

FAT LOSS FAST START

Weight-Loss Type C



Welcome

Welcome to **The RealDose® Fat Loss Fast Start Program: Weight-Loss Type C.**

I'm really happy that you've taken action to learn your personal Weight-Loss Type ...

Because just this one piece of information gives you a HUGE head start with your weight-loss efforts.

What's interesting about most Type C people — with a high cortisol level ...

Is that there's ALSO a tendency for THREE other weight-loss hormones to be out of balance in your body at the same time:

1. Ghrelin
2. Insulin
3. Adiponectin

It's something I like to call the Type C “Domino Effect.”

And it can wreak havoc on your weight-loss efforts — AND your health.

Although you may have been frustrated in your attempts to lose weight and get healthy in the past, this time will be different. Because this plan combined with **Weight Loss Formula No. 1** will address your core issue as a Type C (high cortisol level) as well as the Domino Effect mentioned above.

Most importantly, by following a plan specifically made for you as a Type C person, you will be able to avoid the mistakes you unknowingly made in the past, and finally be on the fast track to success.

So let's get started!



Steven Siskind, M.D.

	Welcome	3
1	 Why Losing Weight Is So Hard	4
	The Science Behind Type C's Stubborn, Hard-to-Lose Fat	5
2	 Weight-Loss Type C: 12 Winning Moves	6
	1. Choose Fats Wisely	7
	2. Stay Hydrated	8
	3. Limit Caffeine	8
	4. Avoid Excessive Alcohol	9
	5. Choose Adaptive Activities	10
	6. Refuel After Exercise With Carbs.	10
	7. Keep Food & Behavior Records	11
	8. Laugh	11
	9. Be Mindful	12
	10. Get Soothing Slumber	12
	11. Listen to Music	13
	12. Manage Stress, Naturally	13
3	 10 Fat-Burning Food Rules to Counter the Type C Domino Effect	15
	Rule #1: Eat the Right Fats	16
	Rule #2: Eat the Right Carbohydrates	19
	Rule #3: Eat Enough Protein to Protect Lean Muscle Mass	22
	Rule #4: Eat These Super Spices.	22
	Rule #5: Avoid All Artificial Sweeteners.	23
	Rule #6: No More Than Two Cups of Coffee a Day	23
	Rule #7: Make Your First Meal Count	23
	Rule #8: Create a "Cheat Meal" Once a Week	23
	Rule #9: Drink More Fluids, Especially Water	23
	Rule #10: Don't Drink Empty Calories	24
	The Bottom Line	24
4	 Applying the Rules	26
	Eat Slowly	27
	Convenience Is Your Friend	27
	Restaurant Tricks	28
5	 Track Your Progress	29
	Snap a Photo	30
	Weigh Yourself	30
	Take Your Measurements	31
	Use Your Clothes as a Guide	31
	Keep a Food Journal.	31
6	 Mouthwatering Meal Plans	32
	Menu Plans to Inspire You	33
	A Word About Water and Other Fluids	33
	We're Here to Help	41
	Congratulations!	42



1

Why Losing Weight Is So Hard

*Priming your body to release excess fat starts
with balancing your fat-regulating hormones.*

— Steven Siskind, M.D.

The Science Behind Type C's Stubborn, Hard-to-Lose Fat

Based on the results of your survey, an important reason for your difficulties appears to be a high level of the belly fat-producing hormone called cortisol (thus the name “Type C”). When your level of cortisol is high, you more easily store excess belly fat. And reducing fat is difficult at best.

The other thing you need to worry about is the Type C “Domino Effect,” a group of related hormonal imbalances that can only deepen your frustration. Because if you’re a Type C person and you’re overweight ...

- Your hunger hormone ghrelin may be too high (so you’re always hungry).
- You have some degree of blood sugar imbalance, making it difficult to burn fat for energy.
- Your adiponectin level may be too low, making it harder for your body to burn fat for energy.
- You’re consuming more calories than your body is burning.

That’s the bad news. The good news: It’s correctable. And it doesn’t take years to fix.

When you get rid of the foods that aggravate these factors, exercise right for your type, make certain lifestyle changes, and add certain superfoods ... you will be on your way to getting results fast, while feeling great!



2

Weight-Loss Type C: 12 Winning Moves



*Follow these 12 Type C winning moves to
reduce cortisol and jump-start your way
to becoming a fat-burning machine.*

— Steven Siskind, M.D.

Here are 12 key things you, as a Type C person, can do right now to help jump-start your way to decreasing your cortisol level and becoming a fat-burning machine. The closer you follow them, the faster you'll lose. Each of these winning moves will help decrease your cortisol level, so high levels will no longer be a barrier to your success.

