

Discover Secrets to a Slimmer, Sexier and Healthier You!



Lose Weight

Without
Dieting or
Working
Out!

(Features the
DEM System™)

**#1 National
Bestseller**

Revised and Updated

JJ Smith

LEAN PROTEINS

Eat 2 or 3 servings (3 to 4 ounces per serving) of lean protein daily.

Fish & Shellfish	Chicken & Turkey	Lean Red Meat
bass, calamari, catfish, clams, cod, crabmeat, flounder, grouper, haddock, halibut, lobster, mackerel, oysters, perch, wild salmon, sardines, scallops, shrimp, red snapper, sole, tilapia, trout, tuna	skinless chicken breasts, skinless Cornish hen, skinless turkey breast	lean beef, flank steak, sirloin, top round, London broil, pork tenderloin, pork rib chops, pork roast
	Dairy Products	
	eggs, protein drink/powder, goat and sheep's milk products, unsweetened yogurt, non-dairy milk such as unsweetened almond, rice, hemp, soy milk	

GOOD CARBS

Fruits: 2 servings or 2 whole fruits daily

Veggies/legumes: 3 to 4 cups daily

Whole grains: 2 to 3 three servings daily (1/2 cup = one serving)

Fruits	Veggies/Legumes	Whole Grains
apples, apricots, avocado, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, dates, figs, grapes, kiwi, grapefruit, guava, honeydew, lemon, lime, mango, nectarines, oranges, papaya, peaches, pears, pineapple, plums, pomegranate, prunes, raspberries, strawberries, tangerines, watermelon	alfalfa, artichokes, asparagus, beets and beet greens, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chiles, cilantro, collard greens, cucumbers, dandelion greens, eggplant, fennel, garlic, green beans, kale, kelp, leeks, lettuce, mushrooms, mustard greens, okra, onion, parsley, parsnips, pea pods, peas, peppers, pumpkin, radishes, rhubarb, rutabaga, scallions, spinach, summer squash, sweet potato, tomato, turnips, turnip greens, watercress, yams, zucchini,	oatmeal, barley, bran, brown rice, buckwheat, bulgur wheat, cornmeal, millet, oats, oat bran, quinoa, rye, spelt, wheat germ, wild rice, whole-grain/gluten-free breads, whole-grain/gluten-free pastas, whole-grain cereals
	black beans, lentils, kidney beans, pinto beans, split peas, chickpeas (garbanzo beans), lima beans, butter beans, wax beans.	

HEALTHY FATS

Nuts and Seeds: 1 or 2 servings (about 1 ounce) of nuts/seeds daily

Healthy oils: 1 to 3 tablespoons daily

Nuts	Seeds	Healthy Oils
almonds, Brazil nuts, cashews, chestnuts, coconut, hazelnuts, pecans, walnuts, macadamia nuts, pistachios	pumpkin seeds, sesame seeds, sunflower seeds, ground flaxseeds	avocado oil, canola oil, coconut oil, extra-virgin olive oil, flaxseed oil, fish oil, sesame oil, walnut oil

HEALTHY SNACKS

Eat 2 healthy snacks per day.

Healthy Low-Calorie Fruits and Veggies <i>(less than 100 calories)</i>	Healthy Low-Calorie Nuts and Seeds (Raw or Dry Roasted) <i>(less than 100 calories)</i>	Healthy High Protein/Low-Fat Snacks
<ul style="list-style-type: none">• 1 large apple• 1/2 cup of unsweetened applesauce• 1 large orange• 1 medium grapefruit• 1 medium pear• 1 medium banana• 1 cup blueberries• 1 cup blackberries• 1 cup of raspberries• 1 cup of fresh cherries• 1 large nectarine• 2 medium peaches• 2 cups of grapes• 2 kiwis• 1 cup of celery/ celery sticks• 1/2 cup of baby carrots• 1 cup of broccoli• 1 cup of cauliflower	<ul style="list-style-type: none">• 12 raw almonds• 8 walnut halves• 4 Brazil nuts• 1/2 oz. pumpkin seeds• 2 tablespoons sunflower seeds• 20 macadamia nuts• 20 peanuts	<ul style="list-style-type: none">• 1 hard-boiled egg• 2 oz. tuna, lightly salted• low-fat cottage cheese, 1/2 cup• 1 oz. string goat cheese• 1 cup plain fat-free yogurt• 8 baked tortilla chips with 3 tablespoons salsa• 5 cups plain popcorn

