

TABLE 1.3

CONDITIONS AND KEY MICRONUTRIENTS USED IN PREVENTION AND TREATMENT

| CONDITION | MICRONUTRIENTS USED IN PREVENTION AND TREATMENT | ✓ IF CONDITION EXISTS |
|------------------------------|---|-----------------------|
| Acne | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, E, zinc | |
| ADHD | B ₆ , B ₉ , magnesium, zinc, omega-3, carnitine | |
| Allergies | A, B ₅ , B ₆ , C, E, calcium, magnesium, selenium, zinc, omega-6 (GLA) | |
| Alzheimer's disease/dementia | A, B ₁ , B ₂ , B ₆ , B ₉ , B ₁₂ , choline, C, D, E, chromium, copper, silicon, zinc, omega-3, alpha-lipoic acid, carnitine | |
| Anemia | B ₉ , B ₁₂ , copper, iron | |
| Anxiety | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , choline, C, D, E, calcium, chromium, copper, iodine, iron, magnesium, potassium, selenium, zinc, omega-3, carnitine | |
| Arthritis | B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, boron, calcium, magnesium, silicon, omega-3, omega-6 (GLA) | |

MICRONUTRIENT DEFICIENCY

TABLE 1.3 (cont.)

| CONDITION | MICRONUTRIENTS USED IN PREVENTION AND TREATMENT | ✓ IF CONDITION EXISTS |
|--|--|------------------------------|
| Asthma | A, B ₆ , B ₉ , choline, C, D, E, magnesium, selenium, silicon, zinc, omega-3, carnitine, CoQ10 | |
| Autism | A, B ₁ , B ₆ , B ₉ , B ₁₂ , C, D, magnesium, zinc, carnitine | |
| Blindness/night blindness | A | |
| Cancer | A, B ₁ , B ₃ , B ₉ , B ₁₂ , C, D, E, K, calcium, iodine, molybdenum, selenium, silicon, omega-3 | |
| Cardiovascular disease/ heart condition | B ₁ , B ₂ , B ₃ , B ₆ , B ₉ , B ₁₂ , C, D, E, K, calcium, chromium, copper, magnesium, potassium, selenium, silicon, zinc, omega-3, omega-6 (GLA), CoQ10 | |
| Carpal tunnel syndrome | B ₆ | |
| Cataracts | B ₁ , B ₂ , C, E, selenium, silicon | |
| Chronic fatigue | B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, iodine, iron, magnesium, carnitine | |
| Cognitive function | A, B ₁ , B ₂ , B ₆ , B ₉ , B ₁₂ , choline, C, D, E, chromium, copper, silicon, zinc, omega-3, alpha-lipoic acid, carnitine | |
| Colds | C, D, zinc | |
| Constipation | B ₁ , C, E, magnesium | |
| Depression | A, B ₂ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, calcium, chromium, iodine, iron, magnesium, selenium, silicon, zinc, omega-3, carnitine | |
| Dermatitis/eczema | A, B ₃ , B ₇ , C, E, zinc | |
| Diabetes type 1 | B ₃ , B ₇ , D, K, zinc, carnitine | |
| Diabetes type 2 | B ₃ , B ₅ , B ₆ , B ₇ , C, D, E, K, chromium, magnesium, manganese, zinc, alpha-lipoic acid | |
| Fibromyalgia | B ₁ , D, magnesium, selenium, silicon, zinc, CoQ10 | |
| Frequent bruising | A, C, E, zinc | |
| Gout | B ₆ , zinc | |
| High cholesterol | B ₃ , B ₅ , E, chromium, copper | |
| HIV | B ₃ , selenium, silicon, zinc | |
| Hypertension (high blood pressure) | B ₆ , B ₉ , C, D, E, calcium, chromium, magnesium, potassium, selenium, silicon, omega-3, omega-6 (GLA), alpha-lipoic acid, carnitine, CoQ10 | |
| Immunoglobulin A nephropathy | Omega-3 | |

MICRONUTRIENT DEFICIENCY

TABLE 1.3 (cont.)

| CONDITION | MICRONUTRIENTS USED IN PREVENTION AND TREATMENT | ✓ IF CONDITION EXISTS |
|---|---|------------------------------|
| Impaired immunity/ frequent illness | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, copper, iron, phosphorus, selenium, silicon, zinc | |
| Infertility (female) | B ₆ , B ₉ , B ₁₂ , C, D, E, copper, magnesium, selenium, silicon, zinc | |
| Infertility (male) | A, B ₉ , B ₁₂ , C, D, E, copper, manganese, selenium, silicon, zinc, carnitine, CoQ10 | |
| Inflammation (conditions that end in -itis) | B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , C, D, E, magnesium, manganese, zinc, omega-3, alpha-lipoic acid | |
| Insomnia | A, B ₁ , B ₃ , B ₆ , B ₉ , B ₁₂ , D, E, calcium, magnesium, zinc | |
| Kidney stones | A, B ₆ , D, calcium, magnesium, potassium | |
| Macular degeneration | A, lutein, E, zinc, omega-3 | |
| Menopausal symptoms | B ₆ , C, E, magnesium, zinc, omega-3 | |
| Migraines/headaches | B ₂ , B ₃ , B ₉ , B ₁₂ , iron, magnesium, CoQ10 | |
| Muscle aches and cramps | B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , E, calcium, magnesium, potassium | |
| Obesity | A, B ₃ , B ₆ , B ₁₂ , C, D, E, K, calcium, chromium, iodine, iron, magnesium, potassium, zinc, omega-3, alpha-lipoic acid, CoQ10 | |
| Osteoporosis/osteopenia | A, B ₉ , B ₁₂ , D, K, boron, calcium, copper, fluoride, magnesium, manganese, phosphorus, potassium, silicon, zinc, omega-3, omega-6 (GLA) | |
| PMS | B ₆ , E, magnesium, zinc, omega-3 | |
| Psoriasis/skin disorders | A, E, selenium, silicon, omega-3, CoQ10 | |
| Restless leg syndrome | Iron | |
| Schizophrenia | Omega-3 | |
| Seizure disorders/epilepsy | B ₆ , B ₇ , magnesium | |
| Stroke | C, D, potassium | |
| Thyroid problems | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, iodine, iron, manganese, potassium, selenium, silicon, zinc, omega-3 | |
| Ulcers | B ₁₂ , C | |
| Varicose veins | C, E, copper | |

MICRONUTRIENT DEFICIENCY

TABLE 1.4

YOUR PERSONAL MICRONUTRIENT DEFICIENCY LIST

| MICRONUTRIENT | # OF TIMES LISTED AFTER A CHECKED HEALTH CONDITION | MICRONUTRIENT | # OF TIMES LISTED AFTER A CHECKED HEALTH CONDITION |
|---|--|-------------------------|--|
| Vitamin A | | Chromium | |
| Lutein | | Copper | |
| Vitamin B ₁ (thiamine) | | Iodine | |
| Vitamin B ₂ (riboflavin) | | Iron | |
| Vitamin B ₃ (niacin) | | Magnesium | |
| Vitamin B ₅ (pantothenic acid) | | Manganese | |
| Vitamin B ₆ (pyridoxine) | | Phosphorus | |
| Vitamin B ₇ (biotin) | | Potassium | |
| Vitamin B ₉ (folate) | | Selenium | |
| Vitamin B ₁₂ (cobalamin) | | Silicon | |
| Choline | | Zinc | |
| Vitamin C | | Omega-3 | |
| Vitamin D | | Omega-6 | |
| Vitamin E | | Alpha-lipoic acid | |
| Vitamin K | | Amino acids (carnitine) | |
| Boron | | CoQ10 | |
| Calcium | | | |

YOUR ORCHESTRA OF MICRONUTRIENTS



The Woodwind Section or Essential Vitamins

Water-Soluble

Vitamin B₁ (thiamine)
Vitamin B₂ (riboflavin)
Vitamin B₃ (niacin)
Vitamin B₅ (pantothenic acid)
Vitamin B₆ (pyridoxine)
Vitamin B₇ (biotin)
Vitamin B₉ (folic acid)
Vitamin B₁₂ (cobalamin)
Choline
Vitamin C (ascorbic acid)

Fat-Soluble

Vitamin A
Vitamin D
Vitamin E
Vitamin K

The Strings Section or Essential Minerals



Macrominerals

Calcium
Chloride
Magnesium
Phosphorus
Potassium
Sodium

Trace Minerals

Boron
Chromium
Copper
Iodine
Iron
Manganese
Molybdenum
Selenium
Silicon
Zinc



The Percussion Section or Essential Fatty Acids (EFAs)

Omega-3

↓
EPA

↓
DHA

Omega-6

↓
DGA

↓
DGLA

↓
AA

↓
DA

The Brass Section or Essential Amino Acids



Essential

Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

Conditionally

Essential
Arginine
Cysteine
Glutamine
Tyrosine
Glycine
Ornithine
Proline
Serine

Time to Test!

| YOUR DIET | OFTEN | SOMETIMES | NEVER |
|---|-------|-----------|-------|
| 1. I eat locally grown food. | | | |
| 2. I eat organically grown food. | | | |
| 3. I eat my food raw. | | | |
| 4. I buy the majority of my food from a chain grocery store. | | | |
| 5. I peel my fruits and vegetables. | | | |
| 6. Fruits, vegetables, cheese, and meats may sit in my refrigerator or the grocery store refrigerator for a few days before being used. | | | |
| 7. I eat out at restaurants more than two times a week. | | | |
| 8. I eat grain-fed beef and store-bought cheese, eggs, and butter. | | | |
| 9. I use canned or frozen vegetables. | | | |
| 10. I eat potato chips, french fries, tortilla chips, nuts, or other salty snacks. | | | |
| 11. I eat candy (gummy, hard, or anything else made of sugar). | | | |
| 12. I take home and eat leftovers. | | | |
| 13. I eat white bread, rolls, or traditional pasta. | | | |
| 14. I drink carbonated sodas. | | | |
| 15. I use products containing high fructose corn syrup (including salad dressing and ketchup). | | | |
| 16. I eat dessertlike baked goods (muffins, croissants, cakes, biscuits, crepes, quiche). | | | |
| 17. I eat spinach, collard greens, sweet potatoes, rhubarb, or beans. | | | |

| YOUR DIET | OFTEN | SOMETIMES | NEVER |
|---|-------|-----------|-------|
| 18. I eat whole grain breads, corn, beans, grains (including cereal), or soy isolates. | | | |
| 19. I eat nuts, apples, carrots, seeds (including flaxseeds), or oats. | | | |
| 20. I drink pasteurized (grocery store–bought) milk. | | | |
| 21. I drink alcohol (beer, wine, or spirits). | | | |
| 22. I drink coffee, tea, or coffee drinks. | | | |
| 23. I drink caffeinated sodas or energy drinks. | | | |
| 24. I drink fruit juices or sports drinks sweetened with sugar or enhanced with high fructose corn syrup. | | | |
| YOUR LIFESTYLE | OFTEN | SOMETIMES | NEVER |
| 25. I have stress in my life. | | | |
| 26. I take any prescription medication (including birth control and medication for erectile dysfunction). | | | |
| 27. I take aspirin or other over-the-counter pain and fever reducers (including acetaminophen and ibuprofen). | | | |
| 28. I take antacids or laxatives. | | | |
| 29. I smoke cigarettes, cigars, or a pipe or live with (or spend a large amount of time with) someone who does. | | | |
| 30. I purchase conventional moisturizer, toothpaste, shampoo, or household cleaning products at the local grocery store. | | | |
| 31. I live in a large or highly polluted city. | | | |
| 32. I am physically active in a gym, at home, or outdoors (walking, bike riding, swimming). | | | |
| 33. I skip meals. | | | |
| 34. I follow a low-carbohydrate, low-fat, Paleo, Primal, Mediterranean, medically founded, or calorie-restricting diet. | | | |
| 35. I eat at least 23,566 calories a day. (Twenty-three thousand five hundred and sixty-six calories. That's no typo! We'll explain this in Chapter 4.) | | | |
| 36. I eat 5 servings of fruit and 5 servings of vegetables every day. | | | |
| 37. I take fat burners, diuretics, or appetite suppressants. | | | |
| 38. I have had surgery to help me lose weight. (Check "never" for no, "often" for yes.) | | | |
| 39. I eat vegetarian, vegan, or gluten-free. | | | |
| 40. I prepare meals ahead of time and refrigerate or freeze them to be eaten at a later date. | | | |

(continued)

| YOUR CURRENT HEALTH STATUS | OFTEN | SOMETIMES | NEVER |
|---|-------|-----------|-------|
| 41. I feel lethargic. | | | |
| 42. I have type 2 diabetes or have been diagnosed with prediabetes. (Check "never" for no, "often" for yes.) | | | |
| 43. My physician has warned me about my elevated cholesterol levels. (Check "never" for no, "often" for yes.) | | | |
| 44. My blood pressure is too high. (Check "never" for no, "often" for yes.) | | | |
| 45. I feel depressed or anxious. | | | |
| 46. I have been diagnosed with low bone density or have been told I am at risk for it. (Check "never" for no, "often" for yes.) | | | |
| 47. I am currently overweight or obese. (Check "never" for no, "often" for yes.) | | | |
| 48. I am currently underweight. (Check "never" for no, "often" for yes.) | | | |
| YOUR SUPPLEMENTATION ROUTINE | OFTEN | SOMETIMES | NEVER |
| 49. I take a daily multivitamin/mineral supplement in a pill or capsule form. | | | |
| 50. I take a liquid multivitamin supplement that is labeled to include Anti-Competition Technology. | | | |

TABLE 3.1

MICRONUTRIENTS DEPLETED BY SUGAR⁴

| MICRONUTRIENT | WHAT IT DOES | SYMPTOMS AND PROBLEMS |
|---------------|---|---|
| Vitamin C | Protects from cardiovascular diseases, cancers, joint diseases, cataracts, and the common cold; aids in collagen and elastin synthesis, both necessary elements in bone matrix, skin, tooth dentin, blood vessels, and tendons; protects against oxygen-based damage to cells (free radicals); required for fat synthesis; has antiviral and detoxifying properties; helps to heal wounds | Inability to heal wounds; frequent infections, colds, or flu; lung-related problems; easy bruising; tender, swollen joints; lack of energy; bleeding gums; nosebleeds; anxiety; tooth decay; visceral (belly) fat |
| Calcium | Required for bone and tooth formation, muscle contraction, blood clotting, and nerve transmission; reduces the risk of colon cancer; prevents hypertension | Osteoporosis, osteomalacia, osteoarthritis, rickets, muscle pain or cramps, tooth decay, colon cancer risk, high blood pressure, PMS, sugar and salt cravings, bone pain, numbness or tingling in extremities, insomnia |

THE PANTRY PURGE

TABLE 3.1 (CONT.)

| MICRONUTRIENT | WHAT IT DOES | SYMPTOMS AND PROBLEMS |
|----------------------|--|--|
| Chromium | Assists insulin function, increases fertility, required for carbohydrate/fat metabolism, essential for fetal growth/development, helps lower elevated serum cholesterol and triglycerides | Metabolic syndrome, insulin resistance, decreased fertility, diabetes, obesity, hypoglycemia, cold hands, cardiovascular disease, high cholesterol, cold sweats, need for frequent meals |
| Copper | Required for bone formation, energy production, hair and skin coloring, and taste sensitivity; involved in healing process; aids in iron transport; helps metabolize several fatty acids | Osteoporosis, anemia, baldness, diarrhea, general weakness, impaired respiratory function, myelopathy, decreased skin and hair pigment, reduced resistance to infection, elevated LDL cholesterol, binge eating, fatigue, low body temperature |
| Magnesium | Involved in 300 essential metabolic reactions; necessary for muscle activity and nerve impulses; regulates temperature and blood pressure; essential for detoxification; aids in creating strong bones and teeth | Sugar cravings, nausea, vomiting, fatigue, cramps, numbness, tingling, seizures, heart spasms, personality changes, increased heart rhythm, hypertension, coronary heart disease, osteoporosis, asthma, constipation, insomnia, depression |

TABLE 3.2

SINISTER SUGAR SUBSTITUTES TO SACK

| SINISTER SUGAR SUBSTITUTE | AKA—KNOWN ALIASES |
|------------------------------|---|
| Sucralose | Splenda, Sukrana, SucraPlus, CandyS, Cukren, Nevella, and E955 (European Union) |
| Acesulfame potassium | Acesulfame K, Sunett, Sweet One, and E950 (European Union) |
| Aspartame | NutraSweet, Equal, AminoSweet, Canderel, Spoonful, Equal-Measure, and E951 (European Union) |
| Neotame | Newtame and E961 (European Union) |
| Saccharin | Sweet'N Low, Sugar Twin, and E954 (European Union) |
| Advantame | The newest (2014) and sweetest addition to the aspartame/neotame family |

TABLE 3.8

EVERYDAY MICRONUTRIENT DEPLETERS FOUND IN FOODS AND DRINKS

| EVERYDAY MICRO- NUTRIENT DEPLETER (aka antinutrient) | MICRO- NUTRIENTS DEPLETED | FOUND IN THESE FOODS/DRINKS | PROPER PREPARATION AND MICRONUTRIENT MIRACLE PLAN GUIDELINES | TABULATIONS (Place one ✓ for every day of the week you consume a food.) |
|---|---|--|--|--|
| Phytates (phytic acid) | B ₃ , D, calcium, chromium, copper, iron, magnesium, manganese, zinc | Breads (any wheat product), corn, beans, seeds (including flaxseed and chia seeds), nuts, grains (cereals), brown rice, soy products, oats, figs, artichokes, carrots, potatoes, broccoli, strawberries, rice, apples | Reduce phytates by sprouting, soaking, or fermenting grains, beans, seeds, and nuts. | |
| Oxalates (oxalic acid) | Calcium, iron, magnesium | Spinach, wheat, buckwheat, peanut butter, beets, beet greens, Swiss chard, nuts, rhubarb, beans (green, waxed, or dried), collard greens, sweet potatoes, quinoa, celery, green rutabagas, soy products, white potatoes, okra, tomatoes, sesame seeds (tahini), carrots | Cook oxalate-rich vegetables. | |
| Lectins | All vitamins and minerals (Check all.) | Rice, wheat, spelt, rye, barley, soy products, other beans, seeds, nuts, corn, potatoes, tomatoes, eggplant, hot and bell peppers | Reduce lectin levels by soaking, sprouting, and fermenting; cooking also reduces levels, but none of these will totally eliminate lectins. (Pressure cooking is the best.) | |
| Trypsin inhibitors | Fat-soluble vitamins A, D, E, and K, amino acids (carnitine) | Soy products, other beans, grains, nuts, seeds, vegetables of the nightshade family (potatoes, tomatoes, and eggplant) | Cooking deactivates most of them. | |

TABLE 3.8 (cont.)

| EVERYDAY MICRO-NUTRIENT DEPLETER (aka antinutrient) | MICRO-NUTRIENTS DEPLETED | FOUND IN THESE FOODS/DRINKS | PROPER PREPARATION AND MICRONUTRIENT MIRACLE PLAN GUIDELINES | TABULATIONS (Place one ✓ for every day of the week you consume a food.) |
|---|--|--|---|---|
| Phosphoric acid | Calcium, iron, magnesium, manganese | Carbonated sodas, carbonated energy drinks, some flavored waters | Omit completely. | |
| Alcohol | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, calcium, chromium, magnesium, phosphorus, potassium, selenium, zinc, omega-3, omega-6 | Beer, wine, hard alcohol | Limit to two drinks a day to reduce depletion while gaining health benefits; some condition-specific protocols may reduce the amount further. | |
| Caffeine | A, B ₉ , D, calcium | Coffee, tea, soda, energy drinks, and chocolate | Limit to 2 cups a day and replenish calcium; some condition-specific protocols may reduce the amount further. | |
| Tannins | B ₁ , B ₉ , calcium, iron, magnesium, zinc | Coffee, tea, red wine, fruit juice, rhubarb, beans (red), lentils, barley (beer), nuts, spices, chocolate, pomegranates, berries, apples, and grapes | If at risk for iron deficiency, avoid consuming tannin-containing beverages at mealtimes. | |
| Sugar and HFCS | C, calcium, chromium, copper, magnesium, zinc | Almost all prepackaged goods in the grocery store under all the names listed on pages 60 and 61 | Do not consume. | |
| MSG | C, E, chromium, magnesium, selenium, zinc | Almost all prepackaged goods in the grocery store under all the names listed on page 68 | Do not consume. | |
| BPA and phthalates | Calcium | Plastic and Styrofoam food containers, water bottles, canned foods, receipts, many children's toys, PVC pipes | Avoid whenever possible. | |

TABLE 3.9
EVERYDAY MICRONUTRIENT DEPLETERS INTAKE CHART

| MICRONUTRIENT | TABULATION TOTALS |
|---|-------------------|
| Vitamin A | |
| Vitamin B ₁ (thiamine) | |
| Vitamin B ₂ (riboflavin) | |
| Vitamin B ₃ (niacin) | |
| Vitamin B ₅ (pantothenic acid) | |
| Vitamin B ₆ (pyridoxine) | |
| Vitamin B ₇ | |
| Vitamin B ₉ (folate) | |
| Vitamin B ₁₂ (cobalamin) | |
| Choline | |
| Vitamin C | |
| Vitamin D | |
| Vitamin E | |
| Vitamin K | |
| Calcium | |
| Chromium | |
| Copper | |
| Iodine | |
| Iron | |
| Magnesium | |
| Manganese | |
| Phosphorus | |
| Potassium | |
| Selenium | |
| Zinc | |
| Omega-3 | |
| Omega-6 | |
| Amino acids (carnitine) | |

TABLE 4.1

INDEPENDENT RESEARCH ON
SIX POPULAR DIET PROGRAMS

| NAME OF DIET | % RDI SUFFICIENT | # OF MICRONUTRIENTS OUT OF 27 THAT MET RDI | # OF AVERAGE DAILY CALORIES |
|------------------|---------------------|---|--------------------------------|
| Atkins for Life | 44% | 12 | 1,786 |
| Best Life | 56% | 15 | 1,793 |
| DASH | 52% | 14 | 2,217 |
| Practical Paleo | 56% | 15 | 2,160 |
| Primal Blueprint | 56% | 15 | 1,911 |
| South Beach | 22% | 6 | 1,197 |
| Average | 48% | 13 | 1,844 |

TABLE 4.3
MICRONUTRIENTS DEPLETED BY H₂ BLOCKERS

| MICRONUTRIENT DEPLETED | SOME RELATED SIDE EFFECTS OF DEPLETION |
|-----------------------------------|---|
| Vitamin B ₁ (thiamine) | Depression, heart palpitations, eye pain, constipation, thyroid problems, muscle aches |
| Vitamin B ₉ (folate) | Depression, hair loss, fatigue, periodontal disease, cardiovascular disease, insomnia, osteoporosis, arthritis |
| Vitamin B ₁₂ | Depression, fatigue, cardiovascular disease, Alzheimer's, osteoporosis, ulcers, insomnia, cancer |
| Vitamin D | Alzheimer's, anxiety, autoimmune disorders, depression, obesity, cancer, asthma, tooth decay, osteoporosis |
| Calcium | Bone loss leading to possible osteoporosis, bone pain, muscle cramps, irregular heartbeat, hypertension, sugar and salt cravings, insomnia |
| Copper | Anemia, changes in hair structure, heart damage, growth retardation, impaired bones, lung disease |
| Iron | Anemia, weakened immunity, dizziness, fatigue, irregular heartbeat |
| Magnesium | Muscle cramps, heart irregularities, insomnia, hypertension, diabetes, osteoporosis, sugar cravings, depression |
| Phosphorus | Bone pain, mental confusion, anorexia, anemia, low immunity, respiratory difficulties, seizures |
| Potassium | Loss of appetite, nausea, drowsiness, excessive thirst, irrational behavior, fatigue, muscle pain, weakness (especially in the lower legs), irregular heartbeat |
| Zinc | Loss of appetite or taste, impaired immunity, growth retardation, skin changes, increased susceptibility to infection |

TABLE 4.4
TOXINS FOUND IN FOODS AND THEIR DANGERS⁵⁰

| TOXIN | WHERE IT IS FOUND; HOW TO AVOID | CONCERNS | MICRONUTRIENTS TO PREVENT TOXICITY |
|---------|--|--|--|
| Lead | <p>Found in: Rice, protein powder, juice and foods containing synthetic nitrates (like bacon)</p> <p>Avoid by: Choosing meat products without synthetic nitrates and reducing rice and juice consumption; make sure the manufacturer of your protein powder can show you a heavy metal third-party lab analysis.</p> | Fatigue, headaches, irritability, uneasy stomach, reduced IQ and attention span, impaired growth, reading and learning disabilities, hearing loss, mental retardation, coma, convulsion, death | <p>Vitamins B₁, B₆, C, and E; calcium; iron; phosphorus; selenium; zinc; alpha-lipoic acid; and quercetin have the ability to scavenge free radicals and chelate lead ions.</p> <p>While vitamin D usually increases the absorption of calcium, magnesium, and zinc, if those minerals are deficient, it may work to increase intestinal absorption of lead instead.</p> <p>As lead and iron share a common absorptive mechanism, lead uptake is enhanced in iron deficiency.⁵¹</p> |
| Mercury | <p>Found in: Fish, usually the largest predatory fish, like swordfish and shark, that have eaten the greatest majority of toxin-containing smaller fish for the longest period of time</p> <p>Avoid by: Choosing smaller fish.</p> | Sensory impairment (vision, hearing, speech), disturbed sensation, lack of coordination, profuse sweating, faster-than-normal heartbeat, increased salivation, high blood pressure | Selenium and vitamins C and E |
| Arsenic | <p>Found in: Rice, juice, protein powder, foods containing synthetic nitrates, poultry from conventional farms</p> <p>Avoid by: Choosing meats without nitrates and organic poultry; make sure the manufacturer of your protein powder can show you a heavy metal third-party lab analysis.</p> | Nerve damage; scaling skin; skin pigment changes; circulatory problems; increased risk of lung, bladder, kidney, skin, and liver cancer | Phosphorus, selenium, vitamins A and E |

TABLE 4.5

EVERYDAY MICRONUTRIENT DEPLETERS DUE TO LIFESTYLE HABITS

| DIETARY PROFILE (You may fit into more than one dietary profile.) | MICRONUTRIENTS COMMONLY FOUND DEFICIENT | TABULATIONS (Give yourself 7 points here, as your dietary profile stays the same each of the 7 days of the week.) |
|--|---|--|
| Vegan and vegetarian | A, B ₃ , B ₉ , B ₁₂ , D, calcium, chromium, copper, iodine, iron, magnesium, manganese, zinc, omega-3 | |
| Gluten-free | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , D, calcium, copper, iron, magnesium, phosphorus, zinc | |
| Primal/Paleo | B ₇ , calcium, chromium | |
| Low fat | A, D, E, K, calcium, omega-3 | |
| High protein | B ₆ | |
| Lactose-free | B ₁ , D, calcium | |
| Low carbohydrate | B ₂ , B ₆ , B ₉ , calcium, magnesium, potassium, iron | |
| High carbohydrate | B ₃ , D, calcium, chromium, copper, iron, magnesium, manganese, zinc | |
| Raw food | A, B ₁₂ , calcium, iron | |
| Low sodium | Iodine | |
| Low calorie | A, B ₁ , B ₂ , B ₃ , C, E | |
| Weight Watchers or similar | B ₂ , B ₃ , calcium, iron, magnesium, potassium, zinc | |
| Standard American diet (SAD) | A, D, E, K, calcium, iodine, magnesium, potassium, zinc, omega-3 | |
| LIFESTYLE HABITS | MICRONUTRIENTS DEPLETED | TABULATIONS (one check for each day in a week) |
| Stress | A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , choline, C, D, E, calcium, chromium, copper, iodine, iron, magnesium, potassium, selenium, zinc, omega-3, carnitine | |
| Exercise | A, B ₂ , C, E, iron, magnesium, manganese, potassium, selenium, zinc, alpha-lipoic acid, CoQ10 | |
| Smoking | A, B ₁ , B ₆ , B ₉ , C, E, selenium, zinc, alpha-lipoic acid | |
| Pollution—living in a big city | A, C, D, E, copper, manganese, selenium, zinc, alpha-lipoic acid | |

TABLE 4.5 (cont.)

| OTC DRUGS | MICRONUTRIENTS DEPLETED | TABULATIONS (one check for each time taken in a week) |
|--|--|--|
| NSAIDs: ibuprofen (Advil, Motrin), naproxen (Aleve, Midol) | B ₉ , C, iron, zinc | |
| Aspirin: Bufferin, St. Joseph, Bayer, Excedrin | B ₉ , C, K, iron, potassium, zinc | |
| Acetaminophen: Tylenol | B ₉ , C, iron, potassium, CoQ10 | |
| Antacids: Gaviscon, Gelusil, Maalox, Mylanta | B ₁ , B ₉ , D, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, zinc | |
| Laxatives: Carter's Little Pills, Correctol, Dulcolax, Feen-A-Mint | A, B ₁₂ , E, calcium, potassium | |
| H₂ inhibitors/ H₂ blockers: Axid, Pepcid, Mylanta, Tagamet, Zantac | B ₁ , B ₉ , B ₁₂ , D, calcium, copper, iron, magnesium, phosphorus, potassium, zinc | |
| Alli diet aid (Orlistat) | A, D, E, K, omega-3, omega-6 | |
| TOXIC HEAVY METALS | MICRONUTRIENTS DEPLETED | TABULATIONS (one check for each time you come into contact with these sources per week) |
| Lead (see suspected sources on page 102) | B ₁ , B ₆ , C, E, calcium, iron, phosphorus, selenium, zinc, alpha-lipoic acid | |
| Mercury (see suspected sources on page 102) | C, E, selenium | |
| Arsenic (see suspected sources on page 102) | A, E, phosphorus, selenium | |
| HOUSEHOLD TOXINS | MICRONUTRIENTS DEPLETED | TABULATIONS (one check for each day you come into contact with any of these household toxins) |
| Currently purchasing household cleaners and personal care items without searching for nontoxic products (refer to "The Top 10 Terrific Tricks to Reduce Household Toxins" on page 103) | A, C, E, selenium, zinc, alpha-lipoic acid | |

