gluten whether it is a wheat allergy or total gluten intolerance, referred to as celiac disease. The proteins in wheat, not just gluten, but also wheat germ agglutinin, can have detrimental effects on the digestive system when consumed. Many people react to this ingredient without even realizing it and because it is so widespread in the food chain, we're bombarded with it daily. By eliminating this problem ingredient, you are allowing your digestive system to rest and repair, resulting in optimal health and wellness.

**What foods you need to avoid** - All sources of wheat including breads, cereals, pasta, pastries and other baked goods. Gluten is also found in barley, rye, oats (although you can find "gluten-free oats" in health food stores), spelt, kamut, couscous and bulgur. Also watch food labels for these ingredients as well as "graham" or "malt."

### **RULE #3 – No Dairy**

Dairy continues to be a controversial topic when it comes to fat loss. Just Google dairy and fat loss and you'll get many mixed reviews on whether you should/or need to cut our dairy to optimize fat loss.

After a decade of coaching clients, here are my expert thoughts on why you **SHOULDN'T** be consuming dairy when on a fat loss program.

Dairy is high in sodium. A diet high in sodium can lead to Hypertension (High blood pressure) which we know is the silent killer. It can also lead to obesity which, in turn, may lead to a host of dietary diseases. It can also cause you to retain more fluid, which won't help you if your goal is to see the scale go down.

When trying to burn fat it is important to eat foods that do not spike the blood sugar level. The glycemic index is a great way to measure which foods will spike blood sugar and by how much.

Although dairy is low on the glycemic index (which is what most people go by), it is high on the insulin index (which most people ignore). There are at least two key studies showing that the low glycemic index of dairy does not correlate with a low insulin response. In fact, the insulin response is quite high! One study found that it was similar to white bread! I believe milk sugars to be worse than dextrose, glucose and maltodextrin.

Also, in case you are not aware, human beings are the only animals that consume another animal's milk. Therefore, we do not digest cow products efficiently, which can lead to bloating, gas, IBS, constipation and a slow metabolism.

Goats milk is the closest to humans milk and therefore I suggest you try to substitute for goat based dairy products when we reintroduce dairy back into Phase II of your program

My overall nutritional philosophy is not based on food restriction but one of moderation. However, I know that you want and need to see a big jump start in your fat loss at the beginning of the program, so I have removed dairy only in Phase I to help you optimize your fat loss potential.

You will have the option to reintroduce dairy again in Week 3 – Phase II. My goal here is NOT to make you afraid to eat certain foods, but rather to help you better understand that there is a time and place to limit certain foods for optimal health and fat loss. It is unrealistic for you to think that you can eliminate them forever.

## **RULE #4: Enjoy One LYL Green Smoothie Per Day**

nutritional plan are 6 fabulous, nutrient-dense smoothie recipes for you to try. You'll never be bored!

## **RULE #5: High Protein, High Fat Breakfast**

The first meal of the day programs your metabolism for the rest of the day!

Starting your day with a high-protein, healthy fat breakfast leads to greater sense of fullness, and less overeating during the day. This doesn't mean that I want you to cut out your morning carbs completely for the entire program. But it *does* mean I want you to rethink the high-sugar, high-carb breakfast that used to be considered the epitome of health (i.e. orange juice, toast, bagels, cereal, etc.).

Have a breakfast that is built from protein and healthy fat prevents many of the dangerous symptoms of metabolic syndrome.

Metabolic syndrome is a constellation of symptoms that includes abdominal obesity, high blood pressure, insulin resistance and high triglycerides. It frequently leads to full-blown diabetes, and even when it doesn't, it puts you at significant risk for heart disease.

## **Tips for Maximizing the Cleansing Phase**

- 1) Feeling peckish? Go for celery sticks, cucumber, raw green beans and raw peppers. You can eat as much of these foods as you want without disrupting your cleanse.
- 2) Take epsom salt baths regularly. For at-home aromatherapy add a few drops of eucalyptus, lavender, or any oil of your desire to the salts before putting them in the bath. The salts will aid in the detoxification process, and by reducing stress with aromatherapy you will help lower blood pressure and increase immune function. You deserve some alone time, so before bed, draw a bath, light some candles and ensure yourself a good sleep!