APPENDIX A

Seven-Day Meal Plan and Recipes

This seven-day meal plan, with recipes, provides a sample meal plan to help you get started on the three-week Detox Phase of the DEM System. This meal plan and recipes will help you focus on foods that cleanse and detoxify the body while you re-program your taste buds to crave natural, healthy foods that help you get slim and healthy!

Seven-Day Meal Plan:

Day One

Breakfast:

- Almond Butter Oatmeal

Lunch:

- Quinoa Pilaf

Dinner:

- Walnut and Apple Spinach Salad

Snacks:

- 1 Apple
- Lightly Salted Popcorn

Day Two

Breakfast:

- Cottage Cheese and Berries

Lunch:

- Navy Bean and Barley Soup
- Whole-Grain Crackers

Dinner:

- Spinach Salad with Vinaigrette Dressing

Snacks:

- 1 cup Strawberries
- Unsweetened Peanut Butter with Celery

Day Three

Breakfast:

- Granola Berry Parfait

Lunch:

- Black Bean Quinoa Salad

Dinner:

- Black-Eyed Peas and Veggie-Stuffed Peppers

Snacks:

- 1 cup Blueberries
- 1 plain Yogurt with Berries

Day Four

Breakfast:

- Whole-Grain Hot or Cold Cereal (Brands by Ezekiel 4:9 or Bob's Red Mill's are great options)
- Unsweetened Almond Milk

Lunch:

- Sautéed Tomatoes and Spinach

Dinner:

- Green Leafy Stir Fry

Snacks:

- 1 Orange
- 1 Hard-Boiled Egg

Day Five

Breakfast:

- Basic Healthy Oatmeal with Toppings

Lunch:

- Basic Caesar Salad

Dinner:

- Marinated Veggie Stir-fry with Brown Rice

Snacks:

- 1 Apple
- Lightly Salted Popcorn

Day Six

Breakfast:

- Cinnamon Granola

Lunch:

- Cucumber Tomato Salad

Dinner:

- Braised Tofu
- Sweet Potato Fries
- Side Salad

Snacks:

- 1 cup Raspberries
- 1 cup Carrots

Day Seven

Breakfast:

- Whole-Grain Hot or Cold Cereal (Brands by Ezekiel 4:9 or Bob's Red Mill's are great options)
- Unsweetened Almond Milk

Lunch:

- Collard Green Stew with Black-Eyed Peas

Dinner:

- Marinated Veggie Stir-fry with Brown Rice

Snacks:

- 1 Pear
- Unsweetened Almond Butter with Celery

Recipes For the Seven-Day Meal Plan

Almond Butter Oatmeal

Ingredients:

- 1 cup cooked oats
(cooked in unsweetened almond milk)
- 2 tablespoons almond butter
- 1 teaspoon cinnamon
- 1 tablespoon honey

Directions:

1. Make sure the oats are warm so everything melts properly.
2. Combine all ingredients in a bowl and mix until well combined.

Quinoa Pilaf

Ingredients:

- 1 cup uncooked quinoa
- 1 cup uncooked red lentils
- 1 medium red bell pepper, chopped
- ¼ cup raisins
- 2 tablespoons of extra-virgin olive oil
- ¼ cup orange juice (fresh squeezed is best)
- ¼ cup apple cider vinegar
- ½ cup roasted cashews, chopped
- 2 cloves garlic, peeled and chopped finely
- 2 tablespoons tamari

- 1 teaspoon caraway seeds
- ½ teaspoon red pepper flakes
- ½ teaspoon sea salt to taste

Directions:

1. Rinse and cook quinoa in 2 quarts of water for 10 minutes; drain and let cool.
2. Combine all other ingredients in a large bowl EXCEPT for the cashews.
3. Add cashews when ready to eat.