TABLE 4.5 (cont.)

| PRESCRIPTION MEDICATIONS | INDICATION FOR USAGE | MICRONUTRIENTS DEPLETED ^{54, 55, 56, 57} | TABULATIONS (one check for each time taken in a week) |
|---|---|---|--|
| Opiates: hydrocodone/acetaminophen (Vicodin) | Pain relief | B ₉ , C, iron, potassium | |
| Statins: atorvastatin (Lipitor), ezetimibe (Zetia), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), rosuvastatin (Crestor), simvastatin (Zocor) | Lowering cholesterol | A, B ₉ , B ₁₂ , D, E, K, calcium, iron, magnesium, phosphorus, CoQ10 | |
| Bile acid sequestrants (Questran, Colestid) | Lowering cholesterol | A, B ₉ , B ₁₂ , D, E, K, iron, phosphorus | |
| ACE inhibitors: lisinopril (Prinivil, Zestril), ramipril (Altace), quinapril (Accupril), enalapril (Vasotec) | High blood pressure | Phosphorus, zinc | |
| Thiazide diuretics: hydrochlorothiazide (Esidrix, Hydrodiuril, Oretic) | High blood pressure | D, calcium, magnesium, phosphorus, potassium, zinc, CoQ10 | |
| Beta blockers: atenolol (Tenormin, Senorman), carvedilol (Coreg), nadolol (Corgard), metoprolol (Lopressor, Toprol XL) | High blood pressure; congestive heart failure | B ₁ , chromium, CoQ10, D | |
| Calcium channel blockers: amlodipine (Norvasc), felodipine (Plendil), nifedipine (Procardia, Adalat), nimodipine (Nimotop), nisoldipine (Sular) | High blood pressure | D | |
| Vasodilators: hydralazine (Apresoline) | High blood pressure | B ₆ , magnesium, CoQ10 | |
| Antihypertensives: methyldopa (Aldomet) | High blood pressure | B ₁₂ | |
| Loop diuretics: bumetanide (Bumex, Burinex), ethacrynic acid (Edecrin), furosemide (Lasix), torsemide (Demadex) | High blood pressure; heart failure | B ₁ , B ₆ , B ₉ , C, calcium, chromium, iron, magnesium, phosphorus, potassium, zinc | |
| Potassium-sparing diuretics: amiloride (Midamor), spironolactone (Aldactone), triamterene (Maxzide, Dyazide, Dyrenium) | High blood pressure; heart failure | B ₉ , calcium, magnesium, phosphorus, potassium, zinc | |

TABLE 4.5 (cont.)

| PRESCRIPTION MEDICATIONS | INDICATION FOR USAGE | MICRONUTRIENTS DEPLETED^{54, 55, 56, 57} | TABULATIONS (one check for each time taken in a week) |
|--|---|--|---|
| Cardiac glycosides: digoxin (Lanoxicaps, Lanoxin) | Heart failure; arrhythmias | B ₁ , calcium, magnesium, phosphorus, potassium | |
| Anticoagulants: warfarin (Coumadin) | Heart: blood clots | K, iron | |
| Bisphosphonates: alendronate (Fosamax), risedronate (Actonel), ibandronate (Boniva), tiludronate (Skelid) | Osteoporosis | Calcium, magnesium, phosphorus | |
| Proton-pump inhibitors: lansoprazole (Prevacid), omeprazole (Losec, Prilosec), rabeprazole (Aciphex), pantoprazole (Pantoloc, Protonix), Nexium | Gastroesophageal reflux disease (GERD); severe gastric ulceration | A, B ₁ , B ₉ , B ₁₂ , C, calcium, iron, magnesium, zinc | |
| Methylxanthines: theophylline (Accubron, Theobid, Elixicon) | Asthma; COPD (chronic obstructive pulmonary disease) | B ₆ | |
| Beta-2 adrenergic receptor agonists: albuterol (Salbutamol, Proventil, Ventolin), bitolterol (Tornalate), fluticasone/salmeterol (Advair), isoetharine (Bronkosol, Bronkometer), levalbuterol (Xopenex), metaproterenol (Alupent), pirbuterol (Maxair), salmeterol (Serevent), terbutaline (Brethine) | Asthma; COPD | Calcium, magnesium, phosphorus, potassium | |
| Corticosteroids: cortisone (Cortone), hydrocortisone (Cortef, Hydrocortone), prednisone (Deltasone, Meticorten, Orasone, Panasol-S), prednisolone (Delta-Cortef, Prelone, Pediapred), triamcinolone (Aristocort, Atolone, Kenacort), methylprednisolone (Medrol), fluticasone (Flonase, Cutivate, Veramyst), beclomethasone (Beconase, Qvar, Vancenase, Vanceril) | Severe inflammation; autoimmune disease; immune system suppression; asthma; allergic rhinitis | A, B ₆ , B ₉ , B ₁₂ , C, D, K, calcium, magnesium, phosphorus, potassium, selenium, zinc, amino acids (carnitine) | |

TABLE 4.5 (cont.)

| PRESCRIPTION MEDICATIONS | INDICATION FOR USAGE | MICRONUTRIENTS DEPLETED ^{54, 55, 56, 57} | TABULATIONS (one check for each time taken in a week) |
|---|--|--|--|
| Sulfonylureas: glyburide (Diabeta, Glynase, Micronase), glipizide (Glucotrol), glimepiride (Amaryl), chlorpropamide (Diabinese, Insulase) | Diabetes | CoQ10 | |
| Biguanides: metformin (Glucophage) | Diabetes; prediabetes | B ₁ , B ₉ , B ₁₂ , CoQ10 | |
| Colchicine (Colcrys) | Gout | A, B ₉ , B ₁₂ , D, iron, potassium | |
| Probenecid | Gout | B ₂ | |
| Progestin: medroxyprogesterone (Depo-Provera, Provera, Amen, Curretab, Cycrin, Prodroxy) | Birth control | B ₂ | |
| Conjugated estrogens: estrogen replacement therapies (Alora, Cenestin, Climara, Estinyl, Estrace, Estraderm, Estratab, FemPatch, Menest, Ogen, Premarin, Premphase, Prempro, Vivelite); estrogen and progesterone-containing oral contraceptives (Ovral, Lo/Ovral, Low-Ogestrel) | Hormone replacement therapy; birth control | B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₉ , C, D, calcium, magnesium, manganese, zinc, amino acids (carnitine) | |
| Antimalarial medications: chloroquine, Primaquine | Malaria | B ₂ | |
| Antimycobacterials: isoniazid, ethambutol, pyrazinamide | Tuberculosis | B ₃ , B ₆ , D, K, zinc | |
| Nucleoside metabolic inhibitors: 5-fluoracil (Efudex, Adrucil, Carac, Fluoroplex) | Cancer | B ₁ | |
| Anticonvulsant barbiturates: carbamazepine (Carbatrol, Epitol, Equetro, Tegretol), primidone (Mysoline), phenytoin (Di-Phen, Dilantin, Phenytek) | Seizure medication | B ₁ , B ₃ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, K, calcium | |
| Levothyroxine (Synthroid, Levoxyl, Levothroid, Unithroid) | Hypothyroidism | Calcium | |
| Human immunodeficiency virus nucleoside analog reverse-transcriptase inhibitors: azidothymidine (AZT), zidovudine (Retrovir) | HIV | Copper, zinc | |

TABLE 4.5 (cont.)

| PRESCRIPTION MEDICATIONS | INDICATION FOR USAGE | MICRONUTRIENTS DEPLETED ^{54, 55, 56, 57} | TABULATIONS (one check for each time taken in a week) |
|--|----------------------|---|--|
| Tricyclic antidepressants: amitriptyline (Elavil), doxepin (Silenor, Zonalon, Prudoxin), desipramine (Norpramin), imipramine (Tofranil, Tofranil-PM), amoxapine (Asendin), protriptyline (Vivactil) | Depression | B ₂ , CoQ10 | |
| Psychoactive drugs: benzodiazepines (Valium, Xanax, Ativan, Klonopin); SSRIs (Celexa, Luvox, Lexapro, Prozac, Paxil) | Anxiety, depression | B ₆ , B ₉ , B ₁₂ , C, D, omega-3, omega-6, CoQ10, amino acids | |
| Atypical antipsychotics: clozapine (Clozaril, Fazaclo), aripiprazole (Abilify) | Schizophrenia | Selenium | |
| Phenothiazines: chlorpromazine, promethazine, thioridazine | Antipsychotic | B ₂ , CoQ10 | |
| Sulfonamides, sulphonamides, or sulfa drugs: sulfadiazine, sulfamethizole (Thiosulfil Forte), sulfamethoxazole (Gantanol), sulfasalazine (Azulfidine), sulfisoxazole (Gantrisin) | Bacterial infection | B ₁ , B ₂ , B ₇ , B ₉ , B ₁₂ , C | |
| Macrolide antibiotics: amoxicillin (Amoxil, Trimox), erythromycin (Robimycin), azithromycin (Zithromax), clarithromycin (Biaxin) | Bacterial Infection | B ₁ , B ₂ , B ₃ , B ₆ , B ₇ , B ₉ , B ₁₂ , K | |
| Aminoglycoside antibiotics: gentamicin (Geromycin), neomycin (Mycifradin, Neo-Fradin, Neo-Tab) | Bacterial infection | A, B ₆ , B ₁₂ , K, calcium, iron, magnesium, potassium | |
| Fluoroquinolone antibiotics: ciprofloxacin (Cipro), enoxacin (Penetrex), gatifloxacin (Tequin), levofloxacin (Levaquin), lomefloxacin (Maxaquin), moxifloxacin (Avelox), norfloxacin (Noroxin), ofloxacin (Floxin), sparfloxacin (Zagam), trovafloxacin (Trovan) | Bacterial infection | B ₁ , B ₂ , B ₃ , B ₆ , B ₇ , B ₉ , B ₁₂ , K, calcium, iron, magnesium, zinc | |

TABLE 4.6

EVERYDAY MICRONUTRIENT DEPLETERS

LIFESTYLE HABIT CHART

| MICRONUTRIENT | TABULATION TOTALS |
|---|-------------------|
| Vitamin A | |
| Vitamin B ₁ (thiamine) | |
| Vitamin B ₂ (riboflavin) | |
| Vitamin B ₃ (niacin) | |
| Vitamin B ₅ (pantothenic acid) | |
| Vitamin B ₆ (pyridoxine) | |
| Vitamin B ₇ (biotin) | |
| Vitamin B ₉ (folate) | |
| Vitamin B ₁₂ (cobalamin) | |
| Choline | |
| Vitamin C | |
| Vitamin D | |
| Vitamin E | |
| Vitamin K | |
| Calcium | |
| Chromium | |
| Copper | |
| Iodine | |
| Iron | |
| Magnesium | |
| Manganese | |
| Phosphorus | |
| Potassium | |
| Selenium | |
| Zinc | |
| Omega-3 | |
| Omega-6 | |
| Alpha-lipoic acid | |
| Amino acids (carnitine) | |
| CoQ10 | |

SMART SUPPLEMENTATION

TABLE 6.1

IDENTIFYING IF YOUR SUPPLEMENT FOLLOWS THE RULES FOR ABSORPTION

| MAKE SURE YOUR MULTIVITAMIN . . . | CHECK IF YES |
|---|--------------|
| Is delivered in powdered form in single-serving packets | |
| Does not contain sugar under any name, such as sucrose, maltodextrin, fructose, corn syrup solids, high fructose corn syrup, cane sugar, tapioca syrup, or corn syrup, to name but a few | |
| Does not contain the preservatives sodium benzoate, BHA, or BHT | |
| Does not contain any binders, fillers, or flow agents, such as cellulose, disodium hydrogen phosphate, talc, polyvinyl alcohol, cornstarch, sodium starch glycolate, microcrystalline cellulose, croscopovidone, croscarmellose sodium, gelatin, or gellan gum | |
| Is not coated with shellac, wax, hydroxypropyl methylcellulose, magnesium or calcium stearate, hypromellose, silica, or stearic acid | |
| Does not contain any artificial colors or flavors | |

TABLE 6.2

BENEFICIAL FORMS OF SPECIFIC MICRONUTRIENTS^{4, 5, 6, 7, 8, 9, 10, 11, 12}

| ESSENTIAL MICRONUTRIENT | BENEFICIAL FORM(S) | WHY IS THIS SUPERIOR? |
|-------------------------------------|--|--|
| Vitamin A | 5,000 IU, or 100% Daily Value, of mixed vitamin A from palmitate and beta-carotene | Some multivitamins only contain beta-carotene, an inactive form of vitamin A (provitamin A), which must be converted in the body to retinal (preformed), an active form (conversion rate of 21:1). Due to the poor conversion rate of beta-carotene, a supplement should be formulated to include at least 2,500 IU of preformed vitamin A (retinyl acetate or palmitate). |
| Lutein | 6 mg lutein (often omitted) | Most multivitamins do not contain lutein at all, but we recommend 6 mg of lutein because this is the amount that is recommended to prevent/reverse age-related macular degeneration. |
| Vitamin B ₂ (riboflavin) | 1.7 mg of riboflavin-5-phosphate | While many products contain riboflavin HCl, it is inferior to riboflavin-5-phosphate because it is not the bioactive form of vitamin B ₂ . Riboflavin HCl needs to be converted in the liver to the active form. |

TABLE 6.2 (cont.)

| ESSENTIAL MICRONUTRIENT | BENEFICIAL FORM(S) | WHY IS THIS SUPERIOR? |
|------------------------------------|--|--|
| Vitamin B ₃ (niacin) | 20 mg of niacin and niacinamide | Most multivitamins only contain niacinamide. However, the two forms of vitamin B ₃ perform completely different functions in your body. Niacinamide controls blood sugar, but only niacin has been shown to lower LDL (bad cholesterol) and raise HDL (good cholesterol). It is best to include both forms to cover all bases. |
| Vitamin B ₆ | 2 mg of pyridoxal-5-phosphate | The bioactive form is pyridoxal-5-phosphate. However, many inferior products use pyridoxine HCl, which is not the active form of this B vitamin. |
| Vitamin B ₉ (folate) | 400 mcg of 5-MTHF (methyltetrahydrofolate) | Research published in the <i>American Journal of Epidemiology</i> shows that more than 34% of the US population may have a genetic enzyme defect, known as MTHFR mutation, that makes it difficult for them to convert folic acid into biologically active 5-MTHF, and new estimates suggest that up to 60% of the population may be affected. For these individuals and many others, 5-MTHF may be a more effective method of folate supplementation. 5-MTHF is a breakthrough in supplemental science. |
| Vitamin B ₁₂ | 6 mcg of methylcobalamin | The standard source of B ₁₂ , cyanocobalamin, is not a natural source. In fact, it's not found anywhere in nature and must be converted by the liver into methylcobalamin in order to be usable by humans (and all other animals). Cyanocobalamin is typically found in inexpensive products offered in grocery stores. Methylcobalamin is the form of vitamin B ₁₂ active in the central nervous system. It is essential for cell growth and replication. |
| Vitamin D | 2,000 IU of vitamin D ₃ | There are two forms of vitamin D available in supplements: vitamin D ₂ (ergocalciferol) and vitamin D ₃ (cholecalciferol). D ₃ is the form that is produced in our skin when we are exposed to sunlight and is more biologically superior for supplementation. In fact, research published in the <i>American Journal of Clinical Nutrition</i> , found that vitamin D ₂ supplementation actually caused a reduction in overall serum concentrations of vitamin D [25(OH)D] over 28 days, with serum levels actually falling below baseline (starting) levels! The researchers concluded that vitamin D ₂ should no longer be regarded as a nutrient appropriate for supplementation or fortification of foods. |

TABLE 6.2 (cont.)

| ESSENTIAL MICRONUTRIENT | BENEFICIAL FORM(S) | WHY IS THIS SUPERIOR? |
|-------------------------|--|--|
| Vitamin E | 30 IU of mixed tocopherols and mixed tocotrienols | Vitamin E is split into two families: the tocopherols and the tocotrienols, each containing four unique derivatives (alpha, beta, gamma, and delta). Smart supplements contain the full spectrum of each. Look on the label for "full spectrum d-tocopherols and d-tocotrienols." University of California studied the two families and found that tocotrienols are 40–60% more effective as antioxidants. New research suggests that delta-tocotrienol can completely prevent the erosion of the bone surface and also be effective in increasing bone formation and preventing bone reabsorption. Additionally, avoid the synthetic form of this vitamin, which starts with a dl-. According to a study published in the <i>American Journal of Clinical Nutrition</i> , researchers found that levels of natural vitamin E (d-tocopherol) in the blood and in the organs were double that of synthetic vitamin E (dl-tocopherol) when compared, showing natural vitamin E is better retained and more biologically active than synthetic. |
| Vitamin K | 80 mcg of vitamin K ₁ and vitamin K ₂ (MK-4 and MK-7) | Vitamin K is all too often omitted from multivitamin formulations, but it is essential for bone strength and heart health. It is important for a supplement to include both K ₁ and K ₂ and even more superior and rare if it also includes both forms of vitamin K ₂ (MK-4 and MK-7). Vitamin K ₁ plays a role in blood clotting, while K ₂ is a more important inducer of bone mineralization in human osteoblasts (bone-building cells). Vitamin K ₂ has been proven in studies to be as effective as prescription drugs in reducing the incidence of bone fractures. Additionally, because K ₂ directs calcium out of the arteries and into the bones, where it is needed, K ₂ is essential for the prevention of coronary heart disease. |
| Calcium | 600 mg <i>Pills and capsules:</i> calcium citrate or malate <i>Liquids and powders:</i> Same as above or calcium carbonate + citric acid (non-GMO) | Choose a supplement that delivers the maximum amount of calcium that can be absorbed by the body at one time (600 mg). This is the only micronutrient that should be less than 100% RDI. While pills and capsules should use calcium citrate or malate as they are more absorbable, liquids and powders have an additional option: Combining calcium carbonate with non-GMO citric acid stimulates the conversion of the calcium carbonate to calcium citrate in water, thus supplying the best absorption in a liquid form. |

TABLE 6.2 (cont.)

| ESSENTIAL MICRONUTRIENT | BENEFICIAL FORM(S) | WHY IS THIS SUPERIOR? |
|-------------------------|--|---|
| Copper | Should not be included in supplement | Taking a multivitamin with copper is generally not recommended because too much can hinder your body's ability to destroy the proteins that form the plaques found in the brains of Alzheimer's patients. Many Alzheimer's patients have elevated levels of copper, and in studies, it was determined that many of those affected took multivitamins with copper. Additionally, pregnant women should avoid copper in multivitamins because copper levels can nearly double during pregnancy, making toxicity a concern. Cramps, abdominal pain, vomiting, nausea, and diarrhea are all common when taking supplements that include copper. |
| Iron | Should not be included in supplement | <p>Iron is a vital mineral your body needs to function normally. However, the National Institutes of Health's Office of Dietary Supplements has indicated that too much iron can cause serious health complications. Because of this, you may want to take an iron-free multivitamin to avoid iron overload, a medical condition that causes excess iron to be stored in vital organs, such as the liver and heart. Too much iron may be toxic—and even fatal. In general, iron supplementation is not recommended for adult males and postmenopausal women. If you are a premenopausal woman, an athlete that works out for more than 6 hours a week, or a strict vegan/vegetarian, you may want to consider iron supplementation.</p> <p><i>(In the "C Stands for Micronutrient Competitions and S Stands for Synergies" section, you will uncover another reason iron should be omitted from multivitamin formulations.)</i></p> |
| Magnesium | <p>400 mg</p> <p><i>Pills and capsules:</i> magnesium citrate, glycinate, or L-Threonate</p> <p><i>Liquids and powders:</i> Same as above or magnesium carbonate + citric acid (non-GMO)</p> | Most multivitamins supply small amounts of magnesium because of its bulky size. Locate supplements that supply 400 mg of magnesium, a micronutrient responsible for over 300 essential metabolic reactions in the body as well as controlling sugar cravings. Similar to calcium, magnesium carbonate is converted to magnesium citrate, one of the most bioavailable forms, through ionic conversion using non-GMO citric acid and water. |
| Selenium | 70 mcg selenomethionine | This is a superior bioavailable form. |

TABLE 6.3

IDENTIFYING IF YOUR SUPPLEMENT FOLLOWS THE RULES FOR BENEFICIAL QUANTITIES AND FORMS

| MAKE SURE YOUR MULTIVITAMIN . . . | CHECK IF YES |
|--|--------------|
| Is taken twice a day | |
| Does contain 500–600 mg of calcium | |
| Does contain 400 mg of magnesium | |
| Does contain 2,000 IU of vitamin D ₃ | |
| Does not contain more than 100% DV of any micronutrients (vitamin D excluded) | |
| Does contain 100% of the DV for all micronutrients (vitamin D and calcium excluded) | |
| Does contain methylcobalamin for B ₁₂ | |
| Does contain selenomethionine for selenium | |
| Does contain both niacin and niacinamide | |
| Does contain at least 2,500 IU of vitamin A as retinyl acetate or palmitate | |
| Does contain vitamin K ₁ , vitamin K ₂ (MK-4), and vitamin K ₂ (MK-7) | |
| Does contain L-5-MTHF and not folic acid | |
| Does contain all eight forms of vitamin E (mixed tocopherols and tocotrienols) and does not use dl- forms (synthetic) | |
| Does not contain copper | |
| Does not contain iron | |
| Does contain at least 425 mg of choline | |
| Does contain 6 mg of lutein | |
| Does contain riboflavin-5-phosphate for vitamin B ₂ | |
| Does contain pyridoxal-5-phosphate for vitamin B ₆ | |
| Does contain any of the following beneficial but nonessential micronutrients: grape seed extract, quercetin, CoQ10, alpha-lipoic acid, or L-carnitine | |

TABLE 6.4

IDENTIFYING IF YOUR SUPPLEMENT FOLLOWS THE RULES FOR COMPETITIONS AND SYNERGIES

| MAKE SURE YOUR MULTIVITAMIN . . . | CHECK IF YES |
|--|--------------|
| Does not contain both vitamin B ₉ (folate) and zinc in the same dose | |
| Does not contain both lutein and beta-carotene in the same dose | |
| Does not contain both vitamin B ₅ and copper in the same dose | |
| Does not contain both vitamin A and vitamin D in the same dose | |
| Does not contain both zinc and copper in the same dose | |
| Does not contain both vitamin B ₅ (pantothenic acid) and B ₇ (biotin) in the same dose | |
| Does not contain iron at all | |
| Does contain and claim Anti-Competition Technology on packaging to account for all competitions and synergies | |

THE SIGNATURE 28-DAY MICRONUTRIENT MIRACLE PLAN

TABLE 7.2

MUSCLE-SPECIFIC WEEKLY SCHEDULE FOR ONE SET TO FAILURE WEIGHT TRAINING

| DAY | MUSCLE GROUPS | BEGINNER (OR MAINTENANCE MODE) # OF EXERCISES PER MUSCLE GROUP | ADVANCED # OF EXERCISES PER MUSCLE GROUP |
|-------|--|---|--|
| Day 1 | Chest | 3 | 4 |
| | Biceps | 2 | 3 |
| Day 2 | Legs | 4 | 6 |
| Day 3 | Rest and recover— This means no lifting | | |
| Day 4 | Shoulders | 3 | 4 |
| | Triceps | 2 | 3 |
| Day 5 | Back | 3 | 4 |
| | Abdominals | 2 | 3 |
| Day 6 | Rest and recover— This means no lifting | | |
| Day 7 | Rest and recover— This means no lifting | | |

The Signature 28-Day Micronutrient Miracle Menu Plan

The foods that are limited are *italicized* so that you can see where they fit into your plan.

Don't forget to make and freeze as much of the Miracle Pestos and Miracle Butters as you can prior to starting; they make cooking on a time-crunch much more simple and tasty.

WEEK 1

DAY 1 (Sunday)

9:00 a.m. *Baked Apple à la Micronutrient Miracle Mode* (page 299) or *Greek Yogurt and Fruit Bowl* (page 298)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307) with optional Ridiculously Simple Wrap (page 320) for dipping

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Cinnamon Spice Triple Threat Shake (page 279)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with green beans and choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and green beans and choice of SKINNYFat salad dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287)

DAY 5 (Thursday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Bun-less beef burger and Oven-Roasted Brussels Sprouts (page 319)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Broccoli Cheese Soup (page 294)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of a Miracle Pesto (pages 282–285) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296–297) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Fish and Chips* (page 317)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

WEEK 2**DAY 8 (Sunday)**

9:00 a.m. French Onion Egg Tart (page 295)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Zucchini pasta (page 312) with Mom's Beef Bolognese (page 291)

9:00 p.m. Triple Threat Pudding (page 280)

DAY 9 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. *Grilled or broiled chicken thighs, choice of a Miracle Pesto or Miracle Butter (pages 282–285), and sweet potato*

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Moqueca (aka Brazilian Fish Stew) (page 310)

DAY 10 (Tuesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Moqueca

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Coq au Vin (page 314) served with Cauliflower Mash (page 319)

DAY 11 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Coq au Vin

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Thai-Style Chopped Pork on greens (page 314–315)

DAY 12 (Thursday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Thai-Style Chopped Pork on a salad with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Scallops in Lemon Butter Sauce (page 301) with broccoli

DAY 13 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Mexican Chicken Wrap (page 305)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salad and Rustic Flatbread (page 313)

DAY 14 (Saturday)

9:00 a.m. *Carrot Cake Pancakes with Cream Cheese Frosting and chopped walnuts and raisins* (page 300)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Micronutrient-Packed “Offaly” Tasty Meatloaf (page 315) and steamed vegetable with choice of a Miracle Pesto or Miracle Butter (pages 282–285)

9:00 p.m. Triple Threat Pudding (page 280)

WEEK 3**DAY 15 (Sunday)**

9:00 a.m. Leftover meatloaf heated in a frying pan, topped with a fried egg, and covered in melted cheese

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Camarão na Moranga (aka Brazilian Shrimp Stew in a Pumpkin)* (page 302–303)

9:00 p.m. Traditional Triple Threat Shake (page 278)

DAY 16 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Big salad with ½ can of tuna or salmon (bones in) and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Chicken Wings (page 301) with Really Creamy SKINNYFat Blue Cheese Dressing (or dip) (page 289) and carrot and celery sticks

DAY 17 (Tuesday)**7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Leftover chicken wings and blue cheese dressing**3:30 p.m.** Triple Threat Pudding (page 280)**7:30 p.m.** Shepherd's Pie (page 318)**DAY 18 (Wednesday)****7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Leftover Shepherd's Pie**3:30 p.m.** Traditional Triple Threat Shake (page 278)**7:30 p.m.** Zucchini (page 312) with grilled chicken thighs and Rich and Creamy Alfredo Sauce (page 286)**DAY 19 (Thursday)****7:30 a.m.** Triple Threat Cheesecake (page 281)**12:00 p.m.** Bun-less beef burger and side salad with choice of SKINNYFat dressing (pages 288–289)**3:30 p.m.** Traditional Triple Threat Shake (page 278)**7:30 p.m.** Thai Shrimp Noodle Soup (page 293)**DAY 20 (Friday)****7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Leftover Thai Shrimp Noodle Soup**3:30 p.m.** Traditional Triple Threat Shake (page 278)**7:30 p.m.** *Rotisserie or baked whole chicken with Sweet Potato, Yam, and Apple Casserole (page 320)***DAY 21 (Saturday)****9:00 a.m.** Fried eggs served on Cauliflower Cheesy Hash Browns (page 296)**1:00 p.m.** Traditional Triple Threat Shake (page 278)**5:00 p.m.** Miracle Chinese Fried "Rice" (page 306)**9:00 p.m.** Traditional Triple Threat Shake (page 278)**WEEK 4****DAY 22 (Sunday)****9:00 a.m.** *Smoked Salmon Cream Cheese Roll-Ups (page 298) with avocado slices and berries or grapefruit***1:00 p.m.** Traditional Triple Threat Shake (page 278)**5:00 p.m.** Slow-Cooked Beer-Braised Beef (page 305) and Cauliflower Mash (page 319)**9:00 p.m.** Chocolate Triple Threat Ice Cream (page 281)

DAY 23 (Monday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Leftover Miracle Chinese Fried “Rice”

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Fish and vegetables with choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 24 (Tuesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Slow-Cooked Beer-Braised Beef and Cauliflower Mash

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Greek Lamb Kabobs (page 308) with Tzatziki (page 287)

DAY 25 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Lamb Kabobs on salad with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Fabulous Fajitas (page 316) with Holy Moly Guacamole (page 291) and salsa

DAY 26 (Thursday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Bun-less beef burger and Oven-Roasted Brussels Sprouts (page 319)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Rustic Portobello Pizza Caps (page 311)

DAY 27 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Grilled or broiled chicken thigh on big salad with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. *Peppercorn-Crusted Beef Tenderloin (page 308) with 4-Ingredient Blender Hollandaise Sauce (page 290) and baked potato*

DAY 28 (Saturday)

9:00 a.m. Protein-Packed Morning Muffins (page 297)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Grilled Tandoori Skewers (page 309) with Cooling Cucumber Raita (page 287) and Indian Garlic-Butter Cheese Non-Naan (page 321)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

The 28-Day Micronutrient Miracle Menu Plan Q&A

As you looked over the Signature protocol, did any questions come to mind? Here are answers to a few of the most common questions we have received from our clients.