- 3) Exfoliate! Your skin is your largest organ, and will be highly activated releasing toxins throughout this detox. Help clear your pores, get rid of dead skin by exfoliating daily. Your skin will thank you!

## Supplements Recommendations

### Krill Oil

Krill are thumb-sized crustaceans floating in huge numbers within the ocean. They are eaten by whales, penguins, seals and fish. Krill Oil is extracted from these shrimp to make supplements which are full of omega3s, omega-6, omega-6, antioxidants, beneficial lipids and vitamins A, B, D, E and K. Omegas, antioxidants and vitamins all in one FDA approved supplement.

Omega-3s have been found to be vital and crucial if you are concerned about your heart health, if you find yourself getting sick frequently, or if your moods are out of balance. We all know that krill oil is loaded with omega3's. Omega 3's have huge benefits when taken on a daily basis. Krill oil benefits can lower your cholesterol, protect your heart, ease menstrual symptoms, and reduce the risk of getting skin cancer.

### Probiotic Supplement

Our digestive system normally has what we would call "good" bacteria and "bad" bacteria. Maintaining the correct balance between the "good" bacteria and the "bad" bacteria is necessary for the body to properly detox. When good bacteria levels are optimal, the body's waste is more effectively eliminated and less will be stored in our gut and colon. Sometimes several pounds of toxins and waste can be "stuck" inside our digestive tract just waiting to be broken down and eliminated. **Probiotics will help your liver, colon and entire body cleanse itself of waste** which can equate to weight loss and an optimally functioning digestive system.

Probiotics are good for much more than simply enhancing intestinal health and improving digestion; they're also very effective at preventing

**Candida.** Candida is a fungus, which is a form of yeast. An over growth of candida can lead to vaginal yeast infections, urinary tract infections, irritability, mood swings, anxiety, or depression, chronic fatigue, fibromyalgia and strong sugar and refined carbohydrate cravings. Candida feeds on sugar, so if you are experiencing intense cravings for sugar (especially any type of candy or chocolate) it might be time to take a quality probiotic supplement to control the growth of Candida.

**Zinc** –is an essential trace mineral that our bodies cannot produce on its own and sadly many of us are suffering from a zinc deficiency and don't know it.

Symptoms of zinc deficiency are a weakened immune system resulting in frequent colds, flus, and other infections and hormonal imbalances which can cause depression, reduced fertility, loss of sex drive, sleep disturbances, weight gain and PMS or menstrual cycle disturbances.

So supplementing with zinc can dramatically improve all aspects of your health and well-being.

**B12** – Vitamin B12 is a water-soluble vitamin and like the other B vitamins, is important for metabolism. It helps in the formation of red blood cells and in the maintenance of the central nervous system. It is also the energy nutrient that your body needs to carry out essential functions.

Insufficient B12 levels can lead to deep fatigue, mood swings, muscle weakness, mental foginess, memory problems, difficulty sleeping and a lack of drive and motivation; all symptoms preventing you from feeling your best and performing at your absolute max.

Supplementing with B12 is a great way to beat your low energy crisis and get you feeling more vibrant and alive.

**Vitamin D** is frequently called the sunshine vitamin because it is naturally produced by the body when our skin is exposed to the sun's UV rays. Problem is, thanks to UV rays and skin cancer, soaking up sun to make more vitamin D is causing more harm than good.

For your skin to make enough, you'd need direct midday summer sunlight on a huge portion of your body for 15 minutes a day—risking serious sun damage. Sadly our efforts to avoid the health risks of too much sun exposure has caused close to 75% of our population to become vitamin D deficient.

So the simplest way to get your daily dose of Vitamin D without baking in the sun is to supplement with a tablet or capsule.

### ***Why is Vitamin D so important?***

Its main role in the body is to increase the flow of calcium into the bloodstream. It does this by promoting absorption of calcium from food. Without vitamin D, calcium would not be absorbed into the body. Therefore, vitamin D is equally important to the maintenance of bone health as is calcium.

Vitamin D is closely related structurally to the body hormones estrogen and cortisone; both significantly impacting women's health. Most importantly it actively regulates cell division in certain tissues therefore experts suggest it may be a factor in cancer prevention and treatment.

There you have it...our Top 4 Supplement recommendations for effective detoxing.

