



Prep Week Is here. Three days before we “Get IT Started,” Let’s start by getting rid of some of the junk. This Week I want you to follow this Yes and No list.

- Replace salt with fresh garlic or garlic powder, lemon juice, flavored vinegar, salt-free herb blends, cumin, and other sodium free herbs and spices. If you must have salt limit your sodium intake to 2 grams per day.

- You will have 1-2 servings of fruits per day (preferably fresh) and 4-6 servings of vegetable per day.
- Lower the amount of refined carbs (chips, pastries, packaged on the go snacks). Replace these with nuts, fruits and vegetables. **STAY AWAY FROM OR SIGNIFICANTLY DECREASE THE INTAKE OF HIGH FRUCTOSE CORN SYRUP.**
- Consume at least 8-10 glasses of water per day and 10-12 glasses of water if you are physically active
- Write down Goals
- Keep track of weight by weighing once per week.
- Take 1 multivitamin per day
- Take a probiotic everyday with 30,000,000,000 cfu
- fast for 13 hours per day last meal at 6pm next meal at 7 am
- Use Popsugar on YouTube for exercise routines
- hoodia gordonii supplements
- water load: “pre-meal water load of 500 mL with one teaspoon of a soluble fiber, such as psyllium, guar gum, ground flax seed, or methylcellulose” (rakel p394).<sup>1</sup>

<b>Eat this</b>	<b>Not this (if you must cheat, remember portions)</b>
Skim milk, low fat/nonfat cheese, soy milk, almond milk, light yogurt	Cheese, whole milk, ice cream

<sup>1</sup> Rakel, D. (2007). *Integrative medicine*. Philadelphia, PA: Saunders Elsevier.

Whole grain bread, ½ bagel, english muffin, pita bread, brown rice, quinoa	Chips, white bread, croissants, regular buns. White rice, <b>(refined carbs or a no)</b>
Fresh fruits and vegetables (enjoy this especially the vegetables)	Processed pre-packaged snacks, snacks high in sugar
Turkey, fish, chicken, beans, lentils, egg s	Pork, beef, goat,
Vinaigrette, mustard, olive oil, salsa	Mayonnaise, ranch dressing, ketchup, potato chip dips
Water, 1 cup of coffee, unsweetened tea. Artificially sweetened beverages (limit these)	Sodas, sweet tea, and the list goes on. No diabetes in a cup!!!
4 cups of green tea per day	

### **Starting wednesday**

Day 1: get rid of dairy

Day 2: Get rid of eggs

Day 3: Get rid of prepackaged foods

Day 4: Begin reading labels for hidden ingredients such as monosodium glutamate (MSG), High fructose corn syrup (HFCS), Apartame.

Day 5: Cut out all animal products

Begin washing fruits and veggies with water and vinegar before consuming.

**Healthy Snacks:**

Fruits and vegetables (please resort to this first if you must snack)

Nuts: especially almonds and pistachios (please resort to this next if you must snack)

Edamame

Fiber one bars

Healthy choice fudge bars

Skinny cow chocolate truffle bars

Nabisco reduced fat triscuits

Wheat thins reduced calories

Hummus with pita crackers