Q: What if I don't like some of the foods in the menu plan? Can I swap foods out?

A: This 28-day menu plan is simply meant as an example of how your personalized plan might lay out. You can adjust the menu to match your taste buds and your dietary preferences. For example, if you dislike salmon, feel free to swap it out with a protein you prefer. You can also swap side dishes as you please. Just remember, you can only swap foods that fall into the same categories. You cannot swap a nonstarchy vegetable, like asparagus, with a starch, like rice. So, when swapping out asparagus, you can choose from any of the other nonstarchy vegetables—maybe broccoli or Brussels sprouts are more up your alley. If you choose to swap a nonstarchy vegetable for a starch in a particular meal, perhaps because you are dining out, then you must omit a starch from a meal in the very same week.

Q: What if my schedule doesn't allow me to eat at the times suggested?

A: Again, these are just suggestions. Remember, we explained that eating every 3 to 5 hours is key and that two of the four meals should be from shakes. We organized this 28-day menu plan to reflect many of the potential schedules you might fall into. Feel free to move the timing of the meals around to fit your “true” schedule. Also, just because a recipe is listed as dinner doesn't mean it can't make a fabulous lunch or even breakfast. Don't be afraid to alter the plan so that it is a true representation of your preferences.

Q: Should I be counting my calories?

A: We are not about counting calories. No one wants to be weighing and measuring meals. The stress caused by counting each and every morsel is unhealthy in its own right. While on the 28-day Micronutrient Miracle plan, you won't need to, either. Becoming micronutrient sufficient will alleviate your food cravings, and eating Rich Foods containing both proteins and fats and, of course, a ton of great flavors, will keep you feeling full and satisfied all day long. This doesn't mean that you should eat until your belly aches; your body doesn't need to feel stuffed to have enough energy to complete all of its metabolic functions.

The 28-Day Micronutrient Miracle Menu Plan Q&A (continued)

If, however, you are following the Weight Loss protocol, you will want to keep an eye on your portion sizes. Eat slowly and mindfully. Too much food will limit your weight loss, so many dieters find that keeping a food journal can be very helpful at the beginning. Similarly, if you find that you are working out hard and really pushing yourself using the ZMT cardiovascular training and One Set To Failure weight training, you don't want to "underfuel," or underfeed, yourself either. Your body is brilliant—trust it, not a food scale, to tell you if you require more or less food.

Q: How soon will I see results?

A: This is a tough one to answer. Many people tell us they feel more energy immediately when starting the Micronutrient Miracle plan. For others, the levels of deficiency might be far greater and the changes may take longer to occur. Everyone's body is different, so don't compare your progress with that of anyone else. Many of the complex changes occurring inside of you might not be evident right away. However, be assured that your body is experiencing something miraculous. It is receiving an incredible gift from you every single day. You are creating a micronutrient sufficient state, an environment from which health and longevity can thrive.

Remember, any health conditions you are suffering from now did not magically appear overnight. They took a while to develop. Be patient with yourself; your healing may take just as long. But feel blessed in the understanding that you are putting yourself on the path to healing—a road that you were meant to discover so that you can attain the extraordinary life that you were born to live.

Q: You said that vegans and vegetarians can follow the plan. How would you do this?

A: Following the Micronutrient Miracle plan will be harder for vegans and strict vegetarians. However, because these diets are so restrictive, focusing one's efforts on becoming micronutrient sufficient is even more important. To begin, two of your meals will still be from protein shakes; just opt for plant-based protein, preferably our IN.POWER organic plant protein. We would love for at least one of the two other meals to include poultry, eggs, or fish. If you are completely vegan, then this obviously will not be possible. So you will want to make sure you are taking in protein from beans, quinoa, chia seeds, rice, hemp-seed, and buckwheat. Soy is still off-limits. When you alter a recipe,

simply omit the protein and add one of the previously mentioned starches in its place. This will require that you eat starches more than twice per week. However, this is necessary to fulfill your protein requirements. Also, proper food preparation is imperative for your plan. Nuts, seeds, legumes, and grains all require a bit of extra work to make their nutrients available. If eaten incorrectly, even these dense foods will leave you deficient. While micronutrient sufficiency can certainly be achieved while following a vegetarian protocol, or even a vegan lifestyle, the preparation of these problematic foods containing numerous Everyday Micronutrient Depleters makes it a bit more time-consuming. Also, remember that for you, supplementation is even more important, as some essential micronutrients are not available in plant-based foods.

Q: What if I follow a traditional whole food diet? Can I do the plan without eating protein meal replacements or taking shakes?

A: Of course, protein shakes and meal replacements are in no way mandatory. You can choose instead to simply eat three larger meals and take one snack a day, keeping the same schedule we outlined (eating every 3 to 5 hours). Make sure to eat both protein and fat in every meal so that you stay satiated. Additionally, as the Triple Threat recipes include a multivitamin, which is imperative for sufficiency, you will still need to add multivitamin supplementation into your schedule. We have clients who have been extremely successful following a whole food program. It might look something like this:

7:00 a.m. Take nutreince (or another well-formulated multivitamin) in water.

7:30 a.m. Enjoy the breakfast of your choice, such as a Greek Yogurt and Fruit Bowl (page 298) or Protein-Packed Morning Muffins (page 297).

11:30 a.m. Lunchtime. Choose from any of the entrée recipes.

3:30 p.m. Grab a snack. Make sure it contains both fat and protein (e.g., cream cheese on celery, cheese sticks, or a small piece of any of our delicious desserts).

7:30 p.m. Dinnertime. Choose from any of the entrée recipes.

9:00 p.m. Take nutreince (or another well-formulated multivitamin) in water.

The 28-Day Micronutrient Miracle Menu Plan Q&A (continued)

Q: Should I be worried that there appears to be a lot of fat in this plan? Aren't vegetables and fruits better for me than meats, fats, and eggs?

A: Carbohydrates—like fruits, grains, and vegetables—stimulate insulin, which increases the body's fat stores. Most physicians are unaware that humans have absolutely no requirement for carbohydrates. You don't even need 1 gram to survive and thrive. Individuals who eat carbohydrates all day consistently have an elevated insulin concentration in their blood. This drives the excess carbohydrates into the fat cells, which now cannot release the fat. Carbohydrates alone don't satisfy for long, and this drives you to eat more carbs and more calories throughout the day, leading to weight gain, insulin sensitivity, and possibly diabetes.

It is the combination of protein and fat that satiates and reduces hunger, and unlike carbohydrates, both of these are required by the body to maintain health. The myth of fat, especially saturated fats, being hazardous to your health is just that—a myth. This has been debunked by numerous scientific studies. It is completely untrue that eating saturated fat miraculously plugs your coronary arteries. Both sugar and wheat are much more likely to cause this to happen, which is why we eliminate both on the Micronutrient Miracle plan.

Fat Loss

This plan is specifically designed for individuals who are looking to burn fat at a moderate and sustainable pace. This protocol will help you create an internal environment that is optimal for fat loss, eliminating food cravings, and achieving your genetic potential for lean muscle tissue. If you wish to lose fat at an accelerated rate, you may want to consider our Ketogenic protocol.

The Fat Loss protocol is designed for individuals who are:

- Overweight/obese
- Bingers and cravers
- Exercise enthusiasts

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#2: Ousting the obesogens is critical, as they are hormone disruptors. Make sure to be keenly aware of removing MSG, BPA, and phthalates.

#5: Stress reduction is very important for optimal fat loss, as stress increases the release of cortisol, a hormone that spikes appetite and increases fat storage in the belly region.

#6: Increase your ZMT sessions from three or four per week to six or seven. Also make an effort to get out and walk, bike, hike, row, or do any other type of physical movement as much as possible.

#7: Purchasing nontoxic household and beauty goods will ensure that they are not causing hormonal imbalances and weight gain. Try to follow our Top 10 Terrific Tricks to Reduce Household Toxins.

#8: Taking a multivitamin that contains enough calcium and magnesium is extremely important to kill cravings. Most supplements do not contain these bulky minerals. Nutreince contains these and the dynamic duo of carnitine and choline, two nutrients that, when combined, have been called the “nutritional equivalent to liposuction.” If you take Nutreince, you will be getting what you need; however, if you opt for a different multivitamin, make sure to evaluate it using our ABCs of Optimal Supplementation Guidelines or the stack-up analysis available at MultivitaminStackUpQuiz.com.

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this protocol, as it will provide you with the amino acid L-glutamine, which has been shown to reduce sugar cravings and aid in the regulation of metabolism. Studies confirm that individuals who increased whey protein intake lost nearly twice the weight of those who skipped whey. Also, whey protein shakes reduce ghrelin (a hormone that tells your brain you’re hungry).

DAILY LIMITS: The daily limits for the Fat Loss protocol are slightly stricter than for our Signature plan. For the next 28 days, adhere to the following limits.

Starches/fruits/nuts/seeds: One serving per week. You can enjoy a total of one gluten-free starch *or* one fruit *or* 1 serving of nuts/seeds a week.

Alcohol: Rather than one or two glasses a day, limit alcohol to up to three glasses per week. Eliminate gluten-free beers.

Caffeinated drinks: Two cups daily (same as the Signature plan). The chlorogenic acid found in coffee and tea has been shown to reduce insulin resistance and chronic inflammation.

SETTING YOUR SCHEDULE: Studies have verified that weight loss can be improved when undergoing an intermittent fast. To best achieve this, opt for scheduling options 4, 5, or 6 from Chapter 7 (see page 209) and make two consecutive meals Triple Threat Shakes or puddings. (In option 4, your two consecutive shakes are your last meal of the day followed by your first meal the next morning, allowing you to still achieve the fasting goal.) You don’t need to do this every day, either; you can choose this option as often as you like.

Beneficial micronutrients used in the prevention and treatment of overweight/obesity:

| | | |
|-------------------------------|------------------|----------------------------|
| <i>Choline</i> | <i>Vitamin D</i> | <i>Magnesium</i> |
| <i>Vitamin A</i> | <i>Vitamin E</i> | <i>Potassium</i> |
| <i>Vitamin B₃</i> | <i>Calcium</i> | <i>Zinc</i> |
| <i>Vitamin B₆</i> | <i>Chromium</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin B₁₂</i> | <i>Iodine</i> | <i>Alpha-lipoic acid</i> |
| <i>Vitamin C</i> | <i>Iron</i> | <i>CoQ10</i> |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial for fat loss. Additionally, the spices and beverages listed below have been shown to increase metabolism or help in the prevention and treatment of overweight/obesity. We have adjusted your 28-day menu suggestions to include many of these Rich Food choices. Make an effort to choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|-------------------|----------------------|----------------|
| <i>Beef</i> | <i>Mussels</i> | <i>Shrimp</i> |
| <i>Bone broth</i> | <i>Organ meats</i> | <i>Snapper</i> |
| <i>Chicken</i> | <i>Oysters</i> | <i>Tuna</i> |
| <i>Clams</i> | <i>Rainbow trout</i> | <i>Turkey</i> |
| <i>Cod</i> | <i>Salmon</i> | <i>Venison</i> |
| <i>Crab</i> | <i>Sardines</i> | |
| <i>Herring</i> | <i>Scallops</i> | |

DAIRY

| | |
|---------------|---------------|
| <i>Cheese</i> | <i>Milk</i> |
| <i>Cream</i> | <i>Yogurt</i> |

FATS

| | |
|--------------------|--------------------------|
| <i>Butter</i> | <i>Eggs (with yolks)</i> |
| <i>Coconut oil</i> | <i>SKINNYFat*</i> |

*Use SKINNYFat in recipes whenever possible, as it is virtually impossible to store as body fat. Peer-reviewed published research also shows that MCT oil (the main ingredient in SKINNYFat) increases metabolism, reduces body fat, and improves insulin sensitivity and glucose tolerance, while the long-chain triglycerides in the coconut oil in SKINNYFat aid in the absorption of your essential micronutrients. In studies, individuals using MCT oil lost more total weight, total fat mass, intra-abdominal adipose tissue, and subcutaneous abdominal adipose than those eating alternative oils.

NONSTARCHY VEGETABLES

| | | |
|-------------------------|--------------------------|-----------------------------------|
| <i>Asparagus</i> | <i>Dark leafy greens</i> | <i>Red or green chile peppers</i> |
| <i>Avocado</i> | <i>Garlic</i> | <i>Romaine lettuce</i> |
| <i>Broccoli</i> | <i>Jalapeño peppers</i> | <i>Seaweed</i> |
| <i>Brussels sprouts</i> | <i>Mushrooms</i> | <i>Snow peas</i> |
| <i>Cabbage</i> | <i>Onions</i> | <i>Tomatoes</i> |
| <i>Cauliflower</i> | <i>Pumpkin</i> | <i>Yellow bell peppers</i> |

STARCHES

| | | |
|---------------------|-------------------|-----------------------|
| <i>Acorn Squash</i> | <i>Lentils</i> | <i>Sweet potatoes</i> |
| <i>Brown rice</i> | <i>Lima beans</i> | <i>Quinoa</i> |
| <i>Green peas</i> | <i>Navy beans</i> | |
| <i>Kidney beans</i> | <i>Potatoes</i> | |

FRUITS

| | | |
|--|-------------------|---------------------|
| <i>Bananas</i> | <i>Grapefruit</i> | <i>Prunes</i> |
| <i>Coconut water (counts as a fruit, not as a beverage; check carefully for sugar)</i> | <i>Limes</i> | <i>Raisins</i> |
| | <i>Oranges</i> | <i>Strawberries</i> |
| | <i>Papaya</i> | <i>Watermelon</i> |

NUTS AND SEEDS

| | | |
|-------------------|-----------------------|----------------|
| <i>Cashews</i> | <i>Pine nuts</i> | <i>Walnuts</i> |
| <i>Chia seeds</i> | <i>Pumpkins seeds</i> | |
| <i>Peanuts</i> | <i>Sesame seeds</i> | |

BENEFICIAL SPICES

| | | |
|--------------------------------|----------------------|--------------------------|
| <i>Black pepper</i> | <i>Cinnamon</i> | <i>Mustard</i> |
| <i>Cardamom</i> | <i>Cumin</i> | <i>Onion powder</i> |
| <i>Cayenne pepper</i> | <i>Garlic powder</i> | <i>Red-pepper flakes</i> |
| <i>Chile pepper (chipotle)</i> | <i>Ginger</i> | <i>Turmeric</i> |

DAILY BEVERAGES

| | | |
|------------------|-------------------|----------------------|
| <i>Black tea</i> | <i>Green tea</i> | <i>Mineral water</i> |
| <i>Coffee</i> | <i>Oolong tea</i> | <i>Water</i> |

Additional essential micronutrient supplements to consider:

Iron: This mineral aids in fatty acid metabolism and is necessary for the production of carnitine, which metabolizes fat. Try to get 8 milligrams (men) or 18 milligrams (women) per day, either through your food or in supplement form.

Note: It is imperative that you take iron in supplement form at a separate time from your multivitamin (nutreince). Iron is the most competitive micronutrient, conflicting with 10 other micronutrients. Take it midday on an empty stomach.

Omega-3s: Studies show that omega-3s can both increase oxidation of fat by activating genes that break down fat and reduce the number of overall fat cells. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take omega-3s in supplement form at the same time as your multivitamin (nutreince). Opt for Origin Omega or try to find a supplement with a greater amount of EPA than DHA, if possible.

Additional beneficial supplements to consider:

Alpha-lipoic acid (ALA): This powerful antioxidant/anti-inflammatory supplement can have an “antiobesity effect,” resulting in decreased appetite, increased activity levels, and decreased abdominal fat. Those deficient in ALA have been shown to have an increased likelihood of being overweight or obese.

L-carnitine/acetyl-L-carnitine: This micronutrient is critical for energy formation and an active metabolism. Alpha-lipoic acid and acetyl-L-carnitine work together to increase metabolism and lower oxidative stress more than either compound alone. A 5:1 ratio of L-carnitine to ALA may be optimal.

CoQ10: Similar to ALA and acetyl-L-carnitine, CoQ10 is a powerful antioxidant/anti-inflammatory that assists with energy production. CoQ10 has been shown to be beneficial for treating and preventing obesity, enhancing metabolism, and supporting optimal energy and endurance. In one study, individuals found to be deficient in CoQ10 were given CoQ10 supplementation (100 milligrams per day), and in only 9 weeks, they had lost an incredible average of 30 pounds.

L-glutamine: This amino acid has been shown to reduce sugar cravings and enhance metabolism. It will already be supplemented through the addition of IN.POWER whey protein. If you are omitting the protein Triple Threat meal replacement shakes, you may want to consider supplementation with 2 to 4 grams of powdered L-glutamine. You can add this to your nutreince multivitamin drink or to cold water. Take it separate from your meals.

Curcumin: According to the USDA, this active ingredient typically found in the Indian spice turmeric enhances cellular energy to speed metabolism.

Digestive enzymes: These can assist with digestion and enhance micronutrient availability and absorption. Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes. Bromelain, ox bile, pancreatin, papain, pepsin, and betaine HCL may all be beneficial. Betaine HCL may be especially important for this protocol, as it helps with the

absorption of calcium and magnesium, two micronutrients that will assist you in eliminating food cravings.

DHEA: Levels of DHEA drop with age. Most studies on DHEA for fat or weight loss support its use for this purpose. DHEA should be taken with caution, though, because high doses may suppress the body's natural ability to make DHEA and may lead to liver damage (as shown in an animal study). Taking antioxidants—such as vitamins C and E and selenium—is recommended to prevent oxidative damage to the liver.

The Fat Loss Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan.

Feel free to choose from any of the Miracle Pestos, Miracle Butters, SKINNYFat Salad Dressings, and SKINNYFat Infusions, as they all fit into the Fat Loss protocol.

DAY 1 (Sunday)

9:00 a.m. Protein-Packed Morning Muffins (page 297)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307)

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with asparagus and choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and asparagus and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287) and optional Indian Garlic-Butter Cheese Non-Naan (page 321)

DAY 5 (Thursday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Bun-less cheeseburger and Oven-Roasted Brussels Sprouts (page 319)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Broccoli Cheese Soup (page 294)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of a Miracle Pesto or Miracle Butter (pages 282–285) or 4-Ingredient Blender Hollandaise Sauce (page 290) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Fish and Chips* (page 317)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

Autoimmune—Chronic Inflammation

This plan is specifically designed for individuals who are suffering from an autoimmune condition. This protocol will help you to create an internal environment that will reduce chronic inflammation while working toward healing the digestive system and reducing intestinal permeability (leaky gut). If you wish to focus more directly on enhanced gut health, you may want to consider our Digestive Health protocol. We have also had great success using our Ketogenic protocol with our clients with autoimmune issues.

The Autoimmune protocol is designed for individuals who have:

- Addison's disease
- Alopecia
- Alzheimer's
- Asthma
- Celiac disease
- Chronic fatigue syndrome
- Chronic inflammation
- Crohn's disease
- Eczema
- Graves' disease
- Hashimoto's thyroiditis
- Lupus
- Multiple sclerosis
- Parkinson's disease
- Pernicious anemia
- Psoriasis
- Raynaud's phenomenon
- Rheumatoid arthritis
- Scleroderma
- Type 1 diabetes
- Vitiligo

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#5: Stress reduction is very important for the autoimmune protocol. Chronic stress has been shown to trigger and worsen autoimmune conditions by altering the effectiveness of cortisol to regulate inflammatory responses.

#7: Purchasing new nontoxic alternatives for your beauty, cleaning, and hygiene products is especially important while following this protocol.

#8: Multivitamin supplementation is key, as micronutrient sufficiency has been shown to greatly improve autoimmune conditions. Take a well-formulated multivitamin, like *nutreince*, or compare others at MultivitaminStackUpQuiz.com.

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this protocol, as it will provide you with the amino acid L-glutamine, which has been shown to have an anti-inflammatory effect that can aid in the healing of the intestinal lining by repelling gut irritants.

EMD ALERT: During this protocol, avoid antacids as well as aspirin, ibuprofen, or other NSAIDs, as they could irritate your gastrointestinal tract lining.

DAILY LIMITS: The daily limits for this protocol are slightly stricter than for our Signature plan. For the next 28 days, adhere to the following limits.

Starches/fruit/nuts/seeds: Two servings per week, but with restrictions. You can still enjoy a total of two gluten-free starches or two fruits each week (or one of each). However, eliminate all grains, nuts, seeds, berries, beans, and nightshades (i.e., potatoes [not sweet potatoes], eggplant, tomatoes, hot peppers, and bell peppers), as they may cause gut irritation or inflammation within the body.

Alcohol: Rather than having one or two glasses a day, eliminate alcohol altogether for the next 28 days to allow for gut healing.

Caffeinated drinks: Try to eliminate caffeinated drinks during this protocol and drink only decaffeinated beverages; however, if you *need* caffeine, limit your intake to one cup per day.

Bone broth: Add this food to your daily protocol. Try to drink a small cup of homemade bone broth each morning for the next 28 days.

Beneficial micronutrients used in the prevention and treatment of autoimmune conditions:

| | | |
|------------------------------|-------------------------------|----------------------------|
| <i>Vitamin A</i> | <i>Vitamin B₁₂</i> | <i>Magnesium</i> |
| <i>Vitamin B₁</i> | <i>Choline</i> | <i>Manganese</i> |
| <i>Vitamin B₂</i> | <i>Vitamin C</i> | <i>Potassium</i> |
| <i>Vitamin B₃</i> | <i>Vitamin D</i> | <i>Selenium</i> |
| <i>Vitamin B₅</i> | <i>Vitamin E</i> | <i>Silicon</i> |
| <i>Vitamin B₆</i> | <i>Calcium</i> | <i>Zinc</i> |
| <i>Vitamin B₇</i> | <i>Iodine</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin B₉</i> | <i>Iron</i> | |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial for autoimmune conditions. Additionally, the spices and beverages listed below have been shown to have an anti-inflammatory effect. We have adjusted your 28-day menu suggestions to include many of these Rich Food choices. Choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|-------------------|----------------------|-----------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Sardines</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Scallops</i> |
| <i>Chicken</i> | <i>Organ meats</i> | <i>Shrimp</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Snapper</i> |
| <i>Cod</i> | <i>Pork</i> | <i>Tuna</i> |
| <i>Crab</i> | <i>Rainbow trout</i> | <i>Turkey</i> |
| <i>Herring</i> | <i>Salmon</i> | <i>Venison</i> |

DAIRY

| | |
|---------------|---------------|
| <i>Cheese</i> | <i>Milk</i> |
| <i>Cream</i> | <i>Yogurt</i> |

FATS

| | |
|--------------------|--------------------------|
| <i>Butter</i> | <i>Eggs (with yolks)</i> |
| <i>Coconut oil</i> | <i>SKINNYFat*</i> |

*Using SKINNYFat and SKINNYFat Olive in lieu of olive oil will boost brainpower and metabolism as well as reduce inflammation caused by eating too many omega-6 fatty acids from olive oil. Additionally, there is a lot of good research on MCT oil (the main ingredient in both SKINNYFat varieties) being particularly beneficial for patients with heart disease, diabetes, or Alzheimer's.

NONSTARCHY VEGETABLES

| | | |
|-------------------------|--------------------------|-------------------------|
| <i>Asparagus</i> | <i>Dark leafy greens</i> | <i>Seaweed</i> |
| <i>Avocado</i> | <i>Garlic</i> | <i>Snow peas</i> |
| <i>Broccoli</i> | <i>Mushrooms</i> | <i>Spinach (cooked)</i> |
| <i>Brussels sprouts</i> | <i>Mustard greens</i> | <i>Sprouts</i> |
| <i>Cabbage</i> | <i>Onions</i> | <i>Swiss chard</i> |
| <i>Cauliflower</i> | <i>Pumpkin</i> | |
| <i>Celery</i> | <i>Romaine lettuce</i> | |

STARCHES

| | | |
|---------------------|-------------------|-----------------------|
| <i>Acorn squash</i> | <i>Green peas</i> | <i>Sweet potatoes</i> |
|---------------------|-------------------|-----------------------|

FRUITS

| | | |
|--|-------------------|----------------------|
| <i>Apples</i> | <i>Dates</i> | <i>Papaya</i> |
| <i>Bananas</i> | <i>Grapefruit</i> | <i>Pineapple</i> |
| <i>Coconut water (counts as a fruit, not as a beverage; check carefully for sugar)</i> | <i>Limes</i> | <i>Prunes</i> |
| | <i>Mango</i> | <i>Raisins</i> |
| | <i>Melons</i> | <i>Tart cherries</i> |
| | <i>Oranges</i> | <i>Watermelon</i> |

NUTS AND SEEDS

Eliminated

BENEFICIAL SPICES

| | | |
|----------------------|---------------------|-----------------|
| <i>Cinnamon</i> | <i>Ginger</i> | <i>Turmeric</i> |
| <i>Cloves</i> | <i>Onion powder</i> | |
| <i>Garlic powder</i> | <i>Sage</i> | |

SAFE SPICES (for the autoimmune protocol, omit any spices that do not appear under either Beneficial or Safe Spices)

| | | |
|-------------------|--------------------|------------------------|
| <i>Basil</i> | <i>Horseradish</i> | <i>Saffron</i> |
| <i>Bay leaf</i> | <i>Lemongrass</i> | <i>Spearmint</i> |
| <i>Chives</i> | <i>Oregano</i> | <i>Tarragon</i> |
| <i>Cilantro</i> | <i>Parsley</i> | <i>Thyme</i> |
| <i>Curry leaf</i> | <i>Peppermint</i> | <i>Unrefined salt</i> |
| <i>Dill</i> | <i>Rosemary</i> | <i>Vanilla extract</i> |

DAILY BEVERAGES

| | |
|------------------|----------------------|
| <i>Coffee</i> | <i>Mineral water</i> |
| <i>Green tea</i> | <i>Water</i> |

Additional essential micronutrient supplements to consider:

Iron: This mineral aids in the prevention and treatment of several autoimmune conditions, including chronic fatigue syndrome, celiac disease, and Crohn's disease. Try to get 8 milligrams (men) or 18 milligrams (women) per day, either through your food or in supplement form.

Note: It is imperative that you take iron in supplement form at a separate time from your multivitamin (nutreince). Iron is the most competitive micronutrient, conflicting with 10 other micronutrients. Take it midday on an empty stomach.

Omega-3s: Omega-3 supplementation has demonstrated benefits (reduced pain and inflammation) for individuals suffering from autoimmune conditions, including psoriasis, Crohn's disease, lupus, rheumatoid arthritis, and multiple sclerosis. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take approximately 1,000 milligrams of omega-3s in supplement form with your AM multivitamin (nutreince) and 1,000 milligrams with your PM multivitamin. Opt for Origin Omega or try to find an omega-3 supplement with a greater amount of EPA than DHA, if possible.

Selenium and iodine: Most people with Hashimoto's are not iodine deficient, but taking a multivitamin with iodine can be helpful to support thyroid function. Caution should be exercised when taking high doses of iodine, because iodine has been implicated in triggering Hashimoto's. The doses of iodine present in nutreince are well tolerated by most people with Hashimoto's. Iodine absorption is greatly improved with the supplementation of a key synergist, selenium. While the AM dose of nutreince already contains 70 micrograms of selenium, we suggest that those with Hashimoto's take an additional 200 micrograms in the form of selenomethionine with their AM nutreince. Iodine's other synergistic micronutrients—vitamins A and E, iron, and zinc—are already supplied in ample amounts, as is vitamin D, which is likely deficient in those with this condition. nutreince is approved for individuals with Hashimoto's.

Additional beneficial supplements to consider:

Digestive enzymes: These can assist with digestion and enhance micronutrient availability and absorption. Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes. Betaine with pepsin may especially be beneficial for eliminating fatigue.

Curcumin: This active ingredient that gives turmeric its yellow color has an anti-inflammatory effect similar to that of cortisone, the prescription drug commonly dispensed for inflammation. In studies, it has been shown to remove amyloid plaque buildup in the brain that can cause Alzheimer's.

The Autoimmune Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan.

Approved Miracle Pesto: Dairy-Free, Nut-Free Basil Miracle Pesto

Approved Miracle Butters: Herb Miracle Butter, Avocado Potassium-Packed Miracle Butter, Garlic-Parmesan Miracle Butter

Approved SKINNYFat Infusion: SKINNYFat Pizza in a Bottle Italian-Infused Oil (omit the hot peppers)

Approved SKINNYFat Salad Dressings: Simple SKINNYFat Italian Dressing (omit black pepper), SKINNYFat Parmesan-Peppercorn Dressing (omit peppercorn), Really Creamy SKINNYFat Blue Cheese Dressing

DAY 1 (Sunday)

9:00 a.m. *Greek Yogurt and Fruit Bowl (page 298) or Baked Apple à la Micronutrient Miracle Mode (page 299)*

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Miracle Chinese Fried “Rice” (page 306)

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Miracle Chinese Fried “Rice”

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with asparagus and choice of approved Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and asparagus with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Lamb Kabobs (page 308) and Tzatziki (page 287); omit the tomato from kabobs

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Lamb Kabobs and Tzatziki

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287); omit the cayenne pepper, paprika, and garam masala and replace with 1 tsp each of garlic powder, cinnamon, and onion powder

DAY 5 (Thursday)**7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)**3:30 p.m.** Triple Threat Pudding (page 280)**7:30 p.m.** Bun-less beef burger and Oven-Roasted Brussels Sprouts (page 319)**DAY 6 (Friday)****7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Broccoli Cheese Soup (page 294)**3:30 p.m.** Traditional Triple Threat Shake (page 278)**7:30 p.m.** Grilled steak with choice of approved Miracle Pesto or Miracle Butter (pages 282–285) and Cauliflower Mash (page 319)**DAY 7 (Saturday)****9:00 a.m.** *Speedy Salmon Cakes (page 296) and eggs any style with grapefruit (or preferred fruit)***1:00 p.m.** Traditional Triple Threat Shake (page 278)**5:00 p.m.** Fish with sautéed spinach, onions, and garlic**9:00 p.m.** Chocolate Triple Threat Ice Cream (page 281)

Digestive Health

This plan is specifically designed for individuals who are suffering from a digestive health issue. This protocol will help you to create an internal environment that will aid in healing the digestive system and reduce intestinal permeability (leaky gut).