Walnut and Apple Spinach Salad

Ingredients:

- 6 ounces of baby spinach, washed
- ½ cup walnuts
- 2 large green apples, cut into thin slices
- 2 tablespoons golden raisins
- 3 tablespoons chopped red onion
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon honey
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 3 ounces reduced-fat crumbled goat cheese

Directions:

1. Toast the walnuts in a large, nonstick skillet over medium heat, stirring every 3 to 4 minutes. Let cool on a plate.

2. Whisk the oil, vinegar, honey, sea salt, and pepper in salad bowl.
3. Stir in the onions, apples, and raisins and then add the spinach and toss to coat evenly.
4. Sprinkle on walnuts and goat cheese before serving.

Cottage Cheese and Berries

Ingredients:

- ½ cup low-fat or nonfat cottage cheese
- ¼ cup fresh blueberries
- ¼ cup fresh strawberries, chopped
- ¼ cup walnuts

Directions:

1. Combine and mix all the ingredients in one bowl and serve.

Navy Bean and Barley Soup

Ingredients:

- 2 cans navy beans
- 3 large carrots
- 1 pound package of frozen peas
- 4 stalks celery
- 8 cups veggie stock
- 4 teaspoons fresh oregano
- ½ cup cooked barley

Directions:

1. Place veggie stock, herbs, celery, carrots, and frozen peas into the pot and bring to a boil.
2. Once the veggies are cooked (soft to touch), add in the navy beans and cook long enough to warm the beans.
3. Put the barley into a bowl and top with soup. Add sea salt to taste.

Spinach Salad with Vinaigrette Dressing

Ingredients:

- 6 cups loosely packed baby spinach
- 1 cup strawberries (without stem)
- ¼ cup toasted pumpkin seeds
- Vinaigrette Dressing:
 - ¼ cup extra-virgin olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon Dijon mustard
 - 1 teaspoon agave
 - Pinch of sea salt

Directions:

1. Place spinach and ½ cup strawberries in large bowl.
2. In small bowl, whisk together vinaigrette dressing ingredients.
3. Pour over salad and toss to coat evenly.
4. Top with remaining seeds and strawberries.

Granola Berry Parfait

Ingredients:

- ½ cup raspberries
- ½ cup blueberries
- 1 banana sliced
- 1 ½ cups granola
- 1 container of soy yogurt

Directions:

1. Layer the banana, blueberries, raspberries, yogurt, and granola in 2 tall glasses
2. Serve immediately.

Black Bean Quinoa Salad

Ingredients:

- 1 can black beans
- 2 cups cooked quinoa
- 1 mango, peeled and cut into small pieces
- 1 red bell pepper, diced into small pieces
- 1 cup green onions, chopped
- 1 cup fresh parsley, chopped
- 2 tablespoons red wine vinegar
- 2 tablespoons grapeseed oil
- ¼ teaspoon sea salt

Directions:

1. Combine the red bell pepper, green onions, mango, and parsley in a mixing bowl.

2. Add the red wine vinegar, grapeseed oil, and sea salt and stir them up.
3. Add the quinoa and stir all of the ingredients. Gently fold in the black beans.
4. Serve at room temperature or chill beforehand.

Black-Eyed Peas and Veggie Stuffed Pepper

Ingredients:

- 2 cans black-eyed peas, drained and rinsed
- 1 can diced tomatoes
- 1 cup diced carrots
- 2 jalapenos, sliced finely
- 1 medium yellow onion, finely chopped
- 4 large bell peppers, cut in half lengthwise
- 2 tablespoons extra-virgin olive oil
- 4 garlic cloves, chopped finely
- 2 dried bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons paprika
- 3 sprigs of fresh thyme
- 1 teaspoon sea salt
- ¼ cup fresh parsley, chopped

Directions:

1. Heat oven to 350° F and spray 9 x 13 pan with olive oil.

2. Bring a large pot of water to a boil and put the bell peppers in the water to boil for 5 minutes; let them drain and then cool.
3. Over medium-high heat, warm the oil in large skillet and sauté the onions, carrots, and jalapeno peppers for 5 minutes. Add the garlic and sauté an additional 5 minutes.
4. Add the other herbs, spices, and sea salt and sauté for another minute.
5. Add the tomatoes and peas and stir and cover for 10 minutes and then mix in the parsley.
6. Remove the bay leaves and thyme sprigs and add a half cup of the veggie mixture into each pepper half.
7. Place the pepper halves into the 9 x 13-pan and bake for 25 minutes.