The main goal of a good detox program is to get your body functioning properly. It is easy for anybody to be deficient in the above mentioned nutrients, whether it's because of poor diet, daily environmental stressors, use of prescription or over-the-counter medication or as a result of a preexisting medical condition.

The good news is that when you combine the healing power of a natural supplement regime, a real food detoxifying diet and an exercise plan that focuses on the rejuvenation and restoration of your body you can

avoid developing a serious health crisis and enjoy the benefits of a cleaner, happier body.

### **Health Disclaimer**

The supplement recommendations listed above provide information that should not take the place of medical advice. We encourage you to speak with your health care providers (doctor, registered dietitian, pharmacist, etc.) about your interest in, questions about, or use of dietary supplements and what may be best for your overall health.

### **A NOTE FROM COACH COURTNEY:**

Take the time to plan in advance, get creative about your meals and try things that are completely new and this challenge should go fairly smoothly. There are always bumps when you're trying out a new path, but a positive attitude and utilizing the support of me your Coach and your fellow peers in the group will be key to ensuring your success.

The following meal plan is designed to be a guide to help you along your 14-day Phase I Journey. It does not have to be followed exactly to achieve results. By following the **rules** of the program, feel free to swap around approved recipes from the Clean Comfort Foods Cookbook, or the additional recipe guide to suit your schedule or food preferences. However, I recommend you try most of the recipes, as they are all delicious and super nutritious!

# Phase I: Elimination

## (Day 1 & Day 2)

### **Before you begin:**

**On Sunday evening prepare a jug of Parsley Tea.** In a large pot pour 2 litres of boiling water over two generous handfuls of roughly chopped parsley, stir, cool, and then strain the tea, removing all solids, into a jug, large Mason jar(s) or container, to store in your fridge overnight. Consume half of the tea over the course of Monday; the remainder should be finished by bedtime on Tuesday.

### **On waking:**

1 cup (8oz) of hot water with juice from  $\frac{1}{4}$  of a lemon

### **Meal 1:**

1 cup of green tea

LYL Green Smoothie (see smoothie ebook or additional recipes)

### **Meal 2:**

2 cups (16oz) of Fresh Ginger Tea with juice from  $\frac{1}{2}$  of a lemon  
2 tbsp. of Cold Almonds (see additional recipes)

### **Meal 3:**

1 large bowl of LYL soup (see soup Chapter in cookbook)  
1 cup (8oz) of hot water with juice from  $\frac{1}{4}$  of a lemon

### **Meal 4:**

Pesto Salad (see additional recipes)

Or)

Carrot Salad (see additional recipes)

1 cup (8oz) of water

### **Meal 5:**

1 cup of cooked Brown Rice with large serving of Baby Bok Choy or your favorite green leafy vegetables.

### **Meal 6:**

1 cup of Chamomile Tea or Roman Provence Tea

Two tbsp. each of raw pumpkin seeds and raw walnuts



# Phase I: Elimination

## (Day 1 & Day 2)

### **On waking:**

1 cup (8oz) of hot water with juice from ¼ of a lemon

### **Meal 1:**

1 cup (8oz) of hot water with juice from ¼ of a lemon

1 LYL Green Smoothie

### **Meal 2:**

Leftover Pesto Salad or Carrot Salad (see additional recipes)

1 cup (8oz) of hot water with juice from ¼ of a lemon

### **Meal 3:**

1 large bowl of mixed organic greens, cucumber, celery, tomato, a mixture of fresh mint and basil (or other fresh herbs of your choosing), dressed with the juice from ½ of a lemon and ¼ tbsp. of olive oil

1 cup (8oz) of water

### **Meal 4:**

2 tbsp. of hummus w/ 2 cups chopped raw veggies

1 8oz cup of water

### **Meal 5:**

1 large bowl of Barley Vegetable Soup (freeze leftovers for Phase VI) – OR  
Leftover LYL Soup

### **Meal 6:**

1 cup of Chamomile Tea or Roman Provence Tea

Handful of fresh cherries, blackberries or raspberries (approximately ½ cup)

# Back to the Basics

## (Day 3, 4, 5 & 6)

### **On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

### **Meal 1:**

1 cup of black coffee (green tea is better though☺)

Spiced Pear Teff (see additional recipes) or Apple Pie Oatmeal (see cookbook)