The Digestive Health protocol is designed for individuals who have:

- Irritable bowel syndrome
- Leaky gut
- Inflammatory bowel disease
- Colitis or ulcerative colitis
- Heartburn/gastroesophageal reflux disease (the Ketogenic protocol also works well for this)

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#7: Purchasing new nontoxic alternatives for your beauty, cleaning, and hygiene products is especially important while following this protocol.

#8: Individuals suffering from digestive issues often have difficulty absorbing the micronutrients in food, as well as in capsules and pills. Therefore, taking a well-formulated liquid multivitamin, like Nutreince, is essential for sufficiency. Use the free online stack-up quiz to compare any other prospective multivitamin (MultivitaminStackUpQuiz.com).

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this protocol, as it will provide you with the amino acid L-glutamine, which has been shown to have an anti-inflammatory effect that can aid in the healing of the intestinal lining by repelling gut irritants. And researchers believe that the whey component alpha-lactalbumin may help prevent gastric injury, ulcers, and other gastrointestinal pathologies.

EMD ALERT: During this protocol, avoid antacids as well as aspirin, ibuprofen, or other NSAIDs, as they could irritate your gastrointestinal tract lining.

DAILY LIMITS: The daily limits for the Digestive Health protocol are slightly stricter than for our Signature plan. For the next 28 days, adhere to the following limits.

Starches/fruits/nuts/seeds: Two servings per week, but with restrictions. You can still enjoy a total of two gluten-free starches or two fruits each week (or one of each). However, eliminate all grains, nuts, seeds, berries, and beans, as they may cause digestive issues in some.

Alcohol: Rather than having one or two glasses a day, eliminate alcohol altogether for the next 28 days to allow for gut healing.

Caffeinated drinks: Try to eliminate caffeinated drinks during this protocol and drink only decaffeinated beverages; however, if you *need* caffeine, limit your intake to one cup per day.

Bone broth: Add this food to your daily protocol. Try to drink a small cup of homemade bone broth each morning for the next 28 days.

Beneficial micronutrients used in the prevention and treatment of digestive conditions:

| | | |
|------------------------------|-------------------------------|----------------------------|
| <i>Vitamin A</i> | <i>Vitamin B₇</i> | <i>Iron</i> |
| <i>Vitamin B₁</i> | <i>Vitamin B₉</i> | <i>Magnesium</i> |
| <i>Vitamin B₂</i> | <i>Vitamin B₁₂</i> | <i>Phosphorus</i> |
| <i>Vitamin B₃</i> | <i>Vitamin C</i> | <i>Zinc</i> |
| <i>Vitamin B₅</i> | <i>Vitamin D</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin B₆</i> | <i>Calcium</i> | |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial to digestive health. Additionally, the spices and beverages listed below have been shown to have an anti-inflammatory effect. We have adjusted your 28-day menu suggestions to include many of these Rich Food choices. Choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|-----------------------|----------------------|-----------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Sardines</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Scallops</i> |
| <i>Chicken</i> | <i>Organ meats</i> | <i>Shrimp</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Snapper</i> |
| <i>Crab</i> | <i>Pork</i> | <i>Tuna</i> |
| <i>Dungeness crab</i> | <i>Rainbow trout</i> | <i>Turkey</i> |
| <i>Herring</i> | <i>Salmon</i> | <i>Venison</i> |

DAIRY

| | |
|---------------|---------------|
| <i>Cheese</i> | <i>Milk</i> |
| <i>Cream</i> | <i>Yogurt</i> |

FATS

| | |
|--------------------|--------------------------|
| <i>Butter</i> | <i>Eggs (with yolks)</i> |
| <i>Coconut oil</i> | <i>SKINNYFat*</i> |

*SKINNYFat is perfect for the more than 25 million Americans with a removed or poorly functioning gall-bladder. Because MCTs (the main ingredient in SKINNYFat) do not need bile salts or pancreatic enzymes for digestion, SKINNYFat is easily digestible.

NONSTARCHY VEGETABLES

| | | |
|-------------------------|--------------------------|-------------------------|
| <i>Asparagus</i> | <i>Cauliflower</i> | <i>Onion</i> |
| <i>Avocado</i> | <i>Chile peppers</i> | <i>Romaine lettuce</i> |
| <i>Bell peppers</i> | <i>Dark leafy greens</i> | <i>Snow peas</i> |
| <i>Broccoli</i> | <i>Garlic</i> | <i>Spinach (cooked)</i> |
| <i>Brussels sprouts</i> | <i>Kale</i> | <i>Sprouts</i> |
| <i>Cabbage</i> | <i>Mushrooms</i> | <i>Swiss chard</i> |

STARCHES

| | | |
|-------------------|-----------------|-----------------------|
| <i>Green peas</i> | <i>Potatoes</i> | <i>Sweet potatoes</i> |
|-------------------|-----------------|-----------------------|

FRUITS

| | | |
|-------------------|----------------|---------------------|
| <i>Bananas</i> | <i>Oranges</i> | <i>Strawberries</i> |
| <i>Grapefruit</i> | <i>Prunes</i> | <i>Watermelon</i> |
| <i>Limes</i> | <i>Raisins</i> | |

NUTS AND SEEDS

Eliminated

BENEFICIAL SPICES

| | | |
|--------------------|----------------------|-----------------|
| <i>Cardamom</i> | <i>Dill</i> | <i>Sage</i> |
| <i>Chile spice</i> | <i>Garlic powder</i> | <i>Turmeric</i> |
| <i>Cinnamon</i> | <i>Ginger</i> | |
| <i>Cloves</i> | <i>Onion powder</i> | |

DAILY BEVERAGES

| | | |
|------------------|----------------------|--------------|
| <i>Coffee</i> | <i>Herbal teas</i> | <i>Water</i> |
| <i>Green tea</i> | <i>Mineral water</i> | |

Additional essential micronutrient supplements to consider:

Iron: Individuals suffering from leaky gut and other digestive health issues are prone to iron deficiency due to malabsorption. Try to get 8 milligrams (men) or 18 milligrams (women) per day, either through your food or in supplement form.

Note: It is imperative that you take iron in supplement form at a separate time from your multivitamin (nutreince). Iron is the most competitive

micronutrient, conflicting with 10 other micronutrients. Take it midday on an empty stomach.

Omega-3: Omega-3s play a vital role in helping to ensure optimum digestion and healthy bowel function. In studies, supplementation has been shown to reduce the inflammation and pain associated with leaky gut and ulcerative colitis. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take approximately 1,000 milligrams of omega-3s in supplement form with your AM multivitamin (nutreince) and 1,000 milligrams with your PM multivitamin. Opt for Origin Omega or try to find an omega-3 supplement with a greater amount of EPA than DHA, if possible.

Additional beneficial supplements to consider:

Digestive enzymes: These can assist with digestion and enhance micronutrient availability and absorption. Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes, such as bromelain, ox bile, pancreatin, papain, pepsin, and betaine HCL. Remember, taking betaine HCL with pepsin can alleviate heartburn efficiently with medication.

Curcumin: This active ingredient found in the Indian spice turmeric can be very helpful for digestive issues. Not only can it treat pain directly, but it also has anti-inflammatory properties similar to cortisone, the prescription drug commonly dispensed for inflammation. In studies, it has been shown to prevent ulcerations, including gastritis, peptic ulcers, irritable bowel syndrome, and colitis.

Licorice root: Drink this herbal tea or chew it in wafers (look for DGL—a specific type of licorice) before meals to guard against digestive issues. Licorice root increases the production of mucin, which protects the gut lining from stomach acid.

Peppermint oil capsules: Choose capsules that are enteric coated to ensure that they make it deep into your digestive tract before dissolving. This oil relaxes the muscles of the intestinal walls, preventing dyspepsia (indigestion).

Ginger tea: Ginger soothes the gut and has been used for generations as a digestive aid.

L-glutamine: This amino acid that heals the epithelial cells lining the small intestine will already be supplemented through the addition of IN.POWER whey protein. If you are omitting the protein Triple Threat meal replacement shakes, you may want to consider supplementation with 2 to 4 grams of powdered L-glutamine. You can add this to your nutreince multivitamin drink or to cold water taken separately from your meals.

The Digestive Health Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan.

Approved Miracle Pesto: Dairy-Free, Nut-Free Basil Miracle Pesto

Approved Miracle Butters: All Miracle Butters

Approved SKINNYFat Infusions: All SKINNYFat Infusions

Approved SKINNYFat Salad Dressings: All SKINNYFat salad dressings

DAY 1 (Sunday)

9:00 a.m. *Greek Yogurt and Fruit Bowl (page 298) or Baked Apple à la Micronutrient Miracle Mode (page 298)*

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307)

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with asparagus and choice of approved Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and asparagus with choice of SKINNYFat salad dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287)

DAY 5 (Thursday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Bun-less beef burger and Oven-Roasted Brussels Sprouts (page 319)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Broccoli Cheese Soup (page 294)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of approved Miracle Pesto or Miracle Butter (pages 282–285) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Fish and Chips (page 317); substituting the rice flour with $\frac{2}{3}$ cup coconut flour and $\frac{1}{3}$ cup arrowroot flour*

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

Blood Sugar Regulation

This plan is specifically designed for individuals who are suffering from blood sugar–related health issues. This protocol will help you create an internal environment that will aid in regulating your blood sugar levels naturally. You may also want to consider our Ketogenic protocol.

The Blood Sugar Regulation protocol is designed for individuals who have:

- Dysglycemia
- Hypoglycemia
- Type 1 or 2 diabetes

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#2: Make sure to be keenly aware of eliminating MSG, BPA, and phthalates. Research indicates that BPA triggers the release of almost double the insulin actually needed to break down food. High insulin levels can desensitize the body to the hormone over time, which in some people may then lead to weight gain and type 2 diabetes.

#6: Make sure to practice both ZMT and One Set To Failure; a 2012 study published in the *Archives of Internal Medicine* (now *JAMA Internal Medicine*) showed that men who lifted weights and added in regular cardiovascular exercise (like our ZMT training) slashed their risk of type 2 diabetes by 59 percent.

#8: Micronutrient supplementation is key for regulating blood sugar levels. Make sure that your multivitamin contains beneficial quantities of key micronutrients, such as vitamins D and K, magnesium, and all eight forms of vitamin E. Nutreince contains beneficial quantities of all these, along with the safest, most-absorbable form of chromium—chromium polynicotinate, a pure niacin-bound form identified by US government researchers as the active component of true GTF (Glucose Tolerance Factor), which regulates the body's use of glucose and helps to balance blood sugar levels. Vanadium, a mineral that studies suggest may improve glucose tolerance, is also added to Nutreince. Use the free online quiz to compare other prospective multivitamins at MultivitaminStackUpQuiz.com.

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this protocol, as whey protein supplementation has been shown to lower blood glucose levels by nearly 30 percent. It will also provide you with the amino acid L-glutamine, which has been shown to aid in sugar cravings. In addition to your Triple Threat Shakes, studies suggest that taking whey protein (in the equivalent of one scoop of IN.POWER) approximately 30 minutes before each solid meal significantly reduced blood glucose levels even in subjects with the most severe insulin resistance—without affecting the rate of insulin secretion.

EMD ALERT: Be extremely cautious. Read all ingredient labels to verify that products do not contain any hidden sugar. Additionally, don't forget to properly prepare foods that contain EMDs to reduce possible depletion.

DAILY LIMITS: The daily limits for the Blood Sugar Regulation protocol are slightly stricter than for our Signature plan. For the next 28 days, adhere to the following limits.

Starches/fruits/nuts/seeds: One serving per week. You can enjoy a total of one gluten-free starch or one fruit or 1 serving of nuts/seeds once a week.

Alcohol: Rather than having one or two glasses a day, limit alcohol to up to three glasses a week. Eliminate gluten-free beers, or limit yourself to one.

Caffeinated drinks: Two cups daily (same as the Signature plan). The chlorogenic acid found in coffee and tea has been shown to reduce insulin resistance and chronic inflammation.

Bone broth: Add this food to your daily protocol. Try to drink homemade bone broth frequently; your collagen—the structural matrix of your body—can be damaged due to chronically high blood sugar levels.

Beneficial micronutrients used in the prevention and treatment of blood sugar regulation:

| | | |
|------------------------------|------------------|----------------------------|
| <i>Choline</i> | <i>Vitamin C</i> | <i>Magnesium</i> |
| <i>Vitamin B₃</i> | <i>Vitamin D</i> | <i>Manganese</i> |
| <i>Vitamin B₅</i> | <i>Vitamin E</i> | <i>Zinc</i> |
| <i>Vitamin B₆</i> | <i>Vitamin K</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin B₇</i> | <i>Chromium</i> | |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial to blood sugar regulation. We have adjusted your 28-day menu suggestions to include many of these Rich Food choices. Make an effort to choose these Rich Foods when designing personalized menus or eating out.

PROTEINS

| | | |
|-----------------------|----------------------|-----------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Sardines</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Scallops</i> |
| <i>Chicken</i> | <i>Organ meats</i> | <i>Shrimp</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Snapper</i> |
| <i>Crab</i> | <i>Pork</i> | <i>Tuna</i> |
| <i>Dungeness crab</i> | <i>Rainbow trout</i> | <i>Turkey</i> |
| <i>Herring</i> | <i>Salmon</i> | <i>Venison</i> |

DAIRY

| | |
|-----------------------------------|---------------|
| <i>Cheese, specifically Gouda</i> | <i>Milk</i> |
| <i>Cream</i> | <i>Yogurt</i> |

FATS

| | |
|--------------------|--------------------------|
| <i>Butter</i> | <i>Eggs (with yolks)</i> |
| <i>Coconut oil</i> | <i>SKINNYFat*</i> |

*Use SKINNYFat in recipes whenever possible as it is virtually impossible to store as body fat. Peer-reviewed published research also shows that MCT oil (the main ingredient in SKINNYFat) increases metabolism, reduces body fat, and improves insulin sensitivity and glucose tolerance, while the long-chain triglycerides in the coconut oil in SKINNYFat aid in the absorption of your essential micronutrients.

NONSTARCHY VEGETABLES

| | | |
|-------------------------|--------------------------|-------------------------|
| <i>Avocado</i> | <i>Chile peppers</i> | <i>Onions</i> |
| <i>Bell peppers</i> | <i>Dark leafy greens</i> | <i>Romaine lettuce</i> |
| <i>Broccoli</i> | <i>Garlic</i> | <i>Snow peas</i> |
| <i>Brussels sprouts</i> | <i>Kale</i> | <i>Spinach (cooked)</i> |
| <i>Cabbage</i> | <i>Mushrooms</i> | <i>Swiss chard</i> |
| <i>Cauliflower</i> | <i>Mustard greens</i> | <i>Tomatoes</i> |

STARCHES

| | |
|-------------------|-----------------------|
| <i>Green peas</i> | <i>Quinoa</i> |
| <i>Potatoes</i> | <i>Sweet potatoes</i> |

FRUITS

| | | |
|--|-------------------|---------------------|
| <i>Bananas</i> | <i>Grapefruit</i> | <i>Pineapple</i> |
| <i>Coconut water (counts as a fruit, not as a beverage; check carefully for sugar)</i> | <i>Limes</i> | <i>Strawberries</i> |
| | <i>Oranges</i> | <i>Watermelon</i> |
| | <i>Papaya</i> | |

NUTS AND SEEDS

| | | |
|-------------------|-----------------------|------------------------|
| <i>Almonds</i> | <i>Hazelnuts</i> | <i>Sesame seeds</i> |
| <i>Cashews</i> | <i>Peanuts</i> | <i>Sunflower seeds</i> |
| <i>Chia seeds</i> | <i>Pine nuts</i> | <i>Walnuts</i> |
| <i>Flaxseed</i> | <i>Pumpkins seeds</i> | |

BENEFICIAL SPICES

| | | |
|----------------------|---------------------|-----------------|
| <i>Chile spice</i> | <i>Marjoram</i> | <i>Rosemary</i> |
| <i>Cinnamon</i> | <i>Onion powder</i> | <i>Turmeric</i> |
| <i>Garlic powder</i> | <i>Oregano</i> | |

DAILY BEVERAGES

Coffee

Mineral water

Green tea

Water

Additional essential micronutrient supplements to consider:

Omega-3s: Studies show that people on a weight-loss diet that included fat-rich fish daily had improved glucose and insulin metabolism. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take approximately 1,000 milligrams of omega-3s in supplement form with your AM multivitamin (nutreince) and 1,000 milligrams with your PM multivitamin. Opt for Origin Omega or try to find an omega-3 supplement with a greater amount of EPA than DHA, if possible.

Additional beneficial supplements to consider:

Curcumin: In studies, curcumin, the active ingredient in the Indian spice turmeric, has been shown to switch on the liver genes that keep glucose levels in check. It improves the pancreas's ability to make insulin and helps slow down the metabolism of carbohydrates after meals.

Blood Sugar Regulation Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan.

Feel free to choose from any of the Miracle Pestos, Miracle Butters, SKINNYFat Salad Dressings, and SKINNYFat Infusions, as they all fit into the Blood Sugar Regulation protocol.

DAY 1 (Sunday)

9:00 a.m. Greek Yogurt and Fruit Bowl (page 298) and an egg any style; omit the fruit

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307)

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with broccoli and choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)**7:30 a.m.** Triple Threat Cheesecake (page 281)**12:00 p.m.** Big salad with leftover salmon and broccoli with choice of SKINNYFat dressing (pages 288–289)**3:30 p.m.** Traditional Triple Threat Shake (page 278)**7:30 p.m.** Greek Chicken (page 304)**DAY 4 (Wednesday)****7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Leftover Greek Chicken**3:30 p.m.** Triple Threat Pudding (page 280)**7:30 p.m.** Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287) and optional Indian Garlic-Butter Cheese Non-Naan (page 321)**DAY 5 (Thursday)****7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)**3:30 p.m.** Triple Threat Pudding (page 280)**7:30 p.m.** Bun-less beef burger and Oven-Roasted Brussels Sprouts (page 319)**DAY 6 (Friday)****7:30 a.m.** Traditional Triple Threat Shake (page 278)**12:00 p.m.** Broccoli Cheese Soup (page 294)**3:30 p.m.** Traditional Triple Threat Shake (page 278)**7:30 p.m.** Grilled steak with choice of a Miracle Pesto (page 282–283) and Cauliflower Mash (page 319)**DAY 7 (Saturday)****9:00 a.m.** Speedy Salmon Cakes (page 296) and eggs any style**1:00 p.m.** Traditional Triple Threat Shake (page 278)**5:00 p.m.** *Fish and Chips* (page 317)**9:00 p.m.** Chocolate Triple Threat Ice Cream (page 281)

Ketogenic

This advanced plan is specifically designed for individuals who are looking to burn fat at an accelerated pace or who are suffering from chronic health conditions. It will help you to create an internal environment that is optimal for healing and rebalancing the body, as well as accelerated fat loss. When deciding

between the Fat Loss and Ketogenic protocols, it is important to consider your level of commitment, as the Ketogenic plan will require far greater limitations. *Note:* If you plan on following the Ketogenic protocol and you have a condition for which we have offered a separate condition-specific plan, please make sure to read that condition-specific protocol and incorporate the tips and tweaks into your Ketogenic plan.

The Ketogenic protocol is designed for individuals who are/have:

- Overweight/obese
- Neurological problems (multiple sclerosis, Parkinson's, Alzheimer's)
- Epilepsy
- Type 2 diabetes
- Cancer
- Osteoporosis/osteopenia
- High cholesterol/triglycerides
- ADHD (attention deficit hyperactivity disorder)
- AIDS
- Digestive conditions

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#2: Research indicates that BPA triggers the release of almost double the insulin actually needed to break down food. High insulin levels can desensitize the body to the hormone over time, which in some people may lead to weight gain and type 2 diabetes. Make sure to be keenly aware of eliminating MSG, BPA, and phthalates.

#5: Stress reduction is very important for optimal fat loss, as stress increases the release of cortisol, a hormone that spikes appetite and increases fat storage in the belly region.

#6: If accelerated fat loss is your goal, increase your ZMT sessions from three or four per week to six or seven. Also, make an effort to get out and walk, bike, hike, row, or do any other type of physical movement at a moderate pace for 45 minutes per day.

#7: Purchasing nontoxic household and beauty goods will ensure that they are not causing a hormonal imbalance, resulting in weight gain. Try to follow our Top 10 Terrific Tricks to Reduce Household Toxins.

#8: As diets become more restrictive, the micronutrients supplied in the allowed foods are often limited. For this reason, taking nutreince, or another well-formulated multivitamin, is imperative on a ketogenic plan.

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this protocol, as it will provide you with the amino acids L-glutamine and L-tryptophan, which have been shown to reduce sugar cravings, aid in the regulation of metabolism, and promote healthy cholesterol levels. Additionally, the SKINNYFat in each shake will keep you in a ketogenic state and satiate you throughout the day. Make sure to prepare all puddings and ice creams with heavy cream instead of coconut milk. This will reduce your overall carbohydrate count.

DAILY LIMITS: The daily limits for the Ketogenic protocol are much stricter than for our Signature plan. For the next 28 days, adhere to the following limits.

Starches/fruits/nuts/seeds: You will eliminate all starches and fruits, but you can enjoy 1 serving of nuts or seeds per week.

Fat and protein: While other protocols do not require a specific ratio of fat to protein intake, the Ketogenic protocol does. We do not restrict calories in this protocol, but maintaining a ratio of at least 70 percent fat and 30 percent protein is imperative. To accomplish this ratio, you must eat an equal number of grams for both fat and protein. For example, if you eat 25 grams of fat and 25 grams of protein, you would be at this beneficial 70/30 ratio. However, a ratio of 80 percent fat and 20 percent protein is optimal. To accomplish this, you must eat *more* grams of fat than protein at each meal. This would mean that if you eat 25 grams of protein, you would need to eat 45 grams of fat. To determine a meal's ratio, make sure to look at its calories. While each gram of fat has 9 calories, each gram of protein has only 4. Let's look at an example to determine a meal's percentage of both fat and protein.

$$25 \text{ grams of fat} \times 9 \text{ calories} = 225 \text{ calories of fat}$$

$$25 \text{ grams of protein} \times 4 \text{ calories} = 100 \text{ calories of protein}$$

$$225 \text{ calories of fat} \div 325 \text{ total calories } (225 + 100 = 325) = 70\% \text{ fat}$$

This means that 70 percent of the caloric value of the meal is from fat, leaving 30 percent of the calories from protein. While on this protocol, make sure the number of grams of fat in each meal never drops below the grams of protein. When in doubt, always err on the side of more fat. Additionally, you will be ingesting a minimal amount of carbohydrates on this protocol (which contain 4 calories per gram). Keep these to below 10 percent of your total caloric intake.

Nonstarchy vegetables: Keep approved vegetables to a minimum. Either choose half servings or eliminate them entirely from either one or both meals in order to best achieve ketosis.

Alcohol: Rather than having one or two glasses a day, limit alcohol to up to three glasses a week. Gluten-free beer is off-limits. Spirits are the preferable source of alcohol on the Ketogenic protocol, followed by red wine, then white wine.

Caffeinated drinks: Two cups daily (same as the Signature plan). The chlorogenic acid in coffee and tea has been shown to reduce insulin resistance and chronic inflammation.

SETTING YOUR SCHEDULE: When following the Ketogenic protocol, it is very important to keep the body primed with fat, and therefore it is imperative to eat every 3 to 5 hours. Also, studies have verified that weight loss can be improved when undergoing an intermittent fast. To best achieve this, opt for scheduling options 4, 5, or 6 from Chapter 7 (see page 209) and make two consecutive meals Triple Threat Shakes or puddings. (In option 4, your two consecutive shakes are your last meal of the day followed by your first meal the next morning, allowing you to still achieve the fasting goal.) You don't need to do this every day, either; you can choose this option as often as you like.

Beneficial micronutrients while on a Ketogenic protocol for accelerated fat loss or healing:

| | | |
|-------------------------------|-------------------|----------------------------|
| <i>Vitamin A</i> | <i>Vitamin D</i> | <i>Phosphorus</i> |
| <i>Vitamin B₁</i> | <i>Vitamin E</i> | <i>Potassium</i> |
| <i>Vitamin B₂</i> | <i>Vitamin K</i> | <i>Selenium</i> |
| <i>Vitamin B₃</i> | <i>Calcium</i> | <i>Silicon</i> |
| <i>Vitamin B₅</i> | <i>Chromium</i> | <i>Zinc</i> |
| <i>Vitamin B₆</i> | <i>Copper</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin B₇</i> | <i>Iodine</i> | <i>Omega-6 fatty acids</i> |
| <i>Vitamin B₉</i> | <i>Iron</i> | <i>(GLA)</i> |
| <i>Vitamin B₁₂</i> | <i>Magnesium</i> | <i>Alpha-lipoic acid</i> |
| <i>Choline</i> | <i>Manganese</i> | <i>CoQ10</i> |
| <i>Vitamin C</i> | <i>Molybdenum</i> | |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed on pages 250 and 251 are high in the essential micronutrients shown to be beneficial to fat loss, healing, and rebalancing. We have adjusted your 28-day menu suggestions to include these Rich Food choices in the optimal fat/protein ratio. Choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|----------------------------|----------------------|---------------------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Scallops</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Shrimp</i> |
| <i>Chicken (dark meat)</i> | <i>Organ meats</i> | <i>Snapper</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Tuna</i> |
| <i>Cod</i> | <i>Pork</i> | <i>Turkey (dark meat)</i> |
| <i>Crab</i> | <i>Rainbow trout</i> | <i>Venison</i> |
| <i>Dungeness crab</i> | <i>Salmon</i> | |
| <i>Herring</i> | <i>Sardines</i> | |

DAIRY

| | |
|--------------|--|
| <i>Cream</i> | <i>High-fat cheese, specifically Gouda</i> |
|--------------|--|

FATS

| | | |
|---------------------|--------------------------|-------------------|
| <i>Butter</i> | <i>Coconut oil</i> | <i>SKINNYFat*</i> |
| <i>Cocoa butter</i> | <i>Eggs (with yolks)</i> | |

*Use SKINNYFat in recipes whenever possible, as it is virtually impossible to store as body fat. Peer-reviewed published research also shows that MCT oil (the main ingredient in SKINNYFat) increases ketone production, which then boosts metabolism, reduces body fat, and improves insulin sensitivity and glucose tolerance. Meanwhile, the long-chain triglycerides in the coconut oil in SKINNYFat aid in the absorption of essential micronutrients.

NONSTARCHY VEGETABLES

| | | |
|--------------------------|-----------------------------------|-------------------|
| <i>Avocado</i> | <i>Garlic</i> | <i>Sauerkraut</i> |
| <i>Asparagus</i> | <i>Mushrooms</i> | <i>Seaweed</i> |
| <i>Cabbage</i> | <i>Onions</i> | <i>Sprouts</i> |
| <i>Celery</i> | <i>Red or green chile peppers</i> | |
| <i>Dark leafy greens</i> | <i>Romaine lettuce</i> | |

STARCHES

Eliminated

FRUITS

Eliminated

NUTS AND SEEDS

| | |
|-----------------------|----------------|
| <i>Brazil nuts</i> | <i>Pecans</i> |
| <i>Macadamia nuts</i> | <i>Walnuts</i> |

BENEFICIAL SPICES

| | | |
|--------------------------------|------------------------|--------------------------|
| <i>Black pepper</i> | <i>Cumin</i> | <i>Onion powder</i> |
| <i>Cardamom</i> | <i>Garlic powder</i> | <i>Red-pepper flakes</i> |
| <i>Cayenne pepper</i> | <i>Ginger</i> | <i>Turmeric</i> |
| <i>Chile pepper (chipotle)</i> | <i>Jalapeño pepper</i> | |
| <i>Cinnamon</i> | <i>Mustard</i> | |

DAILY BEVERAGES

| | | |
|------------------|----------------------|-------------------|
| <i>Black tea</i> | <i>Green tea</i> | <i>Oolong tea</i> |
| <i>Coffee</i> | <i>Mineral water</i> | <i>Water</i> |

Additional essential micronutrient supplements to consider:

Iron: This mineral aids in fatty acid metabolism and is necessary for the production of carnitine, which metabolizes fat. Try to get 8 milligrams (men) or 18 milligrams (women) per day, either through your food or in supplement form.

Note: It is imperative that you take iron in supplement form at a separate time from your multivitamin (nutreince). Iron is the most competitive micronutrient, conflicting with 10 other micronutrients. Take it midday on an empty stomach.