Sautéed Tomatoes and Spinach

Ingredients:

- 2 plum tomatoes, seeded and diced
- 1 bunch of spinach (6 cups loosely packed)
- 2 tablespoons grapeseed oil
- 1 small onion, chopped finely
- 3 garlic cloves, minced
- 2 teaspoons fresh ginger
- ½ teaspoon sea salt
- ½ lemon

Directions:

1. Heat a large skillet over medium-high heat and sauté the onions in the oil for 2 minutes.
2. Add in the ginger, garlic, and sea salt and sauté for another 30 seconds.
3. Add in the tomatoes and sauté for about 2 minutes.
4. Add in the spinach and cook until the spinach is wilted; add splashes of water so that the spinach doesn't burn.
5. Sprinkle in lemon juice and serve.

Green Leafy Stir-fry

Ingredients:

- 1 pound of dark green, leafy veggies (such as collards, kale, spinach, mustard greens, dandelion greens, etc.)
- 2 tablespoons peanut oil
- 3 cloves of garlic, chopped finely
- ½-inch cube of ginger, peeled and grated
- 1 tablespoon cooking sherry
- 2 teaspoons soy sauce
- 1 teaspoon sesame oil
- Pinch of raw sugar

Directions:

1. Slice greens into 1-inch wide sections and wash and dry greens.

2. In a large nonstick skillet, heat the peanut oil over medium-high heat and add in the garlic and ginger.
3. Cook, stirring constantly, for a few minutes or until stems begin to soften.

Basic Healthy Oatmeal

Ingredients:

- 1 ¼ cups water
- 1 cup rolled oats
- ⅓ to ½ teaspoon stevia powder (sweeten to taste)
- ⅛ teaspoon sea salt (optional)
- Toppings (unsweetened almond milk, berries, almonds, raisins, cinnamon)

Directions:

1. Place water and salt in a medium pan and bring to a boil and stir in oats.
2. Reduce heat to medium and cook for an additional 5 minutes, stirring as needed.
3. Remove from heat, cover, and let sit for 4 to 5 minutes.
4. Sprinkle with stevia and add in any of the toppings above.

Basic Caesar Salad

Ingredients:

- 1 head of romaine lettuce torn into bite-size pieces

- 1 tablespoon fresh lemon juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon anchovy paste
- ¼ cup extra-virgin olive oil
- ½ cup grated parmesan cheese
- Whole-wheat croutons (optional)

Directions:

1. In a large salad bowl, whisk together the garlic, sea salt, oil, lemon juice, vinegar, mustard, Worcestershire sauce, and anchovy paste.
2. Add lettuce and toss to evenly coat.
3. Sprinkle with the parmesan cheese.
4. Add whole-wheat croutons.

Marinated Veggie Stir-fry with Brown Rice

Ingredients:

- 1 large onion, cut into small slices
- 4 medium carrots, cut into small slices
- 2 medium zucchini, cut into small slices
- 2 large red peppers, cut into small pieces
- 2 medium yellow summer squash, cut into small pieces
- 3 tablespoons extra-virgin olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon oregano, chopped

- 1 garlic clove, minced
- ¼ teaspoon sea salt
- ½ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ½ teaspoon ground black pepper
- 1 teaspoon agave syrup
- 2 cups of cooked brown rice

Directions:

1. In a large bowl, combine 1 tablespoon oil, vinegar, oregano, garlic, coriander, cumin, sea salt, pepper, and agave syrup.
2. Add all the veggies and let stand for 30 minutes.
3. Drain the veggies and save the marinade.
4. In large skillet, heat the remaining 2 tablespoons of oil.
5. Cook the onion and carrots, stirring constantly for about 5 to 7 minutes.
6. Add the zucchini and squash, stirring constantly for another 2 to 3 minutes
7. Add the bell peppers and cook for another minute, stirring constantly.
8. Add 2 to 3 tablespoons of remaining marinade to the veggies and stir constantly until the veggies and marinade are hot, about 1 to 2 minutes more.
9. Serve over brown rice, if desired.