### **Meal 2:**

LYL Green Smoothie

### **Meal 3:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

1-2 Salmon Cakes w/ 2 tbsp. Creamy Cucumber Lemon Dill Sauce (see cookbook)

1 cup cooked (1/4 cup dry) whole grain such as; quinoa, brown rice, or millet

### **Meal 4:**

Blueberry Crunch, or Almond Sunflower Cereal w/ 1 cup almond milk (see additional recipes)

### **Meal 5:**

4oz Baked Pecan Salmon or Trout (see cookbook)

Serving Sweet Potato Fries w/ Garlic Mayonnaise (see additional recipes)

1 cup (8oz) of Fresh Ginger Tea

**Meal 6:** 1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Back to the Basics

## (Day 3, 4, 5 & 6)

### **On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

### **Meal 1:**

1 cup of black coffee (green tea is better though 😊)

Blueberry Crunch or Almond Sunflower Cereal w/ 1 cup unsweetened almond milk

Two hard-boiled egg whites

### **Meal 2:**

2 tbsp. of hummus w/ 2 cups chopped raw veggies

### **Meal 3:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

a) Black Bean Chili (see additional recipes)

### **OR**

b) Leftover Salmon cakes & quinoa

### **Meal 4:**

LYL Green Smoothie

### **Meal 5:**

Grilled or Pan Seared Halibut with Fresh Lime Salsa (see additional recipes)

Quinoa-Stuffed Red Peppers finished on the BBQ

1 cup (8oz) of Fresh Ginger Tea

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Back to the Basics

## (Day 3, 4, 5 & 6)

### **On waking:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

### **Meal 1:**

1 cup of black coffee (green tea is better though☺)

Omelette or Egg Scramble – 1 whole egg & 3 egg whites with sautéed vegetables such as tomato, spinach, red onion, plus fresh basil (or other herbs)

### **Meal 2:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

LYL Green Smoothie

### **Meal 3:**

Fresh Veggie Stir Fry (see additional recipes) w/ 4oz Grilled Fish of your choosing

1 8oz cup of water

### **Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

2 tbsp. of Cold Almonds (see additional recipes)

### **Meal 5:**

a) Brazilian Fish Stew (see additional recipes)

**OR**

b) Vegetable Tagine (see additional recipes)

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Back to the Basics

## (Day 6)

### **On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

### **Meal 1:**

1 cup of black coffee (green tea is better though☺)

Cooked Quinoa (1/4 cup dry quinoa) – with warmed *Eden Organic* apple butter, walnut and cinnamon compote (simply simmer 2 tbsp apple butter with ¼ tsp cinnamon and 2 tbsp chopped walnuts until warm)

### **Meal 2:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

Refreshing Cucumber Salad or LYL Green Smoothie

### **Meal 3:**

Leftover Brazilian Fish Stew (or Vegetable Tagine)

### **Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

3 tbsp. of Guacamole w/ 2 cups chopped raw veggies

### **Meal 5:**

Leftover Black Bean Chili (see additional recipes)

OR)

Spaghetti Squash w/ Tomato Basil Sauce (see additional recipes)

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Simulate Circulation

## (Day 7 & 8)

### **On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

### **Meal 1:**

1 cup of black coffee (green tea is better though☺)

Steel Cut Oats, or Gluten Free Rolled Oats (1/4 cup dry) with 2 chopped fresh dates and cinnamon

### **Meal 2:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

LYL Green Smoothie

### **Meal 3:**

Leftover Spaghetti Squash w/ Tomato Basil Sauce (see additional recipes)

**OR)**

Roasted Veggie & Quinoa Perfection

### **Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

2 tbsp. cold almonds and ½ cup berries

### **Meal 5:**

Spicy Baked Trout or Salmon with (see cookbook)

a) Green Bean w/ toasted almonds (see cookbook)

**OR**

b) Zucchini Fritters (see additional recipes)

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Simulate Circulation

## (Day 7 & 8)

### **On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

### **Meal 1:**

1 cup of black coffee (green tea is better though☺)

Almond Sunflower Cereal or Blueberry Crunch (see additional recipes)

### **Meal 2:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

Veggie Dip (see additional recipes)

2 cups chopped raw veggies

### **Meal 3:**

Rockin Moroccan Warm salad (see additional recipes)