Omega-3s: Studies show that omega-3s can both increase oxidation of fat by activating genes that break down fat and reduce the number of overall fat cells. Additionally, studies show that people on a weight-loss diet that included fat-rich fish daily had improved glucose and insulin metabolism. Omega-3 supplementation has demonstrated benefits (reduced pain and inflammation) for individuals suffering from multiple sclerosis, Parkinson's, and Alzheimer's. Individuals with heart disease should also supplement with omega-3s; in a large study of more than 11,000 people with heart disease, the daily consumption of about 1 gram of fish oil reduced cardiovascular mortality by 30 percent and sudden cardiac death by 45 percent. And for those following the Ketogenic plan to treat osteoporosis, EPA and DHA from animal-derived omega-3s help to maintain or increase bone mass; enhance calcium absorption, retention, and bone deposits; and improve bone strength. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take omega-3s in supplement form at the same time as your multivitamin (nutreince). Opt for Origin Omega or try to find a supplement with a greater amount of EPA than DHA, if possible.

Omega-6 (GLA): While we strive to keep omega-6 levels low and in balance with omega-3s on the Micronutrient Miracle plan, gamma-linolenic acid (GLA)

is an omega-6 fatty acid that has anti-inflammatory properties similar to omega-3s, unlike other omega-6s, which are considered inflammatory. Studies show that supplementing with GLA can help prevent heart disease, osteoporosis, and hypertension.

Note: You can take GLA in supplement form at the same time as your multivitamin.

Additional beneficial supplements to consider:

Alpha-lipoic acid (ALA): This is a powerful antioxidant/anti-inflammatory supplement that can have an “antiobesity effect,” resulting in decreased appetite, increased activity levels, and decreased abdominal fat. Individuals deficient in ALA have been shown to have an increased likelihood of being overweight or obese. (If using nutreince, take with PM dose.)

L-carnitine/acetyl-L-carnitine: This micronutrient is critical for energy formation and an active metabolism. Alpha-lipoic acid, along with acetyl-L-carnitine, work together to increase metabolism and lower oxidative stress more than either compound alone. A 5:1 ratio of L-carnitine to ALA may be optimal.

CoQ10: Similar to ALA and acetyl-L-carnitine, CoQ10 is a powerful antioxidant/anti-inflammatory that assists with energy production. CoQ10 has been shown to be beneficial for treating and preventing obesity, enhancing metabolism, and supporting optimal energy and endurance. In one study, individuals found to be deficient in CoQ10 were given CoQ10 supplementation (100 milligrams/day) and in only 9 weeks they had lost an incredible average of 30 pounds. If you are currently taking a statin, we highly suggest supplementing with CoQ10.

L-glutamine: This amino acid has been shown to reduce sugar cravings and enhance metabolism. It will already be supplemented through the addition of IN.POWER whey protein. If you are omitting the protein Triple Threat meal replacement shakes, you may want to consider supplementation with 2 to 4 grams of powdered L-glutamine. You can add this to your nutreince multivitamin drink or into cold water taken separately from your meals.

Curcumin: This active ingredient found in the Indian spice turmeric can be very helpful both as an anti-inflammatory and as a blood sugar regulator. In studies, it has been shown to switch on the liver genes that keep glucose levels in check. It improves the pancreas’s ability to make insulin and helps slow down the metabolism of carbohydrates after meals. Additionally, curcumin can be very helpful in maintaining heart health by reducing cholesterol oxidation, plaque buildup and clot formation, bad cholesterol (LDL), and the proinflammatory response. Finally, it benefits those with Alzheimer’s, as well, because it has been shown to reduce plaque buildup in the brain.

Digestive enzymes: Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes such as bromelain, ox bile, pancreatin, papain, pepsin, and betaine HCL. Betaine HCL may be especially important for this protocol, as it helps with the absorption of calcium and magnesium, two micronutrients that are critical for both building bone and eliminating cravings.

DHEA: Levels of DHEA drop with age. Most studies on the use of DHEA for fat or weight loss support its use for this purpose. This supplement has also been shown to be beneficial for stimulating bone growth and helping to prevent osteoporosis. DHEA should be taken with caution, though, because high doses may suppress the body's natural ability to make DHEA and may lead to liver damage (as shown in an animal study). Taking antioxidants—such as vitamins C and E and selenium—is recommended to prevent oxidative damage to the liver.

The Ketogenic Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan. Feel free to choose from any of the Miracle Pestos, Miracle Butters, SKINNYFat Salad Dressings, and SKINNYFat Infusions, as they all fit into the Ketogenic protocol. You should also remember that with this protocol *more* fat is preferred, so don't be shy about adding 2 to 4 frozen butter or pesto cubes to any recipe you like!

DAY 1 (Sunday)

9:00 a.m. Scrambled eggs (2 or 3) with cream cheese, Cheddar cheese, bacon or sausage, and ½ cup of mushrooms (jalapeño pepper optional)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Bun-less bacon cheeseburger with Really Creamy SKINNYFat Blue Cheese Dressing (or Dip) (page 289)

9:00 p.m. Triple Threat Pudding (page 281) made with heavy cream instead of coconut milk

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Egg salad made with 5-Minute SKINNYFat Mayonnaise (page 288) on a small bed of lettuce or in lettuce wraps

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon sautéed in choice of a Miracle Pesto or Miracle Butter (pages 282–285) and a small side salad with SKINNYFat salad dressing (pages 288–289)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281) made with heavy cream instead of coconut milk

12:00 p.m. Big salad with leftover salmon and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Fabulous Fajitas (page 316); omit the bell peppers and wraps and load up on all the toppings; add 1 Tbsp of SKINNYFat into the sour cream to make super-keto sour cream

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Fabulous Fajitas and all the toppings, including super-keto sour cream

3:30 p.m. Triple Threat Pudding (page 280) made with heavy cream instead of coconut milk

7:30 p.m. *Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287) and Indian Garlic-Butter Cheese Non-Naan (page 321);* add 1 Tbsp of SKINNYFat to raita recipe, and swap the Greek yogurt out for full-fat sour cream

DAY 5 (Thursday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and special keto-adapted Cooling Cucumber Raita

3:30 p.m. Triple Threat Pudding (page 280) made with heavy cream instead of coconut milk

7:30 p.m. Bacon and cheese baked onto two chicken thighs and served with Buffalo Wing Sauce (aka Jayson's Red Hot) (page 290) and celery sticks dipped in Really Creamy SKINNYFat Blue Cheese Dressing (page 289)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Broccoli Cheese Soup (page 294); lower broccoli content to 2 cups chopped

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Rib eye (or another higher-fat protein) and 1 cup sautéed mushrooms with choice of 4-Ingredient Blender Hollandaise Sauce (page 290) or a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296) with 4-Ingredient Blender Hollandaise Sauce (page 290) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Rotisserie or baked whole chicken with Buffalo Wing Sauce (aka Jayson's Red Hot) (page 290) and Really Creamy SKINNYFat Blue Cheese Dressing (page 289)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281) made with heavy cream instead of coconut milk

Cardiovascular Health

This plan is specifically designed for individuals who are suffering from cardiovascular health issues related to hypertension. This protocol will help you create an internal environment that will reduce inflammation while working toward healthy blood pressure. If you are looking to reduce your cholesterol/triglycerides levels, you may want to consider using our Ketogenic protocol.

The Cardiovascular Health protocol is designed for individuals who have:

- Hypertension/high blood pressure
- Heart disease

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#2: New studies reveal that blood pressure rises significantly immediately after ingesting foods from containers made with BPA. For this reason, it is important to avoid all the obesogenic toxins (MSG, BPA, phthalates).

#5: Stress reduction is very important for cardiovascular health, as stress increases the release of cortisol, a hormone that spikes appetite and increases visceral fat storage in the belly region, which has been shown to increase the risk of heart disease.

#6: Check with your doctor to make sure your heart is healthy enough for three or four ZMT sessions per week. If not, get out and walk, bike, hike, row, or do any other type of physical movement at a moderate pace for 45 minutes 3 or 4 days per week. Make sure to include the One Set To Failure weight-training plan, as studies have shown that lifting weights can reduce blood pressure as well as antihypertensive drugs.

#8: Taking a well-formulated multivitamin, like nutreince, that contains both forms of niacin (one to control blood sugar and the other to help regulate cholesterol levels) is important for your condition. Additionally, vitamin K₂ has been shown to be extremely beneficial in fighting arterial plaque and directing calcium out of the blood and into the bone. nutreince is also formulated to contain statin-safe levels of vitamins C and E. If opting for another supplement, make sure to evaluate the product using the quiz at MultivitaminStackUpQuiz.com. While many cardiovascular doctors prefer the use of products that don't contain vitamin K for patients on warfarin (Coumadin), we ask that you work with your doctor to find and regulate your prescription levels rather than omit this essential micronutrient with so many heart-healthy benefits.

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this heart-healthy protocol. There are two conditions that greatly contribute to cardiovascular disease being the leading cause of death in the United States—high blood pressure and elevated LDL. Research indicates that the peptides found in whey protein improve both of these factors. Blood pressure is modulated due to the opioid-like activity of several whey peptides—including alpha-lactalbumin and beta-lactoglobulin. And whey protein has a cholesterol-lowering effect, reducing LDL cholesterol through a decrease of VLDL (very low-density lipoprotein)—the type of cholesterol that modern science is now linking to cardiovascular disease.

DAILY LIMITS: The daily limits for the Cardiovascular Health protocol are the same as for our Signature plan. However, for the next 28 days, pay particular attention to the following micronutrients.

Potassium: Insufficient levels of potassium, calcium, and magnesium have been shown to cause high blood pressure. While the Cardiovascular Health protocol is designed to deliver sufficient amounts of calcium and magnesium through your food and a properly formulated multivitamin, such as nutreince, special attention is needed to accomplish this for potassium. Make an effort to consume potassium-rich foods when available. Foods that are high in potassium include avocado, coconut water, salmon, flounder, tuna, poultry, beef, pumpkin, cauliflower, dairy products (milk, cream, cheese, yogurt), artichokes, bananas, green peas, citrus fruits, dried apricots, prunes, raisins, acorn squash, mushrooms, green leafy vegetables,

legumes, melons, potatoes (with skin), and tomatoes. Some clients have had great success reducing blood pressure by adding one 16-ounce coconut water per day. For this protocol, coconut water is treated as a beverage, and one serving per day is allowed. Adding this beverage to your AM nutreince (not PM) is a great way to remember to drink it.

CoQ10: We have listed CoQ10 as an additional beneficial supplement below; however, we also want you to include foods high in CoQ10 as often as you can. These foods include beef, chicken, rainbow trout, herring, sesame seeds, pistachios, broccoli, cauliflower, eggs, and 100 percent chocolate (pure cocoa—no sugar).

Beneficial micronutrients while on the Cardiovascular Health protocol for hypertension:

| | | |
|-------------------------------|------------------|----------------------------|
| <i>Vitamin B₁</i> | <i>Vitamin E</i> | <i>Selenium</i> |
| <i>Vitamin B₂</i> | <i>Vitamin K</i> | <i>Silicon</i> |
| <i>Vitamin B₃</i> | <i>Calcium</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin B₆</i> | <i>Choline</i> | <i>Omega-6 fatty acids</i> |
| <i>Vitamin B₉</i> | <i>Chromium</i> | <i>(GLA)</i> |
| <i>Vitamin B₁₂</i> | <i>Copper</i> | <i>CoQ10</i> |
| <i>Vitamin C</i> | <i>Magnesium</i> | |
| <i>Vitamin D</i> | <i>Potassium</i> | |

POWERHOUSE PICKS: In addition to the foods listed above, choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial for reducing blood pressure and achieving cardiovascular health. We have adjusted your 28-day menu suggestions to include these Rich Food choices. Choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|-----------------------|----------------------|-----------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Scallops</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Shrimp</i> |
| <i>Chicken</i> | <i>Organ meats</i> | <i>Snapper</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Tuna</i> |
| <i>Cod</i> | <i>Pork</i> | <i>Turkey</i> |
| <i>Crab</i> | <i>Rainbow trout</i> | <i>Venison</i> |
| <i>Dungeness crab</i> | <i>Salmon</i> | |
| <i>Herring</i> | <i>Sardines</i> | |

DAIRY

| | |
|---------------------------------|---------------|
| <i>Cheese, especially Gouda</i> | <i>Milk</i> |
| <i>Cream</i> | <i>Yogurt</i> |

FATS

| | | |
|-------------------------------------|---------------------|--------------------------|
| <i>Butter</i> | <i>Cocoa butter</i> | <i>Eggs (with yolks)</i> |
| <i>Chocolate (100 percent pure)</i> | <i>Coconut oil</i> | <i>SKINNYFat*</i> |

*Using SKINNYFat can help you maintain healthy cholesterol levels by controlling LDL (bad) levels and increasing HDL (good) levels. The ketone bodies produced by SKINNYFat may actually be the preferred source of energy for both your heart and brain. This can be particularly beneficial for patients suffering from heart disease and diabetes. Use SKINNYFat in recipes whenever possible, as it is virtually impossible to store as body fat and can aid in the absorption of essential micronutrients.

NONSTARCHY VEGETABLES

| | | |
|--------------------------|-----------------------------------|------------------------|
| <i>Asparagus</i> | <i>Garlic</i> | <i>Romaine lettuce</i> |
| <i>Avocado</i> | <i>Green beans</i> | <i>Sauerkraut</i> |
| <i>Bell peppers</i> | <i>Kale</i> | <i>Snow peas</i> |
| <i>Broccoli</i> | <i>Mushrooms (crimini/</i> | <i>Spinach</i> |
| <i>Brussels sprouts</i> | <i>shiitake)</i> | <i>Sprouts</i> |
| <i>Cabbage</i> | <i>Mustard greens</i> | <i>Swiss chard</i> |
| <i>Cauliflower</i> | <i>Onions</i> | <i>Tomatoes</i> |
| <i>Celery</i> | <i>Pumpkin</i> | |
| <i>Dark leafy greens</i> | <i>Red or green chile peppers</i> | |

STARCHES

| | | |
|-----------------------|-----------------------------|-----------------------|
| <i>Acorn squash</i> | <i>Lentils</i> | <i>Quinoa</i> |
| <i>Brown rice</i> | <i>Lima beans</i> | <i>Sweet potatoes</i> |
| <i>Garbanzo beans</i> | <i>Oats</i> | |
| <i>Green peas</i> | <i>Potatoes (with skin)</i> | |

FRUITS

| | | |
|-------------------|----------------|---------------------|
| <i>Apples</i> | <i>Mango</i> | <i>Raisins</i> |
| <i>Bananas</i> | <i>Melons</i> | <i>Strawberries</i> |
| <i>Dates</i> | <i>Oranges</i> | <i>Watermelon</i> |
| <i>Grapefruit</i> | <i>Papaya</i> | |
| <i>Limes</i> | <i>Prunes</i> | |

NUTS AND SEEDS

| | | |
|--------------------|-------------------|------------------------|
| <i>Almonds</i> | <i>Flaxseed</i> | <i>Pecans</i> |
| <i>Brazil nuts</i> | <i>Hazelnuts</i> | <i>Pine nuts</i> |
| <i>Cashews</i> | <i>Hemp seeds</i> | <i>Sunflower seeds</i> |
| <i>Chia seeds</i> | <i>Peanuts</i> | <i>Walnuts</i> |

BENEFICIAL SPICES

| | | |
|--------------------------------|------------------------|--------------------------|
| <i>Basil</i> | <i>Cloves</i> | <i>Onion powder</i> |
| <i>Black pepper</i> | <i>Cumin</i> | <i>Oregano</i> |
| <i>Cardamom</i> | <i>Garlic powder</i> | <i>Red-pepper flakes</i> |
| <i>Cayenne pepper</i> | <i>Ginger</i> | <i>Thyme</i> |
| <i>Chile pepper (chipotle)</i> | <i>Jalapeño pepper</i> | <i>Turmeric</i> |
| <i>Cinnamon</i> | <i>Mustard</i> | |

DAILY BEVERAGES

| | | |
|---|----------------------|-------------------|
| <i>Black tea</i> | <i>Coffee</i> | <i>Oolong tea</i> |
| <i>Coconut water (1 serving per day; check carefully for sugar)</i> | <i>Green tea</i> | <i>Water</i> |
| | <i>Mineral water</i> | |

Additional essential micronutrient supplements to consider:

Omega-3s: In a large study of more than 11,000 people with heart disease, the daily consumption of about 1 gram of fish oil reduced cardiovascular mortality by 30 percent and sudden cardiac death by 45 percent. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take omega-3s in supplement form at the same time as your multivitamin (nutreince). Opt for Origin Omega or try to find a supplement with a greater amount of EPA than DHA, if possible.

Omega-6s (GLA): While we strive to keep omega-6 levels low and in balance with omega-3s on the Micronutrient Miracle plan, gamma-linolenic acid (GLA) is an omega-6 fatty acid that has anti-inflammatory properties similar to those of omega-3s, unlike other omega-6s, which are considered inflammatory. Studies show that supplementing with GLA can help prevent cardiovascular disease and hypertension.

Note: You can take GLA in supplement form with your multivitamin.

Vitamin C: Studies have found that supplementing with vitamin C (1,500 to 3,000 milligrams per day) dramatically lowers the risk of vascular diseases,

including heart disease and stroke. However, if you are on a statin, make sure to speak to your physician about increasing your vitamin C levels, as a dose over 200 milligrams may interfere with your medication.

Additional beneficial supplements to consider:

Alpha-lipoic acid (ALA): This is a powerful antioxidant/anti-inflammatory supplement that has been shown to strongly inhibit the production of adhesion molecules, which may aid in the prevention and treatment of atherosclerosis. Plus, individuals deficient in ALA have been shown to have an increased likelihood of being overweight or obese. (If using Nutreince, take with PM dose.)

Curcumin: This active ingredient that gives turmeric its yellow color can be very helpful in maintaining heart health by reducing cholesterol oxidation, plaque buildup and clot formation, bad cholesterol (LDL), and the proinflammatory response.

CoQ10: Supplementation with this powerful antioxidant/anti-inflammatory that assists with energy production is highly recommended for individuals taking a statin. CoQ10 (100–200 milligrams/day) has been shown to be beneficial for treating and preventing obesity, enhancing metabolism, and supporting optimal energy, endurance, and cardiovascular function.

Digestive enzymes: These can assist with digestion and enhance micronutrient availability and absorption. Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes. Bromelain, ox bile, pancreatin, papain, pepsin, and betaine HCL may all be beneficial. Betaine HCL may be especially important for this protocol, as it helps with the absorption of calcium and magnesium—two of the three key nutrients for blood pressure regulation.

The Cardiovascular Health Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan. Feel free to choose from any of the Miracle Pestos, Miracle Butters, SKINNYFat Salad Dressings, and SKINNYFat Infusions, as they all fit into the Cardiovascular Health protocol.

DAY 1 (Sunday)

9:00 a.m. Yogurt and banana or
Baked Apple à la Micronutrient
Miracle Mode (page 299)

1:00 p.m. Traditional Triple Threat
Shake (page 278) made with coconut
water instead of water

5:00 p.m. Buffalo Chicken Chili
(page 307)

9:00 p.m. Triple Threat Pudding
(page 280)

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278) made with coconut water instead of water

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with green beans and Avocado Potassium-Packed Miracle Butter (page 284)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281) and coconut water

12:00 p.m. Big salad with leftover salmon and green beans with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278) made with coconut water instead of water

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287)

DAY 5 (Thursday)

7:30 a.m. Traditional Triple Threat Shake (page 278) made with coconut water instead of water

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Bun-less beef burger with avocado wedges and Oven-Roasted Brussels Sprouts (page 319)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278) made with coconut water instead of water

12:00 p.m. Broccoli Cheese Soup (page 294)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of a Miracle Pesto (pages 282–283) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278) made with coconut water instead of water

5:00 p.m. *Fish and Chips* (page 317)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

Bone Building

This plan is specifically designed for individuals who are suffering from osteoporosis or osteopenia. This protocol will help you to create an internal environment that is conducive to strengthening bone and preventing fractures. The Ketogenic protocol can also be used by those who are looking for an advanced bone-building plan. Mira used the Ketogenic protocol to reverse her advanced osteoporosis and then used this Bone Building protocol to help her maintain bone health. If the Ketogenic protocol interests you and you have osteoporosis, make sure to read this protocol, as well, in order to understand the detailed condition-specific information below.

The Bone Building protocol is designed for individuals who have:

- Osteoporosis
- Osteopenia
- Other joint/bone issues
- Looking to avoid bone issues as they age (especially those with small frames)

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#1: Pay particular attention to eliminating all sugar from your diet.

#2: Studies reveal that women with high levels of phthalates are likely to go through menopause earlier, and have estrogen disruption, which can then have an unhealthy effect on bone formation. Make sure to be keenly aware of eliminating all endocrine disruptors including phthalates, BPA, fragrances and pesticides.

#6: Adjust exercise as follows:

- Keep cardio to a minimum during this protocol; do not increase your ZMT training past the recommended 3 or 4 days per week.
- Make sure to include the One Set To Failure weight-training program. It is essential for the stimulation of bone growth.
- To reduce calcium loss from your bones during exercise, make sure to take your calcium-containing multivitamin (the AM nutreince contains all 600 milligrams of calcium) 30 minutes before your workout. This may mean changing your preferred workout time to the AM or switching your AM and

PM doses so that you are taking the AM dose before your evening workout, or taking your additional calcium supplement 30 minutes prior.

- Individuals with advanced osteoporosis may find using a whole body vibration platform (Power Plate or similar) beneficial for building bone either in lieu of or in addition to the One Set To Failure weight-training program. This can be especially useful for those who are too frail to lift weights.

#8: Take a well-formulated multivitamin, like nutreince, each and every day. Our multivitamin was designed to treat Mira's advanced osteoporosis. It includes all three forms of vitamin K and beneficial quantities of calcium, magnesium, and vitamin D. Additionally, nutreince contains all eight forms of vitamin E, which is very important because new research suggests that delta-tocotrienol can completely prevent the erosion of the bone surface and was also effective in increasing bone formation and preventing bone reabsorption.

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important. Studies have shown that supplementing elderly patients and postmenopausal women with protein causes increases in bone density, improved clinical symptoms in patients, and reduced bone loss. Additionally, each scoop of IN.POWER whey protein contains 1,000 milligrams of L-lysine, an essential amino acid that aids in calcium absorption and improves connective tissue strength. It is also critical for optimal growth and bone formation and may be particularly helpful at preventing osteoporosis in at-risk menopausal women. Taking two Triple Threat Shakes daily will also aid in lean muscle tissue growth, which is critical for balance and bone support in those with weakened bones. Try to take one Triple Threat daily as a pudding, as the extra collagen from the gelatin supports bone health.

EMD ALERT:

Oxalic acid and phytic acid: During this protocol, you should be especially mindful of reducing your consumption of foods with high levels of oxalic acid and phytic acid. If you are eating foods with these EMDs, make sure they are properly prepared to reduce their micronutrient-depleting effects.

Caffeine: Because caffeine depletes specific bone-building nutrients—including vitamins A, B₉, and D, as well as calcium—you may want to eliminate caffeinated drinks or make sure you are getting sufficient amounts of these micronutrients through diet and supplementation.

DAILY LIMITS: The daily limits for the Bone Building protocol are the same as for our Signature plan. However, for the next 28 days, pay particular attention to the following micronutrients.

Calcium and vitamins D and K₂: While our multivitamin nutreince contains 600 milligrams of calcium in the AM dose, most people need around 1,200 milligrams of calcium per day to slow down or reverse bone loss. During this protocol, you will need to make an effort to consume calcium-rich foods each day to meet this level. Foods that are high in calcium include dairy products (milk, cheese, cream, yogurt), sardines, canned salmon with the bones in, shrimp, eggs, green leafy vegetables, hazelnuts, bok choy, broccoli, almonds, and legumes. If you do not feel you are reaching beneficial levels of calcium through your diet, we recommend taking an additional 500 to 600 milligrams of calcium in supplement form. If you are taking nutreince, do not take the additional calcium with either the AM or PM doses. Take it midday, away from meals. Some people like to take additional vitamin D and vitamin K₂ at the same time. Foods that are high in vitamin D include egg yolks, liver, salmon, herring, sardines, shiitake mushrooms, and oysters. Foods that are high in vitamin K₂ are goose liver, Gouda cheese, sauerkraut, egg yolks, butter, ground beef, and liver.

Potassium: Insufficient levels of potassium have been associated with osteoporosis. Make an effort to consume potassium-rich foods when available. Foods that are high in potassium include avocado, coconut water, salmon, flounder, tuna, poultry, beef, pumpkin, cauliflower, dairy products (milk, cream, cheese, yogurt), artichokes, bananas, green peas, citrus fruit, dried apricots, prunes, raisins, acorn squash, mushrooms, green leafy vegetables, legumes, melons, potatoes (with skin), and tomatoes.

Bone broth: Add this food to your daily protocol, not for its high levels of calcium, but rather for the collagen (see page 139). Try to drink a small cup of homemade bone broth each day for the next 28 days.

Beneficial micronutrients used in the prevention and treatment of osteoporosis and osteopenia:

| | | |
|-------------------------------|-------------------|----------------------------|
| <i>Vitamin A</i> | <i>Calcium</i> | <i>Silicon</i> |
| <i>Vitamin B₉</i> | <i>Chromium</i> | <i>Zinc</i> |
| <i>Vitamin B₁₂</i> | <i>Copper</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin D</i> | <i>Magnesium</i> | <i>Omega-6 fatty acids</i> |
| <i>Vitamin E</i> | <i>Manganese</i> | <i>(GLA)</i> |
| <i>Vitamin K</i> | <i>Phosphorus</i> | |
| <i>Boron</i> | <i>Potassium</i> | |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial for bone building. We have adjusted your 28-day menu suggestions to include these Rich Food choices. Choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|-----------------------|----------------------|-----------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Sardines</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Scallops</i> |
| <i>Chicken</i> | <i>Organ meats</i> | <i>Shrimp</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Snapper</i> |
| <i>Crab</i> | <i>Pork</i> | <i>Tuna</i> |
| <i>Dungeness crab</i> | <i>Rainbow trout</i> | <i>Turkey</i> |
| <i>Herring</i> | <i>Salmon</i> | <i>Venison</i> |

DAIRY

| | |
|---------------------------------|---------------|
| <i>Cheese, especially Gouda</i> | <i>Yogurt</i> |
| <i>Cream</i> | <i>Milk</i> |

FATS

| | | |
|--------------------------|--------------------------------------|--------------------|
| <i>Butter</i> | <i>Chocolate (100 percent cocoa)</i> | <i>Coconut oil</i> |
| <i>Eggs (with yolks)</i> | | <i>SKINNYFat*</i> |

*Although the majority of the fat in SKINNYFat comes from MCTs, which bypass the normal process of digestion and help with fat metabolism, this combination of oils was specially formulated to contain just the right amount of long-chain triglycerides to stimulate the release of the bile acids needed for the proper absorption and utilization of the fat-soluble vitamins A, D, E, and K, as well as other essential micronutrients, including carotenoids, calcium, and magnesium—many of which are essential for bone growth.

NONSTARCHY VEGETABLES

| | | |
|--------------------------|------------------------|---|
| <i>Asparagus</i> | <i>Garlic</i> | <i>Sauerkraut</i> |
| <i>Avocado</i> | <i>Green beans</i> | <i>Snow peas</i> |
| <i>Bok choy</i> | <i>Kale</i> | <i>Spinach (cooked; use infrequently)</i> |
| <i>Broccoli</i> | <i>Mushrooms</i> | <i>Sprouts</i> |
| <i>Brussels sprouts</i> | <i>Mustard greens</i> | <i>Swiss chard</i> |
| <i>Cabbage</i> | <i>Onions</i> | <i>Tomatoes</i> |
| <i>Cauliflower</i> | <i>Pumpkin</i> | |
| <i>Dark leafy greens</i> | <i>Romaine lettuce</i> | |

STARCHES

| | | |
|-----------------------|-----------------------------|-----------------------|
| <i>Acorn squash</i> | <i>Lentils</i> | <i>Quinoa</i> |
| <i>Brown rice</i> | <i>Lima beans</i> | <i>Sweet potatoes</i> |
| <i>Garbanzo beans</i> | <i>Oats</i> | |
| <i>Green peas</i> | <i>Potatoes (with skin)</i> | |

FRUITS

| | | |
|--|------------------|----------------|
| <i>Apples</i> | <i>Dates</i> | <i>Prunes</i> |
| <i>Bananas</i> | <i>Mango</i> | <i>Raisins</i> |
| <i>Berries</i> | <i>Melons</i> | |
| <i>Coconut water (counts as a fruit, not as a beverage; check carefully for sugar)</i> | <i>Papaya</i> | |
| | <i>Pineapple</i> | |

NUTS AND SEEDS

| | | |
|--------------------|-------------------|------------------------|
| <i>Almonds</i> | <i>Hazelnuts</i> | <i>Sesame seeds</i> |
| <i>Brazil nuts</i> | <i>Hemp seeds</i> | <i>Sunflower seeds</i> |
| <i>Cashews</i> | <i>Peanuts</i> | <i>Walnuts</i> |
| <i>Chia seeds</i> | <i>Pecans</i> | |
| <i>Flaxseed</i> | <i>Pine nuts</i> | |

BENEFICIAL SPICES

| | | |
|---------------------|-------------------------|---------------------|
| <i>Black pepper</i> | <i>Five-spice blend</i> | <i>Onion powder</i> |
| <i>Cilantro</i> | <i>Garlic powder</i> | <i>Parsley</i> |
| <i>Cinnamon</i> | <i>Ginger</i> | <i>Turmeric</i> |
| <i>Cloves</i> | | |

DAILY BEVERAGES

| | |
|------------------|----------------------|
| <i>Coffee</i> | <i>Mineral water</i> |
| <i>Green tea</i> | <i>Water</i> |

Additional essential micronutrient supplements to consider:

Calcium: Individuals with osteoporosis and osteopenia should attempt to get the RDI of between 1,000 and 1,200 milligrams per day of this mineral from food or in supplement form.