Cinnamon Granola

Ingredients:

- 3 cups rolled oats
- 2 teaspoons cinnamon
- ¼ cup agave nectar
- ½ cup chopped walnuts
- ½ cup unsweetened apple sauce

Directions:

1. Preheat oven to 325° F.
2. Put your grains and walnuts in a bowl and mix; then put in all remaining ingredients and whisk them.
3. Pour applesauce and agave nectar into the bowl with grains and blend well until it coats evenly.
4. Spread over a parchment-lined baking sheet and bake for 45 to 60 minutes, stirring every 10 to 15 minutes so it doesn't burn.
5. When it feels dry and has a golden brown color, it is ready. Cool before serving.

Cucumber Tomato Salad

Ingredients:

- 5 cups of heirloom tomatoes
- 2 small cucumbers
- 1 avocado, peeled and pitted
- ¼ red onion, finely chopped
- ¼ cup fresh basil, chopped

- 1 tablespoon red wine vinegar
- 2 tablespoons extra-virgin olive oil

Directions:

1. Chop tomatoes, cucumbers, and avocado into small, bite-size pieces and combine into a serving dish.
2. In separate bowl, combine onion, basil, vinegar, oil, and salt and pepper to taste.
3. Pour over tomatoes and serve.

Braised Tofu

Ingredients:

- 1 pound extra-firm tofu
- ¼ cup water
- 2 cloves garlic, minced
- 3 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- Olive oil cooking spray

Directions:

1. Turn oven to broil.
2. Press tofu (you do not have to squeeze it, just press some of the moisture out of it).
3. Cut tofu into triangles (makes about 16 triangles).
4. Mix all other ingredients (except tofu) in small bowl.
5. Spray olive oil on an oven pan or baking sheet

and dip each piece of tofu in the braising sauce and place on the pan/baking sheet.

6. Put the pan or baking sheet in the oven and bake for 10 minutes until tofu is lightly browned.
7. Remove the pan and pour a few spoonfuls of braising sauce over the tofu and put back in oven for 3 more minutes. Repeat one more time until tofu is golden brown. Remove from the oven and serve.

Sweet Potato Fries

Ingredients:

- 1 teaspoon chopped, fresh rosemary leaves
- 1 tablespoon extra-virgin olive oil
- 3 medium sweet potatoes
- ¼ teaspoon sea salt

Directions:

1. Preheat oven to 425° F.
2. In a small bowl, combine rosemary and olive oil and set aside.
3. Scrub potatoes and cut each potato lengthwise into ½ inch slices. Stacking 2 slices together, cut each into ½ inch strips.
4. In a large bowl, toss sweet potato strips with rosemary mixture until evenly coated.
5. Spread sweet potatoes on a large parchment-lined baking sheet in a single layer.

6. Bake for 30 to 35 minutes, flipping potatoes over halfway through baking time, until lightly browned.
7. Remove from oven, sprinkle with a little salt, and serve warm.

Collard Green Stew with Black-Eyed Peas

Ingredients:

- 8 cups of collard greens, cleaned and chopped
- 1 can cooked black-eyed peas, rinsed and drained
- 1 can no-sodium diced tomatoes
- 4 cups low-sodium vegetable broth
- Ground black pepper, to taste

Directions:

1. Bring broth and 2 cups water to a boil in a large saucepan on high heat.
2. Add collard greens, cover, and simmer for 15 minutes.
3. Add tomatoes and return to a simmer.
4. Cover and cook until tomatoes are tender.
5. Stir in black-eyed peas and simmer until heated through, about 2 minutes.
6. Season with pepper, to taste, and serve immediately.