OR)

LYL Soup with side of sautéed veggies

### **Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

LYL Green Smoothie

### **Meal 5:**

4oz portion of Grilled or Pan Seared White Fish w/ Moroccan Marinade (see additional recipes)

a) Grilled Peppers, Asparagus & Zucchini

**OR**

b) Roasted Root Veggies (see additional recipes)

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Give your Digestion some Affection (Day 9 & 10)

**On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

**Meal 1:**

1 cup of black coffee (green tea is better though☺)

Cooked Quinoa (1/4 cup dry quinoa) with 1 cup of raspberries and blackberries with ½ cup goat yoghurt

**Meal 2:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

LYL Green Smoothie

**Meal 3:**

Tomato & Lentil Dhal & Almonds (see additional recipes)

1 cup (8oz) water

**Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

Blueberry Crunch (see additional recipes)

**Meal 5:**

Rawsagna (see additional recipes)

**Meal 6:** 1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Give your Digestion some Affection (Day 9 & 10)

**On waking:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

**Meal 1:**

1 cup of black coffee (green tea is better though☺)

LYL Green Smoothie

**Meal 2:**

1 apple with 1 tbsp. almond butter

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

**Meal 3:**

Edamame & Kale Bowl (see additional recipes)

1 cup (8oz) of water

**Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

Serving of Guacamole w/ 2 cups chopped raw veggies

**Meal 5:**

Salmon Salad Leafy Wraps (see additional recipes)

a) Side of steamed green beans

OR

b) Grilled vegetables of your choosing

**Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Love your Lymph

## (Day 11 & 12)

**NOTE: Time to increase your Vitamin D**

**On waking:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

**Meal 1:**

2 Scrambled eggs with garlic and shallot sautéed Swiss chard, or Beet Tops  
 $\frac{1}{2}$  pink grapefruit (only allowed during this phase)

**Meal 2:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon  
LYL Green Smoothie

**Meal 3:**

Leftover Rawsagna  
Or)  
Rockin' Moroccan Warm Salad

**Meal 4:**

Pesto Salad  
Or)  
Carrot salad  
1 cup (8oz) of Fresh Ginger Tea

**Meal 5:**

Grilled White Fish w/ Fresh Lime Salsa  
High Fibre Fruity Salad

**Meal 6:** 1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# Love your Lymph

## (Day 11 & 12)

**NOTE: Time to increase your Vitamin D**

**On waking:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

**Meal 1:**

1 cup of black coffee (green tea is better though☺)

LYL Green Smoothie

**Meal 2:**

1 cup (8oz) of hot water with the juice from ¼ of a lemon

2 tbsp. of hummus w/ 2 cups chopped raw veggies

**Meal 3:**

Roasted Veggie & Quinoa Perfection (see additional recipes)

Or)

Moroccan Kale Soup (see additional recipes)

**Meal 4:**

1 cup (8oz) of Fresh Ginger Tea

½ pink grapefruit

**Meal 5:**

No cheese Pesto Baked Salmon or Trout (see additional recipes)

a) Kale Salad with Creamy Tahini Vinaigrette

**OR**

b) Serving of Cumin Zucchini & Kasha

**Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)

# **“Raw! Raw!” Finish Hard!**

## **(Day 13 & 14)**

### **On waking:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

### **Meal 1:**

Blueberry Crunch or Almond Sunflower Seed Cereal (see additional recipes)

### **Meal 2:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon  
2 tbsp. of hummus w/ 2 cups chopped raw veggies

### **Meal 3:**

Squash Spaghetti w/Tomato Basil Sauce (see additional recipes)  
Or)  
Rawsagna (see additional recipes)

### **Meal 4:**

LYL Green Smoothie or Juice  
1 cup (8oz) of Fresh Ginger Tea

### **Meal 5:**

Raw Avocado & Tomato Soup (see additional recipes)  
High Fibre Fruity Salad

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)  
2 tbsp. each of raw pumpkin seeds and raw walnuts

# “Raw! Raw!” Finish Hard!

## (Day 13 & 14)

### **On waking:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon

### **Meal 1:**

Blueberry Crunch, or Almond Sunflower Cereal w/ 1 cup almond milk

### **Meal 2:**

LYL Green Smoothie

### **Meal 3:**

1 cup (8oz) of hot water with the juice from  $\frac{1}{4}$  of a lemon  
Chickpea & Kale Bowl