Note: Do not combine calcium supplements with the AM or PM doses of nutreince; take the extra calcium at midday. If you are taking extra vitamin D or vitamin K, you can take them together at midday.

Vitamin D: This is important for the maintenance of bones and teeth. nutreince contains 2,000 milligrams of vitamin D₃; however, some individuals may want to supplement further.

Note: Do not take vitamin D supplements with the PM nutreince dose; take extra vitamin D either with the AM nutreince dose or at midday.

Vitamin K₂: This is necessary for the synthesis of osteocalcin, a unique

protein in the bone, which attracts calcium to the bone tissue and is directly linked to bone mineral density. Vitamin K₂ is also required for the carboxylation of MPG (matrix gla protein), which directly blocks the formation of calcium crystals inside the blood vessels and arteries. nutreince contains 80 micrograms of vitamin K (27 micrograms of K₁ and 54 of K₂); however, some individuals may want to supplement further.

Note: Do not take vitamin K₂ supplements with the PM nutreince dose; take extra vitamin K₂ either with the AM nutreince dose or at midday.

Omega-3s: EPA and DHA from animal-derived omega-3s help to maintain or increase bone mass; enhance calcium absorption, retention, and bone deposits; and improve bone strength. Additionally, a deficiency in omega-3s can lead to severe bone loss and osteoporosis. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take approximately 1,000 milligrams of omega-3s in supplement form with your AM multivitamin (nutreince) and 1,000 milligrams with your PM multivitamin. Opt for Origin Omega or try to find an omega-3 supplement with a greater amount of EPA than DHA, if possible.

Omega-6s (GLA): Some studies suggest that people who don't get enough of some essential fatty acids (particularly EPA and GLA) are more likely to have bone loss than those with normal levels of these fatty acids. In a study of women over 65 with osteoporosis, those who took EPA and GLA supplements had less bone loss over 3 years than those who took a placebo. Many of these women also experienced an increase in bone density. Unlike other forms of omega-6s, which are considered inflammatory, GLA has anti-inflammatory properties similar to those of omega-3s.

Note: You can take GLA in supplement form with your multivitamin.

Additional beneficial supplements to consider:

Digestive enzymes: These can assist with digestion and enhance micronutrient availability and absorption. Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes. Bromelain, ox bile, pancreatin, papain, pepsin, and betaine HCL may all be beneficial. Betaine HCL may be especially important for this protocol, as it helps with the absorption of calcium and magnesium—two key micronutrients for bone health.

DHEA: This supplement has been shown to stimulate bone growth and help prevent osteoporosis. DHEA should be taken with caution, though, because high doses may suppress the body's natural ability to make DHEA and may lead to liver damage (as shown in an animal study). Taking antioxidants—such as vitamins C and E and selenium—is recommended to prevent oxidative damage to the liver.

Strontium: We do not recommend strontium, as it uses the same carrier protein as calcium for transport, thus causing micronutrient competition. It is also not an essential micronutrient, and it may cause false readings of improvement on your DEXA scan because it is denser than calcium.

The Bone Building Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan. Feel free to choose from any of the Miracle Pestos, Miracle Butters, SKINNYFat Salad Dressings, and SKINNYFat Infusions as they all fit into the Bone Building protocol.

DAY 1 (Sunday)

9:00 a.m. *Greek Yogurt and Fruit Bowl (page 298) or Baked Apple à la Micronutrient Miracle Mode (page 299)*

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307)

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with green beans and choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and green beans with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287)

DAY 5 (Thursday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Speedy Salmon Cakes (page 296) with SKINNYFat Tartar Sauce (page 289) and Oven-Roasted Brussels Sprouts (page 319)

DAY 6 (Friday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Broccoli Cheese Soup (page 294); use Gouda cheese in the recipe

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of a Miracle Pesto (pages 282–283) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Fish and Chips* (page 317)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

Hormone Regulation

This plan is specifically designed for individuals who are suffering from hormone imbalances. This protocol will help you to create an internal environment that will help to regulate and rebalance your hormones naturally.

The Hormone Regulation protocol is designed for individuals who have:

- Excess or low levels of cortisol, progesterone, estrogen, androgens, testosterone, or thyroid hormone
- Hypothyroidism

Adjustments you must make to the Signature 28-day Micronutrient Miracle plan for your specific condition(s):



10 GOLDEN RULES: While each of the condition-specific protocols must follow all 10 of the Golden Rules, for best results with this protocol, we have identified the following rules to either be critical or require small tweaks.

#2: Ousting the obesogens is critical, as they are hormone disruptors. Make sure to be keenly aware of eliminating MSG, BPA, and phthalates.

#5: Stress reduction is very important for hormonal balance, as stress increases the release of cortisol, the hormone that spikes appetite and increases visceral fat storage in the belly region. Even if you're doing everything else right, high levels of cortisol will throw all your hormones off-balance. Make sure to practice stress-reducing techniques.

#6: While long, extended cardio sessions can cause further hormonal and adrenal fatigue, both our ZMT cardiovascular workout and our One Set To Failure weight training can be beneficial. These types of workouts stimulate a flurry of beneficial hormonal reactions within the body.

#7: Purchasing nontoxic household and beauty goods will ensure they are not causing hormonal imbalances. Try to follow our Top 10 Terrific Tricks to Reduce Household Toxins.

#8: Using Nutreince as your multivitamin during this protocol can be extremely helpful because it is the only multivitamin that we know of on the market that contains adequate amounts of many of the essential micronutrients shown to be beneficial in preventing and treating hormone imbalances, including all eight forms of natural vitamin E, 400 milligrams of ionic magnesium citrate, 600 milligrams of ionic calcium citrate, 425 milligrams of choline, and 2,000 IU of vitamin D₃. If you choose to use an alternative multivitamin, make sure to review the ABCs of Optimal Supplementation Guidelines and use the stack-up quiz to evaluate your choice (MultivitaminStackUpQuiz.com).

#9: Taking your Micronutrient Miracle Triple Threat Shakes twice a day is especially important while following this protocol, as the hormone leptin is key to managing all of the other hormones. Think of it as the master hormone that helps to control hunger and feelings of satiety. Taking your Triple Threat for breakfast, first thing in the morning, will start your day off right with the proper amount of protein and fat, which is key to keeping your leptin levels in check for the rest of the day.

DAILY LIMITS: The daily limits for the Hormone Regulation protocol are the same as for our Signature plan. However, for the next 28 days, pay particular attention to the following recommendation.

Saturated fat: Make sure to take in enough fat for optimal results with this protocol. This is the best way to boost testosterone and other hormones. Cholesterol is needed for the formation of healthy cell membranes and is a precursor to all steroid hormones (progesterone, estrogen, follicle-stimulating hormone, etc.). One cannot have proper hormonal balance without adequate amounts of saturated fats. Focus on consuming SKINNYFat, egg yolks, coconut oil, avocados, and other healthy sources of saturated fat.

Beneficial micronutrients while on the Hormone Regulation protocol for hormone rebalancing:

| | | |
|------------------------------|------------------|----------------------------|
| <i>Vitamin A</i> | <i>Vitamin E</i> | <i>Magnesium</i> |
| <i>Vitamin B₁</i> | <i>Calcium</i> | <i>Selenium</i> |
| <i>Vitamin B₅</i> | <i>Choline</i> | <i>Zinc</i> |
| <i>Vitamin B₆</i> | <i>Chromium</i> | <i>Omega-3 fatty acids</i> |
| <i>Vitamin C</i> | <i>Copper</i> | <i>Omega-6 fatty acids</i> |
| <i>Vitamin D</i> | <i>Iron</i> | <i>(GLA)</i> |

POWERHOUSE PICKS: Choose these micronutrient powerhouses whenever possible. The Rich Foods listed below are high in the essential micronutrients shown to be beneficial to hormone regulation. We have adjusted your 28-day menu suggestions to include these Rich Food choices. Choose these Rich Foods when designing personalized menus or eating out, and don't forget to properly prepare foods that contain EMDs.

PROTEINS

| | | |
|-------------------|----------------------|-----------------|
| <i>Beef</i> | <i>Lamb</i> | <i>Sardines</i> |
| <i>Bone broth</i> | <i>Mussels</i> | <i>Scallops</i> |
| <i>Chicken</i> | <i>Organ meats</i> | <i>Shrimp</i> |
| <i>Clams</i> | <i>Oysters</i> | <i>Snapper</i> |
| <i>Cod</i> | <i>Pork</i> | <i>Tuna</i> |
| <i>Crab</i> | <i>Rainbow trout</i> | <i>Turkey</i> |
| <i>Herring</i> | <i>Salmon</i> | <i>Venison</i> |

DAIRY

| | |
|---------------|---------------|
| <i>Cheese</i> | <i>Milk</i> |
| <i>Cream</i> | <i>Yogurt</i> |

FATS

| | | |
|-------------------------------------|--------------------------|-------------------|
| <i>Butter</i> | <i>Cocoa butter</i> | <i>SKINNYFat*</i> |
| <i>Chocolate (100 percent pure)</i> | <i>Eggs (with yolks)</i> | |

**Use SKINNYFat in recipes whenever possible, as it is virtually impossible to store as body fat. Peer-reviewed published research also shows that MCT oil (the main ingredient in SKINNYFat) increases metabolism, reduces body fat, and improves insulin sensitivity and glucose tolerance. Additionally, the ingredients in SKINNYFat have been shown to optimize the production of thyroid hormones and help with the absorption and utilization of key micronutrients beneficial to hormone regulation, including vitamins A, D, and E, and the minerals calcium and magnesium.*

NONSTARCHY VEGETABLES

| | | |
|-------------------------|--|------------------------|
| <i>Asparagus</i> | <i>Celery</i> | <i>Onions</i> |
| <i>Avocado</i> | <i>Dark leafy greens</i> | <i>Romaine lettuce</i> |
| <i>Bell peppers</i> | <i>Garlic</i> | <i>Sauerkraut</i> |
| <i>Broccoli</i> | <i>Kale</i> | <i>Snow peas</i> |
| <i>Brussels sprouts</i> | <i>Mushrooms (crimini/ shiitake)</i> | <i>Spinach</i> |
| <i>Cabbage</i> | <i>Mustard greens</i> | <i>Swiss chard</i> |
| <i>Cauliflower</i> | | <i>Tomatoes</i> |

STARCHES

| | | |
|---------------------|-----------------------------|-----------------------|
| <i>Brown rice</i> | <i>Lentils</i> | <i>Sweet potatoes</i> |
| <i>Green peas</i> | <i>Potatoes (with skin)</i> | |
| <i>Kidney beans</i> | <i>Quinoa</i> | |

FRUITS

| | | |
|-------------------|----------------|---------------------|
| <i>Bananas</i> | <i>Oranges</i> | <i>Raisins</i> |
| <i>Grapefruit</i> | <i>Papaya</i> | <i>Strawberries</i> |
| <i>Limes</i> | <i>Prunes</i> | <i>Watermelon</i> |

NUTS AND SEEDS

| | | |
|--------------------|-------------------|------------------------|
| <i>Almonds</i> | <i>Hazelnuts</i> | <i>Pumpkin seeds</i> |
| <i>Brazil nuts</i> | <i>Hemp seeds</i> | <i>Sesame seeds</i> |
| <i>Cashews</i> | <i>Peanuts</i> | <i>Sunflower seeds</i> |
| <i>Chia seeds</i> | <i>Pecans</i> | <i>Walnuts</i> |
| <i>Flaxseed</i> | <i>Pine nuts</i> | |

BENEFICIAL SPICES

| | | |
|---------------------|----------------------|-----------------|
| <i>Anise</i> | <i>Garlic powder</i> | <i>Saffron</i> |
| <i>Black pepper</i> | <i>Mustard</i> | <i>Turmeric</i> |
| <i>Cinnamon</i> | <i>Onion powder</i> | |

DAILY BEVERAGES

| | | |
|------------------|----------------------|-------------------|
| <i>Black tea</i> | <i>Green tea</i> | <i>Oolong tea</i> |
| <i>Coffee</i> | <i>Mineral water</i> | <i>Water</i> |

Additional essential micronutrient supplements to consider:

Vitamin C: Studies have found that supplementing with vitamin C can help to increase progesterone and balance cortisol levels. However, if you are on

a statin, make sure to speak to your physician about increasing your vitamin C levels, as a dose over 100 milligrams may interfere with your medication.

Vitamin D: If you are using a multivitamin other than nutreince (which contains 2,000 IU of vitamin D₃), you may want to supplement with 2,000 IU of vitamin D if you suffer from excess androgens or low thyroid.

Omega-3s: It is important to achieve a balance of omega-3s and omega-6s to properly regulate hormone levels. Omega-3s can also help control high cortisol levels. Attempt to get the RDI of 1.6 grams (1,600 milligrams) per day from food or in supplement form.

Note: You can take omega-3s in supplement form at the same time as your multivitamin (nutreince). Opt for Origin Omega or try to find a supplement with a greater amount of EPA than DHA, if possible.

Omega-6s (GLA): While we strive to keep omega-6 levels low and in balance with omega-3s on the Micronutrient Miracle plan, gamma-linolenic acid (GLA) is an omega-6 fatty acid that has anti-inflammatory properties similar to those of omega-3s, unlike other omega-6s, which are considered inflammatory. Studies show that supplementing with GLA can help support healthy progesterone levels.

Note: You can take GLA in supplement form with your AM multivitamin (nutreince) or your PM multivitamin.

Selenium and iodine: Taking a multivitamin with iodine can be helpful to support thyroid function. Caution should be exercised when taking high doses of iodine; however, the doses of iodine present in nutreince are well tolerated by most people with hypothyroidism. Iodine absorption is greatly improved with the supplementation of a key synergist, selenium. While the AM dose of nutreince already contains 70 micrograms of selenium, we suggest that those with hypothyroidism take an additional 200 micrograms in the form of selenomethionine with their morning nutreince. Iodine's other synergistic micronutrients—vitamins A and E, iron, and zinc—are already supplied in ample amounts, as is vitamin D, which is likely deficient in those with this condition.

Additional beneficial supplements to consider:

Digestive enzymes: These can assist with digestion and enhance micronutrient availability and absorption. Look for a product with amylase, protease, and lipase, as well as a variety of other digestive enzymes, such as bromelain, ox bile, pancreatin, papain, pepsin, and betaine HCL. Digestive enzymes are key to protein/amino acid absorption, and many amino acids can restore the endocrine glands' ability to produce normal levels of hormones.

Phosphatidylserine: This is often used for reducing cortisol levels.

L-theanine: This amino acid, found in green tea, has been shown to lower stress hormones, including cortisol. It also improves sleep and reduces anxiety.

L-lysine and L-arginine: Together these amino acids can help to lower cortisol levels and feelings of anxiety.

Ashwagandha: This herbal supplement can reduce anxiety and lower cortisol levels.

Rhodiola: This is used for reducing stress, improving mental focus, and decreasing cortisol levels and feelings of depression.

Chasteberry: This supplement is safe and effective for increasing progesterone.

St. John's wort: Used for those with low progesterone or estrogen levels, this herbal supplement has been shown to relieve behavioral and physical PMS symptoms.

Saw palmetto: This supplement acts to lower androgens in those suffering with excess androgens.

Maca root: This is a tuber in the radish family that has a history of boosting hormone production and libido. Many women report fewer PMS symptoms, improved skin, and increased fertility, while men notice increased libido, increased sperm production, and better sleep.

The Hormone Regulation Sample Menu Plan

Limited foods are *italicized* so that you can see where they fit into your plan. Feel free to choose from any of the Miracle Pestos, Miracle Butters, SKINNYFat Salad Dressings, and SKINNYFat Infusions, as they all fit into the Hormone Regulation protocol.

DAY 1 (Sunday)

9:00 a.m. *Greek Yogurt and Fruit Bowl (page 298) or Baked Apple à la Micronutrient Miracle Mode (page 299)*

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307) with optional Ridiculously Simple Wrap (page 320) for dipping

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with snow peas and choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and snow peas with choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 280)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287)

DAY 5 (Thursday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Mexican Chicken Wrap (page 305)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Broccoli Cheese Soup (page 294)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of a Miracle Pesto (pages 282–283) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. French Onion Egg Tart (page 295)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Fish and Chips* (page 317)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)

TRIPLE THREAT RECIPES

If you are new to SKINNYFat, when making shakes or coffees begin by adding only 1 teaspoon and slowly increase to the required amount. It may take about a week for your stomach to become accustomed to this oil.

Traditional Triple Threat Shake

Those of smaller stature, whose goal weight is under 150 pounds, should use the small-medium recipe, while those whose goal weights are higher, above 150, may opt for the medium-large recipe, which will supply a greater amount of protein per shake.

Serves 1

SMALL-MEDIUM

8 oz water

Small scoop of ice

1 packet either AM or PM nutreince

1 Tbsp SKINNYFat Original

1 scoop IN.POWER protein

MEDIUM-LARGE

8 oz water

Small scoop of ice

1 packet either AM or PM nutreince

2 Tbsp SKINNYFat Original

2 scoops IN.POWER protein

1. Place the water in a blender with the ice and blend until smooth.
2. On low, add the nutreince while blending. Add the SKINNYFat while continuing to blend. Finally, add the IN.POWER while blending.
3. Increase the speed from low to medium for 20 to 30 seconds simply to fluff the delicious shake.

Optional: Swap the water for prechilled coffee. If you only have hot coffee, use $\frac{1}{2}$ cup hot coffee and 1 cup ice in lieu of the 8 ounces of water. It is delicious with the vanilla AM.

Double Chocolate Mocha Triple Threat

Serves 1

8 oz chilled organic fair trade coffee
1 scoop IN.POWER protein
1 packet nutreince chocolate PM

1 tsp Stevita Delight chocolate drink mix
1 Tbsp SKINNYFat Original

Combine all of the ingredients in a blender and pour over ice, or blend in the ice for a frozen beverage.

Optional: *Want a Double Chocolate Mocha Triple Threat in the morning? No problem. Simply make this recipe with a nutreince vanilla or unflavored AM packet and add in more chocolate Stevita Delight to taste.*

Cinnamon Spice Triple Threat Shake

A holiday favorite!

Serves 1

8 oz cold flat or sparkling water
1 scoop IN.POWER protein
1 Tbsp SKINNYFat Original

1 packet nutreince vanilla AM
½ tsp organic cinnamon

Combine all of the ingredients in a blender and enjoy!

Gingerbread Triple Threat Coffee

Who needs a gingerbread cookie when you have this Triple Threat around?

Serves 1

8 oz warm organic fair trade coffee
1 scoop IN.POWER protein
1 packet nutreince vanilla
5–10 drops toffee-flavored Stevita drops

1 Tbsp SKINNYFat Original
½ tsp organic vanilla extract
½ tsp organic cinnamon
⅛ tsp organic ground ginger

Combine all of the ingredients in a blender and enjoy! If you are an iced coffee fan, you can certainly use chilled coffee and pour it over ice for the same delicious treat—but cold!

Triple Threat Pudding

This pudding is great for a quick and easy breakfast or for a midafternoon snack!

Makes 4 puddings to be used as meal replacements!

¾ Tbsp grass-fed gelatin (we like the Great Lakes brand in the red-orange can)

1 cup water

1 cup full-fat coconut milk (BPA-free can) or organic, grass-fed heavy cream

½ Tbsp organic vanilla extract

½ Tbsp organic cinnamon

1 Tbsp Stevita Delight chocolate drink mix (if making nutreince chocolate PM)

1 Tbsp organic, grass-fed, salted butter (the salt helps to bring out sweetness in desserts)

1 Tbsp SKINNYFat Original

4 packets nutreince chocolate PM (That's right, the multivitamin is in the pudding!)

4 scoops IN.POWER protein

- 1.** On low heat, dissolve the gelatin into the water.
- 2.** Place the milk or cream in the blender with the vanilla, cinnamon, Stevita Delight (if making chocolate pudding), butter, and SKINNYFat and blend.
- 3.** Once the gelatin is dissolved, add the gelatin mixture into blender while blending on low.
- 4.** Add in the nutreince and IN.POWER while blending.
- 5.** Blend thoroughly then pour into 4 ramekins. Cover and put in the refrigerator.

Note: If you are trying to gain a lot of muscle, you may want to add in an additional 4 scoops IN.POWER so that you will have a total of 2 in each of the 4 puddings.

Triple Threat Cheesecake

Makes 4 cheesecakes to be used as meal replacements!

¾ Tbsp gelatin (great lakes or similar)

1 cup water

**1 block (16 Tbsp) organic cream
cheese**

½ Tbsp cinnamon

½ Tbsp vanilla

**½ Tbsp Stevita delight chocolate drink
mix (if making nutreince chocolate PM)**

4 packets nutreince (AM or PM)

4 scoops IN.POWER protein

1 Tbsp. SKINNYfat Original

- 1.** Melt the gelatin into the water over medium heat.
- 2.** Place all of the remaining ingredients into a blender or food processor and blend or process with the gelatinized water.
- 3.** Separate into 4 ramekins and chill.
- 4.** Eat as one meal! Enjoy!

Triple Threat Ice Cream—Chocolate or Vanilla

Makes 4 servings of ice cream to be used as meal replacements!

- 1.** Start with the recipe for the Triple Threat Pudding.
- 2.** Create Triple Threat pudding (either chocolate or vanilla), but do not place in ramekins.
- 3.** Place in an ice cream maker and follow the machine's instructions.

MIRACLE PESTOS, MIRACLE BUTTERS, AND SKINNYFAT INFUSIONS

Why do we call these specialty butters and oils miraculous? Not only are they great for you because of the nutrients contained in the herbs, spices, and other ingredients, but they also give you more time in every single day. That's right! You save precious time by making these fabulous fats ahead of time, freezing them in ice cube trays or silicon molds, and then popping them out when you need them for recipes. They add a punch of flavor to any recipe. Serve dishes made with them at dinner parties and you will impress your friends.

Traditional Miracle Pesto

Makes 1 batch

2 cups packed fresh organic basil leaves

½ cup freshly grated organic Parmesan or Romano cheese

¼ cup organic pine nuts

2 large cloves garlic, quartered

Unrefined sea salt to taste

¼–½ cup SKINNYFat Olive

1. Combine the basil, cheese, pine nuts, garlic, and salt in a food processor and blend until evenly and finely chopped.
2. On a low setting, slowly add the SKINNYFat until the sauce has a thick, even texture.
3. Refrigerate or freeze in ice cube trays to use later in recipes.

Dairy-Free, Nut-Free Basil Miracle Pesto

Makes 1 batch

4 cups packed fresh organic basil leaves

Juice of ½ lemon

2 large cloves garlic, quartered

Unrefined sea salt to taste

¼ cup SKINNYFat Olive

1. Combine all of the ingredients in a blender or food processor and blend or process until smooth.
2. Refrigerate or freeze in ice cube trays to use later in recipes.

Sun-Dried Tomato Miracle Pesto (Dairy-Free)

Makes 1 batch

1 cup organic dry-packed sun-dried tomatoes

Handful of organic macadamia nuts

2 cloves garlic

Unrefined sea salt and organic pepper to taste

¼ cup SKINNYFat Olive

1. Reconstitute the dried tomatoes by soaking them in warm water for 30 minutes.
2. Combine all of the ingredients in a blender or food processor until smooth. Add extra SKINNYFat if necessary.
3. Refrigerate or freeze in ice cube trays to use later in recipes.

Herb Miracle Butter

Choose fresh organic herbs if available. If not, then use dried organic herbs.

Makes 1 batch

½ Tbsp organic thyme

½ Tbsp organic sage

½ Tbsp organic rosemary

½ Tbsp organic parsley

2 Tbsp SKINNYFat Olive

8 Tbsp (1 stick) organic, grass-fed, salted butter, softened at room temperature

1. Combine the seasonings with the SKINNYFat in a blender or food processor until smooth.
2. Add in the butter and blend or process until smooth.
3. Refrigerate or freeze in ice cube trays to use later in recipes.

Can't Get Enough Curry Miracle Butter

Makes 1 batch

2 tsp organic curry powder

2 tsp organic turmeric

2 tsp freshly grated ginger

2 Tbsp SKINNYFat Original

8 Tbsp (1 stick) organic, grass-fed, salted butter, softened at room temperature

1. In a skillet, toast the curry and turmeric for about 2 minutes.
2. Combine all of the ingredients in a blender or food processor and blend or process until smooth.
3. Refrigerate or freeze in ice cube trays to use later in recipes.

Garlic-Parmesan Miracle Butter

Makes 1 batch

8 Tbsp (1 stick) organic, grass-fed, salted butter, softened at room temperature

2 Tbsp SKINNYFat Olive

½ cup freshly grated organic Parmesan cheese

1 tsp organic garlic powder

½ tsp organic onion salt

¼ tsp organic pepper

1. Combine all of the ingredients in a blender or food processor until smooth.
2. Refrigerate or freeze in ice cube trays to use later in recipes.

Avocado Potassium-Packed Miracle Butter

Makes 1 batch

2 small avocados, halved, pitted, and peeled

2 Tbsp SKINNYFat Olive

Juice of 1 lemon

4 Tbsp (½ stick) organic, grass-fed, salted butter, softened at room temperature

1 clove garlic, minced

2 tsp organic ground cumin

Unrefined sea salt and organic pepper to taste

1. Combine all of the ingredients in a blender or food processor until smooth.
2. Refrigerate or freeze in ice cube trays to use later in recipes.

Spicy Fat-Loss Miracle Butter

Makes 1 batch

½ tsp organic chili powder
½ tsp organic paprika
½ Tbsp organic garlic powder
¼ tsp organic onion powder
¼ tsp organic ground red cayenne pepper

2 Tbsp SKINNYFat Olive
8 Tbsp (1 stick) organic, grass-fed, salted butter, softened at room temperature

1. Combine the seasonings with the SKINNYFat in a blender or food processor until smooth.
2. Add in the butter and blend or process until smooth.
3. Refrigerate or freeze in ice cube trays to use later in recipes.

SKINNYFat Pizza in a Bottle Italian-Infused Oil

Makes 1 batch

1 oz fresh organic basil, whole
1 oz fresh organic oregano
3 cloves garlic, chopped

1–2 hot peppers, halved (optional)
1 bottle SKINNYFat Olive

1. Preheat the oven to 300°F.
2. Clean the basil and oregano and place all of the ingredients in an oven-safe bowl or baking dish. Cover with the SKINNYFat.
3. Bake for 40 minutes.
4. Let cool, then strain the oil before pouring it back into the glass SKINNYFat bottle.

Note: Make sure to label the bottle. You don't want to accidentally use this for your Triple Threat shake!

SKINNYFat Hot Pepper-Infused Oil

Makes 1 batch

5–15 organic hot peppers, halved (try a variety and mix it up)

1 bottle SKINNYFat Olive

1. Preheat the oven to 300°F.
2. Place the peppers in an oven-safe bowl or baking dish and cover with the SKINNYFat.
3. Bake for 40 minutes.
4. Let cool, strain, and pour the oil back into the glass SKINNYFat bottle.

Note: Omit seeds or choose peppers lower on the heat index if you want to reduce the spiciness of the oil. And make sure to label the bottle. You don't want to accidentally use this for your Triple Threat shake!

SAUCES, DIPS, DRESSINGS, AND CONDIMENTS

Rich and Creamy Alfredo Sauce

Makes 1 batch

4 Tbsp ($\frac{1}{2}$ stick) organic, grass-fed, unsalted butter

1 large organic, pasture-raised egg, beaten

$\frac{1}{2}$ cup organic, grass-fed heavy cream

1 clove garlic, minced

$\frac{2}{3}$ cup freshly grated organic Parmesan cheese

Organic pepper to taste

1. Melt the butter in a skillet over low heat.
2. Add in the egg and cream and combine, raising the heat to medium.
3. Add in the garlic and slowly add in the cheese while stirring, to avoid forming clumps.
4. When fully combined, season with the pepper.
5. Refrigerate or freeze in ice cube trays to use later in recipes.

Optional: Add in sliced portobello mushrooms for an earthy, meatlike quality.

Tzatziki (Greek Cucumber Sauce)

Serves 4

2 cups organic plain Greek yogurt (try and find one that has some fat in it)
2 Tbsp SKINNYFat Olive
2 large organic cucumbers, seeded, grated, and drained to remove excess water (leave the skin on for color)

4 cloves garlic, finely minced
2 tsp lemon zest
2 Tbsp fresh lemon juice
4 Tbsp chopped fresh organic dill
Unrefined sea salt to taste

Combine all of the ingredients in a mixing bowl and let sit for at least 30 minutes prior to eating.

Cooling Cucumber Raita

This cooling, traditionally Indian salad is perfect as an accompaniment to Quick Tandoori Shrimp (page 303), Grilled Tandoori Skewers (page 309), or Indian Garlic-Butter Cheese Non-Naan (page 321).

Serves 4

2 cups organic plain Greek yogurt (try and find one that has some fat in it)
2 Tbsp SKINNYFat Olive
2 large organic seedless cucumbers, 1 chopped and 1 shredded with vegetable peeler and drained to remove excess water (leave the skin on for color)

¼ tsp organic ground coriander
¼ tsp organic ground cumin
¼ cup fresh organic cilantro, chopped
Unrefined sea salt to taste

Combine all of the ingredients in a mixing bowl and let sit for at least 30 minutes prior to eating.

5-Minute SKINNYFat Mayonnaise

You'll never buy bottled or jarred again after tasting this marvelous 5-minute mayonnaise. By using the healthiest ingredients, you'll be the talk of the town with the best spread around.