Glossary

Calorie:

Calories are units of energy that fuel our bodies, just as gasoline fuels our cars. We get calories from the food we eat. When we consume food, our body breaks down this food and turns it into energy. A more scientific definition states it as the quantity of energy required to raise the temperature of one gram of water by one degree Celsius under standard conditions.

Carbohydrates (Carbs):

Carbohydrates, particularly those found in their natural form, contain most of the essential nutrients that keep you healthy, give you energy, and turn up your metabolism. Examples include fruit, vegetables, whole grains, beans, nuts, and seeds.

There are two main types of carbohydrates:

- *Complex carbs* are found in vegetables, nuts, fruits, seeds, and grains and include starch and dietary fiber. They take longer for the body to break down than simple carbs, which helps the body maintain a steady blood sugar level.
- *Refined carbs* (also known as simple carbs or sugars) are fruits, vegetables, or grains that have been processed away from their natural state, such as bleached white flour. Most of the vitamins and minerals have been processed out of refined carbs.

Fiber:

A compound found in plant-based foods. Fiber, sometimes called bulk or roughage, is the non-digestible portion of fruits, vegetables, and grains. There are two types of fiber:

- *Soluble fiber* dissolves and breaks down in water, forming a thick gel. Some food sources of soluble fiber include apples, oranges, peaches, nuts, barley, beets, carrots, cranberries, lentils, oats, bran, and peas. Soluble fiber slows the absorption of food after meals and thus helps regulate blood sugar and insulin levels, reducing fat storage in the body. It also removes unwanted toxins, lowers cholesterol, and reduces the risk of heart disease and gallstones.
- *Insoluble fiber* (also known as roughage) does not dissolve in water or break down in your digestive system. Insoluble fiber passes through the gastrointestinal tract almost intact. Some food sources of insoluble fiber include green leafy vegetables, seeds and nuts, fruit skins, potato skins, vegetable skins, wheat bran, and whole grains. Insoluble fiber not only promotes weight loss and relieves constipation, but it also assists in the removal of cancer-causing substances from the colon wall. It helps to prevent the formation of gallstones by binding with bile acids and removing cholesterol before stones can form, thus they are especially beneficial to people with diabetes or colon cancer.

Green Drink:

A nickname for a drink that is derived primarily from green leafy vegetables. A green drink is high in fiber, rich in vitamins, and low in calories. Green drinks help you detoxify and cleanse your system, lose weight, have more energy, and make the body more alkaline. When you drink them, the nutrients in them get to the cells very quickly and give the body a real boost.

Proteins:

Proteins are required for the structure, function, and regulation of the body's cells, tissues, and organs. Proteins are made up of amino acids that carry out unique functions and provide essential components for the muscles, skin, bones, and body as a whole. Sources of protein include beans, eggs, nuts, seeds, lean poultry, beef, fish, and seafood. Consuming enough protein helps you preserve lean muscle mass, and the more lean muscle you have, the more calories you burn, even at rest. Eating protein balances your blood sugar levels so you don't get spikes in energy throughout the day.

Sugar:

Also known as refined sugar, sugar goes through a process of "refining" to extract the sucrose (sugar) from the plant materials. Refined sugars are absorbed quickly upon consumption and contribute to a number of diseases and health risks. Although refined sugar is thought to be basic table sugar, there are actually a number of different types of refined sugars, which include high fructose corn syrup, dextrose (corn sugar), maltose (malt sugar), lactose (milk sugar),

sugar), corn sweetener, raw sugar, brown sugar, powdered sugar, and molasses.

Toxins:

Any substance that irritates or creates harmful effects in the body or mind. Toxins are everywhere, and we are unknowingly filling our bodies with them every day. There are two types of toxins: environmental toxins and internal toxins.

- *Environmental toxins* are found outside the body/mind and include pollutants, smog, medications, hormones/birth control pills, medications, household cleaners, food additives, and pesticides.
- *Internal toxins* are found inside the body/mind and include bacterial/yeast/fungal overgrowth, parasite infections, chronic worry or fear, food allergies, and dental or medical implants, such as implants from cosmetic surgeries, joint replacements, or mercury dental fillings.