### **Meal 4:**

1 cup (8oz) of Fresh Ginger Tea  
Apple & 2 tbsp. Cold Almonds

### **Meal 5:**

Pesto Salad (see additional recipes)

### **Meal 6:**

1 cup (8oz) of Chamomile Tea (or another non stimulating herbal tea of your choosing)  
Handful of fresh cherries, blackberries or raspberries (approximately  $\frac{1}{2}$  cup)

# 7 Day Slim Down Meal Plan

## OVERVIEW

For the next 7-days you won't be eating the most flavorful food you've ever had. This is an intense program to achieve quick results.

If it's not on the plan you don't do it or you don't eat it!!!

Follow it EXACTLY and it will work!

This is NOT a lifestyle plan.

This IS a quick, 7-day plan that's a perfect way to prepare for an event, jump start your diet plan, slim down quickly or give your system and body a good old 'detox' if you've been slacking off.

It's the perfect plan to help you stay focused and on track to achieving impressive results at the end of your transformation challenge.

It's not going to be easy; if it were easy everyone would be walking around with a six pack abs!!!

Expect your will power to be tested, but those of you who are REALLY commitment will triumph in the end.

### Phase IV RULES

**RULE #1.** Always stay hydrated with a minimum of 80 ounces of water, which equals ten, 8oz glasses. Measure it! Don't just assume you are drinking that much.

**RULE #2.** Of the 80oz of water required each day, drink 16oz upon rise every morning and add freshly squeezed lemon.

**RULE #3.** For every 8oz coffee or caffeinate beverage you drink only 4oz contributes to your daily water intake.

**RULE #4.** Drink three-four, 8oz cups of green tea per day. Green tea speeds up your metabolism by 40%, helping you to burn fat faster. To super charge your belly fat burning potential, MAKE SURE to drink one cup with your morning grapefruit.

**RULE #5.** Eat 5-6 small meals per day consisting of mostly vegetables and raw food. Meals should be every 3 hours. Set your alarm if you have too. This habit is critical to maintaining your energy levels.

**RULE #6:** Have your last meal at least 2 hours before bedtime. No ifs, ands or buts!

**RULE #7:** Cut out 'starchy' carbs (breads, pasta, rice, quinoa, yam, sweet potatoes, oatmeal, etc.)

**RULE #8:** Receive sugar from fruit only as your mid-morning snack, or Meal 6 on Days 1 & 2 – no additives in food or in drinks. Keep your sugar intake as low as possible. Berries, grapefruit, apple and pears are the best choices.

**RULE #9:** Take two krill oil caps with Meal 1 and two caps before bed.

**RULE #10:** 5 Days Out - Temporarily cut out dairy products from your diet.

**RULE #11:** 2 Days Out - For the last two days eat asparagus with your dinner. Asparagus is a natural diuretic, taking excess water out of your skin.

**RULE #12:** 2 Days Out - Cut sodium between 500 & 800mg per day to prevent bloating. Continue to the last day. Having too little sodium is dangerous, so do not drop lower than 500mg! (This equals  $\frac{1}{4}$  of a teaspoon).

**RULE #13:** 2 Days Out - Decrease your TOTAL water intake for the finally two days to 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water and green tea.

**RULE #14:** Maximize your results by starting your day with a 20min High Intensity Interval Cardio Session (HIIT) upon rise; before Meal 1. PLUS, complete 5 strength based LYL Workouts over seven days to ensure you are feeling toned from head to toe!

Let's see some IMPRESSIVE Little Black Dress Slim Down results!

# 7 Day Slim Down Plan

## Day 1

\*\*\* Wake up - 16oz of warm lemon water

### Meal 1:

One slice of LYL Frittata, or Mini Salmon Quiche

\*\*If you have coffee - unsweetened almond milk & stevia can be added.

### Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

### Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado, chopped + 1 cup green tea

### Meal 4:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

### Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. of olive oil and Mrs. Dash.