Makes 1 batch

**2 large organic, pasture-raised
egg yolks**

**1 large organic, pasture-raised
whole egg**

1 Tbsp organic mustard

¼ tsp unrefined sea salt

¼ tsp organic pepper

**1 Tbsp fresh lemon juice or organic
white vinegar (or apple cider vinegar)**

1 cup SKINNYFat Original

1. Combine the eggs, mustard, salt, pepper, and lemon juice or vinegar in a blender or food processor at low to medium speed until smooth.
2. Slowly pour the SKINNYFat into the blender while mixing.
3. Once all of the SKINNYFat has been mixed in, you will have a creamy, smooth, homemade mayonnaise.
4. Keep refrigerated.

Note: Remove the eggs from the refrigerator and bring them to room temperature. Never attempt to make mayonnaise using chilled eggs.

Optional

- *Curry mayo:* Add organic curry powder and organic ground red cayenne pepper to taste. Great in chicken salad.
- *Cajun mayo:* Add organic Cajun spice and organic ground red cayenne pepper to taste. Tasty on Speedy Salmon Cakes (page 296).

Simple SKINNYFat Italian Dressing

Makes 1 batch

⅔ cup SKINNYFat Olive

4 Tbsp organic red wine vinegar

1 Tbsp minced garlic

**Unrefined sea salt and organic pepper
to taste**

Combine all of the ingredients in a glass jar with a lid that seals tightly. Shake before using. Enjoy!

SKINNYFat Parmesan-Peppercorn Dressing

Makes 1 batch

½ cup Simple SKINNYFat Italian Dressing (page 288)

4 heaping tsp shredded organic Parmesan cheese (buy whole and shred it yourself to avoid added cellulose powder)

¼ cup organic full-fat sour cream or organic plain Greek yogurt

Freshly cracked organic peppercorn to taste

Use an immersion blender to combine the dressing, cheese, and sour cream or yogurt in a mixing bowl. Add the peppercorn and enjoy!

SKINNYFat Tartar Sauce

Makes 1 batch

½ cup 5-Minute SKINNYFat Mayonnaise (page 288)

2 Tbsp diced pickles (we love Bubbies)

1 Tbsp organic white vinegar or white wine vinegar

1 tsp favorite organic mustard

Juice of ¼ lemon

Pinch of unrefined sea salt

Pinch of organic pepper

Combine all of the ingredients in a small bowl and let sit for at least 30 minutes before serving.

Really Creamy SKINNYFat Blue Cheese Dressing (or Dip)

This is one of Jayson's favorites. He uses it on wings, in lettuce wraps, and pretty much anytime he has some handy. Remember: This fat burns fat! You no longer need to dip lightly!

Makes 1 batch

½ of 5-Minute SKINNYFat Mayonnaise recipe (page 288)

4 oz organic blue cheese (gluten-free!)

⅓ cup organic sour cream

4 oz organic cream cheese

Combine all of the ingredients in a blender until smooth. If you prefer chunky blue cheese, mix the mayonnaise with the sour cream and cream cheese and then hand-crumble the blue cheese into the recipe.

Buffalo Wing Sauce (aka Jayson's Red Hot)

This stores really well and gives any meal a kick!

Makes ½ cup

⅔ cup organic white vinegar (apple cider, rice, and white wine vinegar work, as well)

2 tsp SKINNYFat Original

2 tsp organic chili powder

¼ tsp organic smoked paprika

½ tsp organic sweet paprika

1 Tbsp organic garlic powder

½ tsp organic onion powder

½ tsp organic ground red cayenne pepper

¼ tsp unrefined sea salt

Stevia to taste (Jayson uses

½–1 scoop of stevia using the tiny scooper in the bottle; start with just a little and add to taste)

1 tsp grass-fed gelatin

2 Tbsp organic, grass-fed salted butter, melted

1. In a small pot, stir together all of the ingredients except for the gelatin and the butter.
2. Place over medium-high heat. Once warm, slowly stir in the gelatin, to avoid clumping. Keep over the heat until the sauce starts to bubble and thicken.
3. Remove from the heat and allow to cool.
4. Store in an airtight glass bottle and keep refrigerated.
5. When you are ready to serve (likely tossing over your chicken wings; see recipe on page 301), warm the finished sauce and combine with the butter. Do not add the butter until you are ready to coat the wings or any other protein; the sauce will not keep well after you add the butter.

4-Ingredient Blender Hollandaise Sauce

Serves 4

3 organic, pasture-raised egg yolks

¼ tsp organic Dijon mustard

1 Tbsp fresh lemon juice

½ cup organic, grass-fed, unsalted butter, melted

1. Combine the egg yolks, mustard, and lemon juice in a blender or food processor. Blend or process for 10 seconds.
2. Set the blender or food processor on high speed and pour a thin stream of the butter into the egg mixture. It should thicken almost immediately.
3. Keep the sauce warm by placing it in a water bath on the stove. (Place the finished sauce in a bowl resting in a pot of hot water that reaches only about halfway up the sides of the bowl.)

Holy Moly Guacamole

Serves 1 batch

2 ripe avocados

1 small organic onion

1 clove garlic

1 ripe organic tomato

1 organic jalapeño pepper

Juice of 1 lime

Unrefined sea salt to taste

Organic pepper to taste

- 1.** Slice open the avocados, remove the pits, and scoop out the flesh into a bowl.
- 2.** Mince the onion and garlic.
- 3.** Chop the tomato and jalapeño.
- 4.** Mash the avocado in the bowl and stir in the onion, garlic, tomato, and jalapeño to taste.
- 5.** Season with the lime juice, salt, and pepper.
- 6.** Chill for 30 minutes before serving.

Optional: In a hurry? Mash the avocado and simply add 2 Tbsp of organic salsa. It might not be homemade, but it will be a home run!

Mom's Beef Bolognese

Okay, so it isn't Mira's Italian mom's sauce recipe at all. But it is a simple way to take a high-quality sugar-free sauce (like Mom's Organic brand, which is our favorite) and beef it up with grass-fed beef goodness to create a superfast dinnertime solution.

Serves 4

1 Tbsp SKINNYFat Olive

1½ lb organic, grass-fed ground beef

1½ jars favorite tomato sauce (we use the 24 oz size Mom's Organic; make sure to choose a sauce that is organic, sugar-free, soy-free, and free of GMO oils)

¼ cup freshly grated organic hard Italian cheese, like Parmesan, Asiago, or Pecorino Romano (leave out if your diet is dairy-free)

- 1.** In a deep, heavy-bottom pot over medium heat, heat the SKINNYFat and brown the beef.
- 2.** When the beef is cooked through, add the tomato sauce and cheese.
- 3.** Allow to simmer for at least 30 minutes to blend the flavors.
- 4.** Serve over Zughetti (page 312) or your favorite gluten-free pasta for a starch option that week.

Killer Ketchup That Won't Kill You!

Makes 1 batch

This is a *ketchup* recipe that has *caught up* to the times. It is sugar-free, organic, and stores well in the refrigerator.

**1 can (12 oz) organic tomato paste
(BPA-free can)**

½ cup water

2 Tbsp organic white vinegar

1 tsp organic onion powder

1 tsp organic allspice

½ tsp organic garlic powder

**Organic ground red cayenne pepper
to taste**

**Unrefined sea salt and organic pepper
to taste**

Stevia extract to taste

1. If possible, pressure-cook the tomato paste first to eliminate lectins.
2. In a saucepan over medium heat, combine all of the ingredients and stir until smooth.
3. Cool and store in a canning jar, preferably opaque, in the fridge.

SOUPS

Bone Broth

Makes 1 batch

Bones (You can use raw or cooked chicken carcasses, marrow bones from the butcher, ribs, etc. Try and use bones from high-quality grass-fed/pasture-raised proteins.)

2–3 Tbsp organic apple cider vinegar

Garlic to taste (chopped at least 15 minutes before heating)

Unrefined sea salt to taste

1. Place all of the ingredients in a slow cooker. Add enough water to cover the bones. Do not forget to add the vinegar. This is the ingredient that pulls the minerals from the bones.
2. Set to high heat to bring to a boil, and then reduce the heat to low.
3. Remember, patience is a virtue. The longer you let your broth brew, the better it will be. Leave chicken broth in the slow cooker for 24 hours and beef broth for up to 48 hours.
4. Turn it off and cool.
5. Strain the cooled broth using cheesecloth or a fine-mesh metal strainer, and only keep the liquid.
6. Refrigerate. Once cooled, the broth may form a thick, waxy layer of fat (tallow) on the surface. Skim it off and either toss it or save it for cooking.

Thai Shrimp Noodle Soup

Serves 4

2 cups coconut milk

1 cup chicken broth (homemade or an organic, sugar-free, store-bought version)

$\frac{2}{3}$ cup coconut aminos

1 cup fresh organic cilantro, chopped

$\frac{1}{4}$ cup fresh lime juice (or the juice of 1 lime)

2 cloves garlic, minced

4 Tbsp freshly grated ginger

1½ lb wild-caught shrimp, peeled and deveined

1 Tbsp SKINNYFat Original

2 cups organic green beans

2 organic carrots, chopped into long strips

Organic red-pepper flakes to taste

1 pack Miracle Noodles (optional)

1. Combine the coconut milk, broth, coconut aminos, cilantro, lime, garlic, ginger, and red pepper flakes in a mixing bowl.

2. Add in the shrimp and toss to coat well.

3. In a large pot over medium heat, warm the SKINNYFat. Add the shrimp mixture and cook for about 15 minutes.

4. Add in the green beans and carrots and cook for 5 minutes.

5. Optional: Stir in the Miracle Noodles* for a heartier soup.

*Coupon is available at mymiracleplan.com.

Broccoli Cheese Soup

Serves 4

3 cups chicken broth (homemade or an organic, sugar-free, store-bought version)

1 head organic broccoli, chopped into pieces (you can use the stems, too)

8 oz organic cream cheese

2 Tbsp organic, grass-fed salted butter

1 cup organic, grass-fed heavy cream

2 cups shredded organic Cheddar cheese (buy it in a block and shred it yourself to avoid added cellulose powder)

Unrefined sea salt to taste

Organic pepper to taste

- 1.** By cooking the broccoli in the broth, you will preserve the nutrients that broccoli loses during boiling.
- 2.** When the broccoli is cooked through (fork-soft), move about half of the florets to a small bowl and set aside.
- 3.** Place the broth and the remainder of the broccoli in a blender or food processor and combine until smooth.
- 4.** In a large pot, combine the cream cheese, butter, heavy cream, and Cheddar cheese. Keep the heat low and stir frequently to avoid burning.
- 5.** When the cheese mixture is completely melted, pour in the pureed broccoli and broth and combine over low heat.
- 6.** Add the reserved broccoli florets for texture.
- 7.** Add the salt and pepper.

BREAKFASTS: TO BE ENJOYED ANY TIME OF THE DAY

French Onion Egg Tart

This recipe was inspired by our time in France. We fell in love with onion tarts in Nice and brought that taste back home in this recipe.

Serves 2 as a stand-alone dish or 4 with a side

1 Tbsp organic, grass-fed salted butter, plus more to cook eggs

2 medium organic yellow onions, cut into 1–2 inch pieces

1 large clove garlic (or 2 small cloves), minced

3 sprigs fresh organic thyme

½ tsp organic red-pepper flakes, or to taste (we use 1 tsp because we like it spicy)

¼ tsp unrefined sea salt

¼ tsp organic pepper

4 organic, pasture-raised eggs

2 Tbsp freshly grated organic Parmesan cheese (or a similar cheese)

1 cooked, leftover, organic boneless chicken thigh, diced (if you don't have one in the fridge, you can substitute another leftover meat or quickly dice and brown a thigh in an additional skillet)

3 oz freshly grated organic Gruyère cheese (organic Gouda is a great option for the Bone Building and Cardiovascular Health protocols)

- 1.** Melt the butter in a 10½-inch ceramic skillet or similar.
- 2.** Add the onions, garlic, thyme, red-pepper flakes, salt, and black pepper.
- 3.** Cook over medium to high heat until the onions are caramelized. Remove the thyme stems.
- 4.** Remove the onions from the heat and set them aside in a small bowl.
- 5.** Crack the eggs into a bowl and scramble. Add the Parmesan.
- 6.** Place the skillet over medium heat and add a little butter.
- 7.** Pour the egg and Parmesan mixture into the skillet so that it covers the bottom.
- 8.** Cover and cook until the egg solidifies like a pancake (about 2 to 3 minutes).
- 9.** Distribute the cooked chicken evenly over the egg and cover everything with the caramelized onions.
- 10.** Place the shredded Gruyère over the whole tart.
- 11.** Cover and cook for approximately 5 minutes, or until the cheese is melted.
- 12.** Cut into 4 pieces and enjoy!

Cauliflower Cheesy Hash Browns

Serve under eggs or as a delicious side dish with meat.

Serves 4

| | |
|--|---|
| 1 head organic cauliflower | ½ tsp unrefined sea salt |
| 1 organic, pasture-raised egg, beaten | 1 tsp organic pepper |
| 1 scoop IN.POWER protein | 1 tsp organic onion powder |
| ½ cup shredded organic Cheddar cheese (buy a block and shred it yourself to avoid added cellulose powder) | 1 tsp organic garlic powder |
| ¼ cup freshly grated organic Parmesan cheese | 1 tsp organic Cajun spice |
| | Organic, grass-fed salted butter |

1. Steam the cauliflower until soft.
2. Mash with a potato masher but leave a bit chunky.
3. Stir in the remaining ingredients, except the butter
4. Melt the butter in a skillet, add in the cauliflower, and cook over medium high heat until crispy.

Speedy Salmon Cakes

Serves 4

| | |
|--|---|
| 2 cans wild-caught salmon (we love the Wild Red sockeye salmon from Vital Choice) | 2 tsp seafood seasoning (we like Simply Organic Seafood Seasoning) |
| 2 organic, pasture-raised eggs | 2 tsp organic Cajun spice |
| 1 scoop IN.POWER protein | Unrefined sea salt to taste |
| ½ organic onion, finely diced | Organic pepper to taste |
| | Organic, grass-fed salted butter |

1. Combine all the ingredients in a bowl. Create either 4 large or 8 small salmon cakes.
2. In a large nonstick skillet, melt some butter. Brown the salmon cakes on one side, then flip to cook the other side.
3. Remove from the heat.

Optional

• *For egg sandwiches: Place cooked salmon cakes on a baking sheet with ½ oz of organic cream cheese on each. Broil until the cheese is melted. Fry up 1 egg per salmon cake. Place the fried eggs on top of the cakes to serve.*

• *For a salad: Place the cooked salmon cakes on top of salad greens. Add colorful vegetables and your favorite SKINNYFat dressing.*

Protein-Packed Morning Muffins

You can use up any of your leftovers in these muffins to create delicious and freezable portable morning treats.

Makes 6 muffins

6 slices organic, pasture-raised bacon

⅓ organic onion, finely diced

1 clove garlic, chopped

5 large organic, pasture-raised eggs

¼ cup organic sour cream (you choose the fat content)

⅔ cup freshly chopped or grated organic cheese or cheese combo of your choice

Unrefined sea salt to taste

Organic pepper to taste

Organic ground red cayenne pepper to taste

Organic seasonings, as desired

⅓ organic tomato, chopped

⅓ cup cooked organic spinach or asparagus

1. Preheat the oven to 325°F.
2. Grease a muffin tin with ghee, coconut oil, SKINNYFat, butter, or retained and collected fat, or use a nonstick tin. You will use only 6 of the muffin molds (perhaps 7, depending on the bulk of the vegetables and bacon).
3. Brown the bacon and chop. Use the remaining bacon fat to cook the onion and garlic until the onion is translucent.
4. Beat the eggs in a small bowl and blend with the sour cream, cheese, and seasonings.
5. Pour the egg mixture into the muffin molds until two-thirds full, keeping enough room on top for the bacon and vegetables.
6. Combine the cooked onion and garlic, tomato, and spinach or asparagus with the bacon in the now-empty egg bowl. Distribute the mixture evenly into the egg mixture.
7. Bake for approximately 25 minutes, or until cooked through. Allow to completely cool before removing from the muffin tin.

Smoked Salmon Cream Cheese Roll-Ups

Serve these roll-ups for a Norwegian omega-3–filled breakfast. Jayson loves to eat an egg alongside, as they are a delicious way to soak up the nutrient-dense yolk. They are also great premade for when you have to run out of the house quickly in the morning. And these roll-ups also make for a great appetizer at a dinner party.

Serves 2

8 oz sliced wild-caught smoked salmon
8 oz organic cream cheese, softened at room temperature
1 Tbsp fresh lemon juice

¼ tsp unrefined sea salt
⅛ tsp organic pepper
Minced organic dill, jalapeños, or arugula (optional)

1. Place the salmon on a baking sheet. Line up the salmon slices side by side, slightly overlapping them to form a rectangle of flattened salmon.
2. Combine all of the other ingredients (and any other seasonings you love) in a bowl until smooth.
3. Spread the mixture evenly across the salmon.
4. Slowly roll the salmon up tightly. You should be left with a cylindrical salmon tube.
5. Cut the salmon roll-ups in 1-inch pieces. (Cut on a diagonal, if you want to get fancy!)

Greek Yogurt and Fruit Bowl

Serves 1

¾ cup organic full-fat plain Greek yogurt
1 tsp organic cinnamon

Stevia to taste
1 serving favorite fruit

Combine all of the ingredients in a bowl and enjoy.

Yogurt Conversions

- If you can only find nonfat Greek yogurt, add 2 Tbsp SKINNYFat and stir well to incorporate into the sweetened yogurt mixture.
- If you can only find regular (not Greek) full-fat plain yogurt, add 1 scoop IN.POWER protein to sweetened yogurt mixture.
- If you can only find regular (not Greek) nonfat plain yogurt, add both 1 Tbsp SKINNYFat and 1 scoop IN.POWER protein to sweetened yogurt mixture.

Baked Apple à la Micronutrient Miracle Mode

Serves 1

1 organic apple

1 Tbsp organic, grass-fed salted butter

1 tsp organic cinnamon

Stevia powder or drops to taste

½ cup organic plain Greek yogurt (try and find one with a higher fat content, for creaminess)

10 vanilla stevia drops (or organic vanilla extract and stevia to taste)

- 1.** Preheat the oven to 350°F.
- 2.** To make an “apple cup,” core the apple, removing all the seeds and creating a hole approximately 1 inch around. Do not pierce through the bottom.
- 3.** Place the butter, cinnamon, and stevia inside the apple cup.
- 4.** Place the apple in a baking dish and fill the dish with water halfway up the apple.
- 5.** Cook for 30 to 45 minutes, or until soft.
- 6.** In a small bowl, combine the yogurt and vanilla stevia or sweetened extract.
- 7.** Remove the apple from the oven and place in a bowl to serve. Top with the sweetened Greek yogurt. If full-fat Greek yogurt is unavailable, refer to the Yogurt Conversions in the Greek Yogurt and Fruit Bowl recipe on page 298.

Carrot Cake Pancakes with Cream Cheese Frosting

What's up, Doc? Who doesn't want dessert for breakfast? These delicious glazed pancakes are bound to please the crowd, regardless of age.

Serves 2

PANCAKES

1 organic carrot, grated
⅓ cup IN.POWER protein
⅓ cup coconut flour
¾ tsp aluminum-free baking powder
¾ tsp organic cinnamon
¾ tsp organic pumpkin pie spice
2 carrots chopped (about 1 cup)
Pinch unrefined sea salt
¼ cup organic plain Greek yogurt
4 whole organic, pastured-raised eggs
½ cup water
½ cup full-fat coconut milk (BPA-free can)

Stevia to taste

¼ tsp organic vanilla extract
Chopped walnuts, raisins, or unsweetened coconut (optional)
Organic, grass-fed salted butter

FROSTING

2 Tbsp organic cream cheese, softened at room temperature
2 Tbsp organic heavy cream or coconut cream
Stevia or 4 Tbsp Lakanto sweetener

1. Set aside the grated carrot.
2. In a medium bowl, combine IN.POWER, coconut flour, baking powder, cinnamon, pumpkin pie spice, chopped carrots, and salt.
3. Combine the yogurt, eggs, water, coconut milk, stevia, and vanilla extract in a blender or food processor on low.
4. Add the dry ingredients and blend until well combined. Set the blender bowl aside to let batter stand for 10 minutes.
5. Heat a small amount (about 1 teaspoon) of butter in a skillet or griddle on medium.
6. Stir the grated carrots into the blender to finish the batter.
7. Drop the batter by ¼ cupfuls on hot griddle. Cook one side, and then flip to cook the other.
8. While the pancakes are cooking, prepare the cream cheese frosting by whipping up all the ingredients in a bowl.
9. Glaze the pancakes with the frosting and enjoy!

MAIN COURSES

Chicken Wings

Serves 4

SKINNYFat Original

**2 lb organic, pasture-raised
chicken wings**

**Buffalo Wing Sauce (aka Jayson's Red
Hot) with melted butter added
(page 290) or melted Garlic-Parmesan
Miracle Butter (page 284)**

**8 medium organic carrots, cut into
sticks**

8 stalks organic celery, cut into sticks

1. Fill a deep fryer to the fill line with the SKINNYFat and heat 325°F, or use a deep skillet and thermometer, if you don't have a fryer.
2. Fry the chicken wings until crispy.
3. In a large pot, warm the sauce of your choice.
4. Remove the finished wings and place them on a plate covered with paper towels to absorb the excess oil.
5. Place the wings in a bowl with the desired sauce and toss quickly to coat.

Serve these wings with celery and carrot sticks and a healthy side of Really Creamy SKINNYFat Blue Cheese Dressing (page 289) for dipping.

Scallops in Lemon Butter Sauce

Serves 4

$\frac{3}{4}$ cup organic, grass-fed salted butter

3 Tbsp minced garlic

2 lb large sea scallops (about 20)

**2 Tbsp freshly grated organic
Parmesan cheese**

1 tsp unrefined sea salt

$\frac{1}{8}$ tsp organic pepper

Juice of 1 lemon

1. In a large skillet, melt the butter.
2. Stir in the garlic and cook for about 30 seconds.
3. Add in the scallops and cook for several minutes on one side. Flip over and cook until opaque.
4. Remove the scallops. Whisk the remaining ingredients into the butter.
5. Pour the sauce over the scallops to serve.

Camarão na Moranga (aka Brazilian Shrimp Stew in a Pumpkin)

Each time we visit Rio de Janeiro, we make a reservation at our favorite restaurant on Ipanema beach. From the first time we had this dish, we were in love. There is nothing more exciting than when it arrives at the table—this big, orange pumpkin turned into a serving bowl with shrimp just pouring out of the top. Now we make this for guests when they visit us at home. The creamy flavors are just as satisfying to the palette as the incredible presentation is to the eye.

Serves 4

1 medium organic pumpkin

2 lb large wild-caught shrimp, peeled and deveined, shells saved

3 cups coconut milk

2 organic bay leaves

½ tsp freshly ground nutmeg

½ tsp unrefined sea salt

½ tsp organic pepper

2 medium organic onions, finely diced (divided)

4 large cloves garlic, chopped (divided)

2 Tbsp SKINNYFat Original

3 sprigs fresh organic rosemary, chopped

2 Tbsp organic curry powder

10 large organic Roma tomatoes, chopped (you can also use a can of organic diced tomatoes)

1 organic serrano pepper

1 cup fresh organic cilantro, roughly chopped

8 oz organic cream cheese, softened at room temperature

1. Preheat the oven to 400°F.

2. Cut a circular opening in the top of the pumpkin. Using a spoon and your hands, remove all the seeds and strings from inside the pumpkin. Wash the pumpkin thoroughly inside and out, and then dry the inside with a paper towel (like you might if you were carving a jack-o'-lantern).

3. Wrap the pumpkin in foil and place it on a baking sheet with the opening facing down. Cook in the oven for about 1 hour, or until soft.

4. Meanwhile, in a small pot over medium heat, simmer the shells from the deveined shrimp, coconut milk, bay leaves, nutmeg, salt, pepper, ½ of the onions, and ½ of the garlic for 20 minutes.

5. Strain the liquid from the small pot. Throw away everything left in the strainer. Put aside this creamy, fragrant sauce.

6. In a large skillet over medium-high heat, heat the SKINNYFat. Add the remaining onion. Cook until softened.

7. Add the rosemary, curry powder, tomatoes, pepper, and the remaining garlic, and cover and cook for 25 minutes.

- 8.** Remove the lid and add in the shrimp and the sauce. Cook until the shrimp turns pink and opaque.
- 9.** Remove from the heat. Add in the cilantro and set aside.
- 10.** When the pumpkin is finished and soft, remove it from the oven and turn it right side up.
- 11.** Spread the cream cheese over the warm, softened “meat” on the inside of the pumpkin. Make a thin layer all the way around.
- 12.** Pour in the shrimp stew mixture.
- 13.** Place the whole pumpkin, still in its foil, back on the baking sheet and cook for 20 minutes.
- 14.** Remove from the oven and allow to cool. Place on a large presentation plate. When serving, make sure to put some of the flesh of the pumpkin coated with cream cheese in every bowl along with the stew. Enjoy!

Quick Tandoori Shrimp

Serves 4

- | | |
|---|---|
| 1 tsp organic chili powder | 1 medium organic onion, thinly sliced into rings |
| $\frac{3}{4}$ tsp organic curry powder | 10 sprigs fresh organic cilantro, chopped |
| $\frac{1}{2}$ tsp organic ground cumin | Juice of 1 lime |
| $\frac{1}{4}$ tsp organic cinnamon | |
| $\frac{1}{4}$ tsp unrefined sea salt | |
| $\frac{1}{2}$–1 tsp organic ground red cayenne pepper (optional) | |
| 1½ lb medium to large wild-caught shrimp, peeled and deveined (you can also do a tandoori mixed grill by cutting other protein into bite-size pieces for broiling) | |

- 1.** Raise the oven rack to just 6 inches from the broiler.
- 2.** Preheat the broiler.
- 3.** Combine all the dry spices in a bowl.
- 4.** Toss the shrimp and onion rings in the bowl to coat them.
- 5.** Arrange the coated shrimp and onions on a baking sheet.
- 6.** Cook the shrimp and onions until pink and opaque (approximately 7 minutes).
- 7.** Remove the shrimp from the oven and sprinkle them with the cilantro and lime juice.
- 8.** Serve with the Cooling Cucumber Raita (page 287).

Greek Chicken

Serves 4

SPINACH LAYER

SKINNYFat Original
10 oz organic spinach
4 oz organic feta cheese
2 large organic, pasture-raised eggs
1 medium organic onion, diced

CHICKEN MIXTURE

2 Tbsp SKINNYFat Original
1½ lb organic, pasture-raised chicken thighs, cut into 1-inch pieces
2 tsp organic garlic powder
2 tsp organic dried oregano

TOPPING

3 oz organic feta cheese to sprinkle
½–1 cup organic tomato sauce

- 1.** Preheat the oven to 325°F.
- 2.** Coat a baking dish with a thin layer of SKINNYFat.
- 3.** Create the spinach layer by first boiling the spinach for 15 minutes to remove oxalates. Combine the spinach with the feta, eggs, and onion in a mixing bowl. Spread the mixture on the bottom of the prepared dish.
- 4.** For the chicken mixture, in a skillet over medium heat, heat the SKINNYFat. Add the chicken, garlic, and oregano, and cook until the chicken is no longer pink.
- 5.** Spoon the chicken layer over the spinach layer.
- 6.** To make the topping, spoon the feta and the tomato sauce over the chicken.
- 7.** Bake for 30 minutes. Let stand for 5 minutes before serving.

Mexican Chicken Wrap

Serves 1

1 Ridiculously Simple Wrap (page 320)

4 oz cooked organic, pasture-raised chicken thighs

1 slice or 1 ounce favorite organic cheese

¼ avocado, sliced, or 2 Tbsp Holy Moly Guacamole (page 291)

2 Tbsp organic salsa

Fill the wrap with all of the ingredients and enjoy.

Optional

• *Try a hot burrito. Fill a wrap with the meat and cheese, wrap in foil, and bake in the oven until hot. Then enjoy with guacamole, sour cream, and salsa.*

• *Try a quesadilla. Layer the cheese and meat on top of the wrap, fold over, and then heat. Top with dollops of guacamole, salsa, and sour cream.*

• *Place any of your favorite salads, such as shrimp salad or curry chicken salad, into the wrap to enjoy a very portable lunch. Always wrap in foil. You can tear back the foil as you eat it so that you don't lose any of the filling!*

Slow-Cooked Beer-Braised Beef

Serves 4

1½ lb organic, grass-fed beef chuck (stew meat)

2 organic onions, diced

2 Tbsp SKINNYFat Original

2 tsp organic fresh thyme

2 Tbsp arrowroot flour

1 tsp unrefined sea salt

½ tsp organic pepper

1 Tbsp organic tomato paste

1 cup beef broth (homemade or an organic, sugar-free, store-bought version)

1 cup dark gluten-free beer

1. Place all of the ingredients in a slow cooker or in a large heavy-bottom pot on the stove over low to medium heat.

2. Allow to simmer, stirring occasionally, for 3½ hours.

3. Using a slotted spoon, remove the beef to a small bowl and set aside.

4. Turn the heat up and allow the liquid to boil, and then reduce the heat and simmer for 10 minutes, until thickened further.

5. Place the beef back into the broth and remove from the heat.

6. Serve over Cauliflower Mash (page 319).

Miracle Chinese Fried “Rice”

Serves 4

4 organic, pasture-raised eggs

1 head cauliflower

2 Tbsp SKINNYFat Original

2 Tbsp sesame oil

1 onion, chopped

2 carrots, cut into small cubes

5 Tbsp coconut aminos

1 can water chestnuts

1 can bamboo shoots

½ cup frozen peas

1½ lb cooked protein (you can use leftovers or quickly broil chicken thighs or shrimp)

1 Tbsp fish sauce (sugar-free)

- 1.** Place a small skillet coated with SKINNYFat or butter over medium heat, scramble the eggs, and set aside.
- 2.** To create the cauliflower “rice,” use either a cheese grater or a food processor to chop the cauliflower into pieces the size of a grain of white rice.
- 3.** In an extra-large skillet or wok, warm the SKINNYFat and sesame oil over medium heat. Add the onion and carrots and cook for 4 minutes.
- 4.** Add in the cauliflower, coconut aminos, water chestnuts, bamboo shoots, frozen peas, and fish sauce and mix to coat all the vegetables. Cook for 4 minutes.
- 5.** Add in the cooked protein and scrambled eggs and stir well to coat evenly.
- 6.** Cook for an additional 5 to 10 minutes, covered, on low heat.

Buffalo Chicken Chili

What does a girl from upstate New York (Rochester, near Buffalo) miss most about the area? Buffalo chicken wings, of course. This chili totally hits the spot by combining all of the wing flavors, including the blue cheese dip, in one delicious bowl.

Serves 4

4 Tbsp SKINNYFat Original

1½ lb ground organic, pasture-raised chicken (can sub organic, grass-fed ground beef if you prefer or sprouted black beans to make this vegetarian/vegan)

1 large organic onion, chopped

2 stalks organic celery, chopped

2 large organic carrots, chopped

4 cloves garlic, diced

1 can (28 oz) organic fire-roasted diced tomatoes (BPA-free can)

2 Tbsp organic chili powder

1 tsp organic ground cumin

1 tsp organic dried oregano

½ tsp organic ground red cayenne pepper

Unrefined sea salt to taste

Organic pepper to taste

½ cup organic crumbled blue cheese (gluten-free!)

3 Tbsp organic white vinegar

- 1.** Heat the SKINNYFat in a large ceramic pot over medium-high heat.
- 2.** Add in the chicken and brown.
- 3.** Stir in the onion, celery, carrots, garlic, diced tomato, and all the spices.
- 4.** Cover and cook on low for approximately 4 hours. *Option:* After browning the chicken in the pot, place all of the ingredients in a slow cooker for 4 hours.
- 5.** Mix in the cheese and vinegar just before serving.

Note: To reduce/eliminate the lectin content of the tomatoes, cook them in a pressure cooker before adding them to the recipe.

Greek Lamb Kabobs

Serves 4

Zest of 1 lemon

Unrefined sea salt to taste

Organic pepper to taste

2 Tbsp chopped fresh organic oregano

2 organic onions, each chopped into quarters

2 organic green zucchini, sliced into thick chunks

2 organic yellow squash, sliced into thick chunks

2 organic tomatoes, each chopped into quarters

1½–2 lb organic lamb loin, cut into 1–2-inch squares

4 oz organic feta cheese (optional)

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine the lemon zest, salt, pepper, and oregano.
3. Place the onions, zucchini, and squash on a baking sheet and cook for 5 to 10 minutes, or until softened. Do not cook all the way through.
4. Place the softened vegetables, tomatoes, and the lamb in the mixing bowl with the lemony mixture and toss to coat well.
5. Heat the grill to medium-high.
6. Thread a combination of the spice-coated lamb and the vegetables onto 8 skewers.
7. Grill the skewers until lightly charred.
8. **Optional:** Serve sprinkled with the cheese, if using.

Peppercorn-Crusted Beef Tenderloin

This is lovely served with our 4-Ingredient Blender Hollandaise Sauce (page 290).

Serves 4

1 organic, grass-fed beef tenderloin (2 lb) or 4 tenderloin steaks

1 Tbsp SKINNYFat Original

3 Tbsp organic peppercorn (try and find a good tricolor mix for variety in flavors)

4 tsp unrefined sea salt

1. Bring the meat to room temperature at least 30 minutes prior to cooking.
2. Preheat the oven to 400°F.
3. Pat the meat dry and coat with the SKINNYFat.

4. Crush the pepper, either using a cleaned coffee grinder or a mill. Combine the crushed peppercorns with the salt and pat evenly all over the tenderloin.
5. Cook for 45 minutes (for the loin) or 15 minutes (for the steaks). Use a meat thermometer to check the temperature. Medium rare (145°F) is the goal.
6. Let rest for 10 minutes prior to serving.

Grilled Tandoori Skewers

These skewers can be accompanied by the Cooling Cucumber Raita (page 287) and Indian Garlic-Butter Cheese Non-Naan (page 321).

Serves 4

1¼ cups organic plain Greek yogurt
2 Tbsp fresh lemon juice
2 Tbsp SKINNYFat Olive
3 Tbsp freshly grated ginger
1 tsp unrefined sea salt
1 tsp organic turmeric
1 tsp organic garam masala (Indian spice; we use Frontier brand)
1 tsp organic ground red cayenne pepper (or more for extra spiciness)
1 tsp organic paprika
2 cloves garlic, minced

½ head organic broccoli, cut into large florets
½ head organic cauliflower, cut into large florets
1 large organic yellow onion, cut into about 8 pieces
1 organic zucchini or summer squash, cut into ¾-inch slices
2 medium organic tomatoes, cut into 8 parts each
1½ lb of protein, cut into 1–2-inch squares (choose one protein or a combination of the highest-quality chicken, shrimp, and beef)

1. In a large mixing bowl, combine the yogurt, lemon juice, SKINNYFat, ginger, salt, turmeric, garam masala, cayenne, paprika, and garlic.
2. Place the broccoli, cauliflower, and onion in a steamer on the stove or in a microwave oven to lightly steam. Do not cook all the way through. Simply soften.
3. Place the softened vegetables along with the zucchini or summer squash, tomatoes, and protein in the mixing bowl and coat well with the yogurt mixture.
4. Cover and refrigerate for at least 30 minutes.
5. Heat the grill to medium-high.
6. Create 8 skewers. Thread a combination of the yogurt-coated proteins and the vegetables onto 8 skewers.
7. Grill the skewers until lightly charred.

Moqueca (aka Brazilian Fish Stew)

Bom appetite! That is how you say "enjoy your meal" in Brazil. And if you ordered moqueca, you would be enjoying it for sure. This fish stew, traditionally from Bahia, Brazil, is incredibly delicious, and even individuals who don't love fish will be humming through the bowl.

Serves 4

6 Tbsp SKINNYFat Original

1 organic onion, diced

1 clove garlic, minced

1 organic red bell pepper (roasted, if you have time), diced

1 can (28 oz) organic diced tomatoes (BPA-free can)

1 organic green chile pepper, chopped

1½ lb of wild-caught white fish (grouper, mahimahi, flounder, and snapper all work well), cut into 1-inch cubes

¼ Tbsp organic ground red cayenne pepper (We use 1 Tbsp, but we like it hot!)

¼ cup fresh organic cilantro, chopped

1 cup coconut milk (or whole cream, if you don't want it as sweet)

2 Tbsp fresh lime juice

Unrefined sea salt to taste (for us, ½ tsp)

Organic pepper to taste (for us, ½ tsp)

1. Heat the SKINNYFat in a saucepan over medium heat.
2. Cook the onion for several minutes, or until translucent.
3. Add the garlic and bell pepper and cook for several minutes.
4. Add the tomatoes, chile pepper, fish, cayenne, and cilantro, and simmer gently until the fish begins to flake.
5. Pour in the coconut milk and cook just until heated through; do not boil.
6. Add the lime juice and season with the salt and black pepper.

Rustic Portobello Pizza Caps

Serves 2

4 large portobello mushroom caps, stems and gills removed

4 Tbsp SKINNYFat Pizza in a Bottle Italian-Infused Oil (page 285)

Unrefined sea salt to taste

Organic pepper to taste

4–8 Tbsp organic pizza sauce of your choice (sugar-free); we recommend using Mom’s Organic Roasted Pepper Pasta Sauce or using our Mom’s Beef Bolognese recipe (page 291)

4–8 organic black olives, sliced

2 anchovy fillets, chopped (optional, but preferred for flavor and omega-3 content)

8–16 slices organic pepperoni

¼ lb cooked organic Italian sausage (optional)

4–8 cloves garlic, roasted and smashed

1–2 cups shredded organic mozzarella cheese (buy a block and shred it yourself to avoid added cellulose powder)

Organic red-pepper flakes (optional)

- 1.** Preheat the oven to 425°F.
- 2.** Brush each mushroom cap with 1 Tbsp of the SKINNYFat and sprinkle with a pinch of salt and a grind of black pepper.
- 3.** Roast for 15 to 20 minutes (depending on the size of the mushrooms), or until the mushroom caps are nicely roasted but still holding their general shape.
- 4.** Let the caps cool until they can be handled.
- 5.** Drain or pat dry the caps to remove any excess moisture.
- 6.** Spoon 1 to 2 tablespoons of the sauce into each one.
- 7.** Top with the olives, anchovy pieces (if using), pepperoni, Italian sausage (if using), garlic, cheese, red-pepper flakes (if using), and another small grind of the black pepper.
- 8.** Place the mushrooms back in the oven until the cheese is melted and beginning to brown, like on pizza.
- 9.** Serve immediately. *Buon appetito!*

Zucchini—or Zucchini Spaghetti

Serves 2 to 4

4 large organic zucchini

1 Tbsp SKINNYFat Olive

1 Tbsp unrefined sea salt

- 1.** Make zucchini noodles using either an inexpensive julienne peeler or a vegetable mandolin/spiral slicer. (You can find our favorite picks in the resource center on caltonnutrition.com. We love the long zucchini ribbons that the slicer forms. You can even wrap them around a fork like the real thing. A small investment with a ton of great uses.)
- 2.** Put the zucchini ribbons in a colander and toss with the salt. The salt will help pull the water out of the zucchini and make the ribbons even more noodlelike. Place the colander over a bowl to catch the released water. Let stand for 20 minutes.
- 3.** Rinse the zucchini well, and pat it dry.
- 4.** When you are ready to eat the zucchini, add it to a large skillet with the SKINNYFat and heat for about 1 minute. Then add your choice of a Miracle Pesto (pages 282 to 283), Bolognese (page 291), Alfredo (page 286), or any other sauce you are making.
- 5.** Heat thoroughly and serve.

Rustic Flatbread

This recipe can also be made into breadsticks for appetizers or mini pizzas for parties.

Serves 2

| | |
|--|--|
| 1 head organic cauliflower | ½ tsp organic dried oregano |
| 1 cup shredded organic mozzarella cheese (do not use the moist “fresh”) | ½ tsp organic garlic powder |
| 1 organic, pasture-raised egg | ½ tsp organic onion powder |
| ½ tsp organic dried basil | ½ tsp unrefined sea salt |
| | ½ tsp organic red-pepper flakes |

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone pad.
2. To create the cauliflower “rice,” use either a cheese grater or a food processor to chop the cauliflower into pieces the size of a grain of white rice.
3. Steam the “rice.” This can be done either in a pan and steamer basket or in a microwave, for quicker preparation. You want the cauliflower pieces to become soft and almost translucent.
4. Allow to cool.
5. Using a strainer, cheesecloth, or a clean kitchen towel, wring the cauliflower to get it really dry. Even when you think you are done, do it again. It cannot be too dry.
6. Stir the dry cauliflower rice with the cheese, egg, basil, oregano, garlic powder, onion powder, salt, and pepper flakes until well combined.
7. Using a spoon and a spatula, shape the cauliflower crust mixture into a thin rectangle on the baking sheet.
8. Bake for approximately 35 minutes, or until golden brown.
9. Remove from the oven and top the crust with the desired toppings (see below).
10. Place the topped flatbread back into the oven and bake for 10 minutes.
11. Serve with a side salad.

Optional

For toppings, choose what you have available.

- *Traditional pizza: Tomato sauce, mozzarella cheese, and pepperoni*
- *Perfect pesto pizza: Pesto and cooked shrimp*
- *Greek flatbread: Chicken, tomato sauce, and feta cheese*
- *“French onion tart” bread: Caramelized onions and Gruyère cheese*
- *Moroccan style: Sausage, mozzarella cheese, and tomato sauce seasoned with cumin, coriander, and paprika*

Coq Au Vin

On one trip to Paris we were lucky enough to spend a day studying privately with Chef Marie-Blanche de Broglie. We made a traditional coq au vin, and she taught us about French cooking methods and much more about French culinary traditions, with valuable tips on entertaining *à la Française*. While we say *au revoir* to the flour in her traditional coq au vin, we have miraculously altered it so that we can still enjoy this hearty chicken stew.

Serves 4

4 slices organic, pasture-raised bacon

**5 organic, pasture-raised chicken legs
or 1 whole chicken, cut into pieces**

**1 package (10 oz) mushrooms, each
cut in half**

**2 large or 3 medium organic onions,
chopped**

Unrefined sea salt to taste

Organic pepper to taste

1 Tbsp arrowroot flour

2 large organic carrots, chopped

4 cloves garlic, chopped

1 cup organic dry red wine

2 Tbsp organic tomato paste

2 organic bay leaves

**$\frac{3}{4}$ cup chicken broth (homemade or an
organic, sugar-free, store-bought
version)**

1. In a skillet over medium-high heat, cook the bacon. When it is crunchy, remove it from the skillet, crumble it, and set it aside for later.
2. In the skillet with the bacon grease, brown the chicken on all sides.
3. Place the browned chicken in a slow cooker with the rest of the ingredients.
4. Cook on low for 7 hours.
5. Remove the bay leaves and sprinkle with the crispy bacon before serving.

Thai-Style Chopped Pork

Serves 4

$\frac{1}{2}$ cup coconut milk

$\frac{1}{3}$ cup coconut aminos

$\frac{1}{2}$ cup fresh organic cilantro, chopped

**$\frac{1}{4}$ cup fresh lime juice (or the juice
of 1 lime)**

2 Tbsp freshly grated ginger

**$1\frac{1}{2}$ lb boneless organic, pasture-raised
pork loin, chopped into bite-size
pieces**

1 Tbsp SKINNYFat Original

2 cups organic green beans

**2 organic carrots, chopped into long
strips**

1. Combine the coconut milk, coconut aminos, cilantro, lime, and ginger in a mixing bowl.
2. Add in the pork and toss to coat well.

- 3.** In a wok or large skillet, heat the SKINNYFat over medium heat. Add the pork mixture and cook for 3 to 5 minutes.
- 4.** Add in the green beans and cook for 5 minutes.
- 5.** Toss the carrots into the wok and cook for 1 minute only, to keep crisp.

Optional

- *Serve alongside lettuce or cabbage as a wrap filling.*
- *Use to top salads or enjoy it cold as a grab-and-go lunch.*

Micronutrient-Packed “Offaly” Tasty Meatloaf

You don't have to be afraid of liver any longer. You can hide it in this “offaly” tasty meal. If you get farm-fresh liver from grass-fed cows, like we do, the rich, silky texture really adds to the beef in this loaf.

Serves 4

| | |
|--|---|
| ¼ lb organic liver | 2 tsp organic red-pepper flakes |
| 1 lb organic grass-fed ground beef | 1 Tbsp unrefined sea salt |
| 1 cup mushrooms (we like reconstituted dried wild porcini mushrooms), chopped | 1 Tbsp organic pepper |
| ½ cup organic crumbled blue cheese (gluten-free!) | 1 Tbsp organic chipotle powder |
| 1 Tbsp organic garlic powder | ¾ cup organic tomato sauce |
| 1 Tbsp organic onion powder | ¼ cup freshly grated or finely sliced organic cheese (Optional, but we love Port du Salut for this!) |

- 1.** Preheat the oven to 350°F.
- 2.** Liquefy the liver in a blender or food processor.
- 3.** Place the ground beef and mushrooms into a baking pan or a glass baking dish and pour in the liquefied liver. Add the blue cheese, garlic powder, onion powder, red-pepper flakes, salt, pepper, and chipotle.
- 4.** Use your hands to combine the ingredients and shape the mixture into a loaf. Bake for 30 minutes.
- 5.** Remove from the oven and cover with the tomato sauce and grated cheese. Return to the oven for an additional 10 minutes to allow the cheese to melt.

Fabulous Fajitas

Serves 4

4 Tbsp SKINNYFat Olive, divided

1 tsp organic chili powder

1½ tsp organic dried oregano

1 tsp unrefined sea salt

1 tsp organic paprika

1 tsp organic onion powder

1 tsp organic garlic powder

½–1 tsp organic ground red cayenne pepper (optional for heat preference)

1½ tsp organic ground cumin

1½ lb organic, pasture-raised chicken thighs, cut into strips (you can also swap for shrimp or beef)

2 organic red bell peppers, sliced into strips

2 organic yellow bell peppers, sliced into strips

2 organic onions, thinly sliced into strips

- 1.** Create a marinade by combining 2 Tbsp of the SKINNYFat with the chili powder, oregano, salt, paprika, onion powder, garlic powder, cayenne (if using), and cumin in a large mixing bowl.
- 2.** Add the chicken and toss to coat well.
- 3.** Cover and let sit in the refrigerator for 1 to 5 hours.
- 4.** In a large skillet over medium heat, heat the remaining SKINNYFat.
- 5.** Add the red peppers, yellow peppers, and onions and cook covered, stirring frequently, until they begin to soften.
- 6.** Add the chicken. Stir so the seasonings coat the vegetables, as well.
- 7.** Remove from the heat after the chicken is thoroughly cooked.
- 8.** Serve with the Holy Moly Guacamole (page 291), organic salsa, shredded organic cheese (Manchego), organic sour cream, and Ridiculously Simple Wraps (optional, page 320).

Fish and Chips

On a trip through England we decided to find the perfect recipe for fish and chips. In every city we visited, we would ask locals which restaurant served the best plate and then we would test it ourselves. We visited a lot of cities on that trip, and our favorite was in Dartmouth. (We went back a few times, just to be sure.) It was the haddock and the rice flour combination in their gluten-free batter that did it for us. So we brought the recipe home and now use it as a starchy treat every now and again.

Serves 4

SKINNYFat Original

½ Tbsp aluminum-free baking powder

1½ tsp unrefined sea salt

½ tsp freshly ground organic pepper

1¼ cups organic rice flour, divided

**1 large organic, pasture-raised egg,
lightly beaten**

6 oz sparkling or soda water

2 large organic russet potatoes or

**2 organic sweet potatoes, cut into
chips (what we call french fries in the
United States) about the size of your
index finger**

**4 wild-caught haddock fillets, 4 oz
each (can be purchased frozen and
thawed; cod also works well)**

- 1.** Fill a deep fryer to the fill line with the SKINNYFat and heat to 325°F, or use a deep skillet and thermometer if you don't have a fryer.
- 2.** In a mixing bowl, combine the baking powder, salt, pepper, and 1 cup of the rice flour. Mix the egg with the soda water and add it to the bowl. Mix well to make a smooth batter.
- 3.** Pour the remaining ¼ cup of rice flour on to a plate, for dredging.
- 4.** Fry the potatoes for 6 to 8 minutes, or until golden brown and crisped to your preference.
- 5.** Remove the chips and blot on a paper towel-lined plate to remove the excess oil.
- 6.** Move the chips to a baking sheet and keep in a warmed oven to keep heated while frying the fish.
- 7.** Lightly coat (dredge) a fish fillet with the rice flour, and then coat in the batter. A thin coating is best. Do this for all the fillets and fry for approximately 5 minutes, turning once.
- 8.** Serve with organic vinegar (to be more traditional) or SKINNYFat Tartar Sauce (page 289).

Shepherd's Pie

While traveling in London, it became immediately evident to us that this city is the best place to get great Indian food. So, that is why we decided to give one of Great Britain's most traditional comfort foods a spicy new makeover. It was such a huge hit at our Sunday extended family dinners that we included it here for you.

Serves 4

TOP LAYER

1 full recipe for Cauliflower Mash (page 319)

BOTTOM LAYER

| | |
|--|--|
| 2 Tbsp SKINNYFat Olive | ½ tsp organic ground ginger |
| 2 organic onions, chopped | ½ Tbsp organic cinnamon |
| 2 cloves garlic, minced | ½–1 tsp organic ground red cayenne pepper |
| ½ lb organic, grass-fed ground beef | 1 bag organic frozen peas |
| 2 Tbsp organic curry powder | 2 organic carrots, cut into small cubes |
| 2 Tbsp organic turmeric | |
| 1 Tbsp organic ground cumin | |

- 1.** Prepare the Cauliflower Mash and set it aside. Preheat the oven to 350°F.
- 2.** In a large skillet over medium heat, heat the SKINNYFat. Cook the onions and garlic until the onions just begin to become translucent.
- 3.** Add the ground beef and cook until browned.
- 4.** Add in all the spices, peas, and carrots. Reduce the heat to medium-low and cook for 15 minutes.
- 5.** Spread the meat mixture across the bottom of a 9 x 13 baking dish. Create a second layer on top with the Cauliflower Mash. You can refrigerate until needed or pop it in an oven at 350°F until piping hot.

SENSATIONAL SIDE DISHES AND RAD WRAPS

Oven-Roasted Brussels Sprouts

Serves 4

4 cups organic Brussels sprouts

Coarse unrefined sea salt

**2 Tbsp SKINNYFat Olive (bacon fat
and butter can be substituted, as well)**

Organic pepper

- 1.** Preheat the oven to 325°F.
- 2.** Cut the Brussels sprouts in half if they are big and remove the ends and any browned outer leaves.
- 3.** On a baking sheet, coat the sprouts with the SKINNYFat and season with a healthy amount of the salt and pepper.
- 4.** Bake for 25 to 30 minutes.
- 5.** Do not discard the burnt leaves that fall off; they are delicious!

Optional

- *Spice it up with organic ground red cayenne pepper and SKINNYFat Hot Pepper-Infused Oil (page 286)*
- *Complement an Italian dish by using SKINNYFat Pizza in a Bottle Italian-Infused Oil (page 285) and finish with a sprinkle of Parmesan cheese.*

Cauliflower Mash

Serves 4

1 head organic cauliflower, chopped

¼ tsp organic onion powder

2 Tbsp organic, grass-fed salted butter

Unrefined sea salt to taste

2 Tbsp organic cream cheese

Organic pepper to taste

½ tsp organic garlic powder

- 1.** Steam the cauliflower until soft.
- 2.** Place the cauliflower and the remaining ingredients in a blender or food processor and process until smooth. We like to keep it a bit chunky, as the texture more resembles potato.

Sweet Potato, Yam, and Apple Casserole

Serves 4

- | | |
|---|---|
| 1 organic yam, sliced | 8 Tbsp organic, grass-fed salted butter, cut into chunks |
| 2 large organic sweet potatoes, sliced | 1 Tbsp organic cinnamon |
| 3 medium organic apples, sliced | |

1. Preheat the oven to 350°F.
2. Place the yam, sweet potatoes, and apples in layers in a 9 x 13 baking dish.
3. Cover with the butter and cinnamon.
4. Bake for 40 minutes or until the ingredients are softened.

Ridiculously Simple Wraps

These can be made fresh, or make a larger batch and keep them in the refrigerator for grab-and-go meals.

Makes 1 large or 2 small wraps (eat only 1 recipe per person per seating)

- | | |
|--|--------------------------------|
| 1 organic, pasture-raised egg | 1 Tbsp IN.POWER protein |
| 1 Tbsp SKINNYFat Original | ½ Tbsp buckwheat flour |
| 1 Tbsp freshly grated organic Parmesan cheese | ½ Tbsp coconut flour |
| 1 Tbsp water | |

1. Mix all of the ingredients together in a bowl to form the batter.
2. Heat a small ceramic skillet lightly coated with SKINNYFat or another fat over medium heat.
3. Pour in the batter so it forms a thin layer across the bottom of the skillet.
4. Cover and cook until bubbles form; don't hurry this.
5. Flip and cook for 1 minute.

Indian Garlic-Butter Cheese Non-Naan

These are amazing with any Indian-spiced meal, such as Quick Tandoori Shrimp (page 303) and Grilled Tandoori Skewers (page 309). If making more “non-naan”—say for a family dinner—keep them warm in the oven as you make them. Place shavings of butter in between each piece of naan. Then watch them disappear at the dinner table.

Makes 1 wrap—perfect for 1 person (If following a weight-loss protocol, enjoy these sparingly.)

1 organic, pasture-raised egg

1 Tbsp SKINNYFat Original

**1 Tbsp freshly grated organic
Parmesan cheese**

1 Tbsp water

1 Tbsp IN.POWER protein

½ Tbsp buckwheat flour

½ Tbsp coconut flour

½ tsp organic garlic powder

1 tsp minced garlic

**1 oz organic mozzarella cheese,
finely chopped**

Organic, grass-fed salted butter

- 1.** Mix all of the ingredients together in a bowl to form the batter.
- 2.** Heat a small ceramic skillet lightly coated with butter over medium heat.
- 3.** Pour in the batter so it forms a thin layer across the bottom of the skillet.
- 4.** Cover and cook until bubbles form.
- 5.** Flip and cook for 30 to 60 seconds.

DESSERTS

You might notice that there are no desserts listed on your menu plans. That is because your plans supply a very satisfying amount of nutrient-dense foods each and every day, so you don't need to eat any more food. We included these desserts here so that you can use them to celebrate special occasions, like birthdays and holidays. Other times, we make these treats and freeze them into small, personal-size portions. That way, on the rare occasion we find ourselves wanting dessert, we can defrost them in the refrigerator. Use these delicious, high-quality desserts sparingly, especially if your goal is weight loss. For everyday treats, use the Triple Threat puddings and ice cream as meal replacements. They satisfy the protocol as well as your sweet tooth.

Cream Cheese Swirl Brownies

Makes 12

1 full recipe for Chocolate Brownies batter (page 324)

4 oz organic cream cheese, softened at room temperature

1 organic, pasture-raised egg

3 Tbsp Lakanto sweetener

¼ tsp organic vanilla extract

1. Preheat the oven to 350°F. Coat a 6 x 9-inch baking dish with SKINNYFat or coconut oil.
2. Prepare the Chocolate Brownies but do not cook.
3. Combine all the other ingredients in a bowl to make the cream cheese filling.
4. Place $\frac{3}{4}$ of the brownie mix in the prepared baking dish.
5. Place the cream cheese filling in a layer on top, and then cover with the remaining $\frac{1}{4}$ of the brownie mix.
6. Use a knife to slice through the brownies to create swirls.
7. Bake for approximately 35 minutes. Store in the refrigerator.

Creamy Dreamy Cheesecake with Chocolate Cookie Crust

Makes 12 to 16 slices

CRUST (OPTIONAL)

- ¼ cup coconut flour**
- ½ cup almond flour**
- 3 Tbsp SKINNYFat Original**
- 1 organic, pasture-raised egg**
- ½ cup Stevita Delight chocolate drink mix**
- ½ tsp unrefined sea salt**

FILLING

- 5 packages organic cream cheese (8 oz each), softened at room temperature**
- 1 cup organic full-fat sour cream**
- 3 organic, pasture-raised eggs**
- ¾ cup Lakanto sweetener or stevia to taste**
- 1 Tbsp organic vanilla extract**
- 1 tsp. lemon zest**

- 1.** Grease a springform pan and wrap the bottom with foil. This will allow the cream to cook more evenly in the cheesecake. The foil should be wrapped at least 2 inches high around the entire pan.
- 2.** Fill a very large baking pan (with sides) with about 1 inch of water to create a water bath that your springform pan will cook in. Place in the oven and preheat to 350°F.
- 3.** If making the crust: Mix all of the crust ingredients in a bowl. Press the crust down by hand to form a thin layer at the bottom of the springform pan.
- 4.** Mix all of the filling ingredients in a bowl and blend until super smooth.
- 5.** Fill the springform pan with the filling. Place in the heated water bath in the oven.
- 6.** Bake for 1 hour or until the center appears solid.
- 7.** Remove and let sit until cool. Make sure to run a knife around the cooled cheesecake before removing it from the springform pan.

Chocolate Brownies (Dairy-Free)

Makes 12

1 block dark Baker's Chocolate
(4 oz sugar-free)
1 Tbsp SKINNYFat Original
2 very ripe avocados, halved, pitted,
and peeled
 $\frac{1}{4}$ cup Stevita Delight chocolate
drink mix
1 Tbsp coconut flour
1 Tbsp organic vanilla extract
1 tsp aluminum-free baking powder

5 Tbsp Lakanto sweetener
1 pinch of unrefined sea salt

CHOCOLATE CREAM CHEESE FROSTING (OPTIONAL)

8 oz organic cream cheese
8 Tbsp (1 stick) organic, grass-fed
salted butter
2 cups Lakanto sweetener
 $\frac{1}{3}$ cup chocolate Stevita Delight

1. Preheat the oven to 350°F.
2. Coat a 6 x 9-inch baking dish with SKINNYFat or coconut oil.
3. Melt the chocolate and SKINNYFat in a small pot on the stove or in the microwave; do not burn.
4. Place the avocados in a blender and process until smooth.
5. In a large mixing bowl, combine the melted chocolate and blended avocados.
6. Add in the remaining ingredients and use a hand mixer or large wooden spoon to completely combine into a luxuriously dark batter.
7. Pour into the prepared baking dish and bake for 35 minutes.
8. Store in the refrigerator to keep them extra fudgy!
9. **Optional:** To create the frosting, beat all ingredients together and spread evenly on the cooled brownies.

Chia Seed Chocolate Pudding

Serves 1 to 2

3 Tbsp chia seeds
1 cup organic milk (coconut, almond,
heavy cream, or full-fat milk)

2 tsp Stevita Delight chocolate drink
mix or 2 tsp unsweetened cocoa and
stevia to taste
1 tsp organic vanilla extract

1. In a small bowl, combine all of the ingredients.
2. Refrigerate overnight.

Optional: If you prefer a smooth texture over that of tapioca, then pour everything into a blender or food processor and process until smooth. Refrigerate.