### Meal 6:

1/2 cup plain, Greek yogurt w/ handful of mixed berries + 8oz of Cinnamon tea (or your choice of caffeine-free tea)

# 7 Day Slim Down Plan

## Day 2

\*\*\* Wake up - 16oz of warm lemon water

### Meal 1:

One slice of LYL Frittata, or Mini Salmon Quiche

\*\*If you have coffee - unsweetened almond milk & stevia can be added.

### Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

### Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado, chopped. + 1 cup green tea

### Meal 4:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

### Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

### Meal 6:

1/2 cup plain, Greek yogurt w/ handful of mixed berries + 8oz of Cinnamon tea (or your choice of caffeine-free tea)

# 7 Day Slim Down Plan

## Day 3 – No dairy

\*\*\* Wake up - 16oz of warm lemon water

### **Meal 1:**

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice.

\*\*If you have coffee - unsweetened almond milk & stevia can be added.

### **Meal 2:**

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

### **Meal 3:**

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado sliced. + 1 cup green tea

### **Meal 4:**

¼ cup hummus & 2 cup chopped raw veggies (no bell peppers or carrots) + 1 cup green tea

### **Meal 5:**

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

### **Meal 6:**

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

# 7 Day Slim Down Plan

## Day 4 – No dairy, increase salt!

\*\*\* Wake up - 16oz of lemon water & 30 minutes of steady state cardio.

### Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. Add sea-salt!

\*\*If you have coffee - unsweetened almond milk & stevia can be added.

### Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

**Meal 3:** Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil + 1 cup green tea

### Meal 4:

¼ cup hummus + cup chopped raw veggies (no bell peppers or carrots) + 1 cup green tea

### Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be (more) a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

### Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea) – no dairy

# 7 Day Slim Down Plan

## Day 5 – No Dairy, No Poultry or Red Meat - lower salt!

\*\*\* Wake up - 16oz of warm lemon water

### Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. No salt!

\*\*If you have coffee - unsweetened almond milk & stevia can be added.

### Meal 2:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

### Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of seafood (NO chicken, turkey or red meat). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. (NO sunflower seeds or avocado) + 1 cup green tea

### Meal 4:

10 cold almonds + 1 cup green tea

### Meal 5:

4oz. of seafood (NO chicken, turkey or red meat) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning with Mrs. Dash, (no salt, NO olive oil)

### Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

# 7 Day Slim Down Plan

\*\*\* For these last 2 days, drink water between your meals instead of with your meals. Water can be stored with certain foods. This is just a 'Trick of the Trade' for the last 2 days :). Consume a TOTAL of 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water, green tea and cinnamon tea.

## Day 6 – No Dairy, No Poultry or Red Meat - lower salt!

\*\*\* Wake up - 16oz of warm lemon water. Complete day off from resistance training and cardio.

### Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. No salt! \*\*If you have coffee - unsweetened almond milk & stevia can be added.

### Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 1 cup green tea

### Meal 3:

Salad with 2 cups mixed greens, unlimited green veggies with 4oz of seafood (NO chicken, turkey or red meat). Salad dressing can be made with balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash Salad. (No salt! No sunflower seeds or avocado) + 1 cup green tea

### Meal 4:

10 cold almonds + 1 cup green tea

### Meal 5:

4 oz. of seafood (NO chicken, turkey, or red meat) with 1 cup green vegetables (asparagus). Season with Mrs. Dash (no salt or olive oil).

### Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

# 7 Day Slim Down Plan

\*\*\* For this last day drink water between your meals instead of with your meals. Water can be stored with certain foods. This is just a 'Trick of the Trade' for the last 2 days :). Consume a TOTAL of 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water, green tea and cinnamon tea

## Day 7 - No Dairy, lower salt! You made it!!!

\*\*\* Wake up - 16oz of warm lemon water.

### Meal 1:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, and 1 tsp. cinnamon) NO Almond Butter! \*\*If you have coffee - unsweetened almond milk & stevia can be added.

### Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 1 cup green tea

### Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies NO PROTEIN. Salad dressing can be Balsamic Vinegar- plain with fresh squeeze lemon. (NO olive oil, no sunflower seeds, no avocado) + 1 cup green tea

### Meal 4:

10 cold almonds + 1 cup green tea

### Meal 5:

4 oz. of seafood (NO chicken, turkey or red meat) with 1 cup green vegetables (asparagus). Season with Mrs. Dash (no salt or olive oil).

### Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)