1. Choose Fats Wisely

Foods rich in omega-3 fatty acids help balance the body's natural inflammatory response. As a Type C, you'll want to focus on choosing these types of foods more often. It's a simple way to help control inflammation and balance your cortisol level.

One anti-inflammatory food to consider adding to your daily plate is walnuts. Unlike most nuts, walnuts are particularly rich in alpha-linolenic acid (ALA), an omega-3 fatty acid.

In one review of 13 studies with over 360 people, researchers found that diets containing walnuts are more effective at lowering blood markers of inflammation than diets without walnuts. In these studies, walnuts provided as little as 10% of the total daily calories, and the diets lasted from 1 to 6 months (Banel 2009).

Another anti-inflammatory food that is perfectly suited to address the needs of a Type C person is fish oil. This is because the type of omega-3 fatty acids found in fish oil has been shown to decrease the cortisol response.

In one double-blind, cross-over study, researchers gave 15 healthy men either a daily fish oil supplement or no supplement for 3 to 4 weeks. The fish oil supplement provided 1,100 mg/day eicosapentaenoic acid (EPA) and 700 mg/day docosahexaenoic acid (DHA). The researchers then gave the men an endotoxin challenge—a laboratory procedure that mimics physical stress—and measured the increase in cortisol and other parameters. They found that the stress-induced rise in cortisol during the 6-hour period after the challenge was significantly less after the men took the fish oil supplement compared to when they took no supplement (Michaeli 2007).

RealSuccess Tip

Walnuts are a great snack to boost your intake of omega-3 fatty acids. Here are a few simple ways to make walnuts a daily habit:

- Add 1-2 walnuts to a bowl of oatmeal.
- Mix chopped walnuts in a cup of yogurt.
- Sprinkle 2-4 chopped walnuts on a green salad for extra crunch.
- Add a few chopped walnuts to cooked grains and veggies for added texture.
- Use walnut butter as a dip for raw veggies.
- Add 2 walnuts as the final ingredient in a smoothie (pulse blend to keep the crunchy texture).
- Enjoy a few walnuts on their own.

Remember to use portion control. Each one-half ounce portion (7-8 walnut halves) provides 100 calories.

In another study that included over 40 adults with poor mood, researchers found that supplementing with EPA omega-3 fatty acid (1,000 mg/day) was clinically effective in decreasing the blood level of cortisol after 8 weeks (Jazayeri 2010).

To learn more about choosing fats, see Rule #1: Eat the Right Fats on page 16.

RealSuccess Tip

As a Type C, you'll want to make sure you include plenty of omega-3 fatty acids in your diet. This includes eicosapentaenoic acid (EPA) and docohexaenoic acid (DHA) found in fish oils and alpha-linolenic acid (ALA) found in certain plants, nuts and seeds.

While your body has the ability to convert ALA into EPA, it's limited, so focus on getting an optimal intake of EPA and DHA in your diet for maximum health benefits. Don't forget, **Super Critical Omega-3 TG** provides 2.4 grams of EPA and DHA in each daily serving.

Good Sources of EPA and DHA

Mackerel, 3 ounces	3.9 g
Super Critical Omega-3 TG	2.4 g
Salmon, Sockeye, 3 ounces	2.1 g
Herring, Atlantic, 3 ounces	1.8 g
Sablefish, 3 ounces	1.5 g
Salmon, Chinook, 3 ounces	1.5 g
Sardines, canned in oil, 1 cup	1.5 g
Tuna, Bluefin, 3 ounces	1.3 g
Salmon, Coho, wild, 3 ounces	1.2 g

Halibut, 3 ounces	1.0 g
Halibut, Greenland, 3 ounces	1.0 g
Tuna, white, canned in water, 3 ounces	0.7 g
Shrimp, 1 cup	0.7 g
Crab, Alaska King, 3 ounces	0.4 g

Good Sources of ALA

Flaxseed oil, 1 tablespoon	7.3 g
Chia seeds, 1 ounce	5.1 g
Canola oil, 1 tablespoon	1.3 g
Walnuts, chopped, 2 tablespoons	0.4 g

Source: USDA National Nutrient Database for Standard Reference, Release 27. Available at: ndb.nal.usda.gov 

2. Stay Hydrated

Dehydration is associated with increased cortisol levels. Type C women should aim to drink at least 9 cups of fluid daily, and Type C men should aim for at least 13 cups of fluid every day. Water is your best choice, but other beverages count toward your total daily fluid intake. However, as a Type C, it's best to limit your intake of caffeinated drinks and alcohol.

3. Limit Caffeine

Limit your intake of caffeine to no more than 200 milligrams per day. That's the amount found in 2 cups of regular coffee.

In one double-blind, crossover study involving 96 men and women, researchers found caffeine intake has a direct impact on cortisol levels. In fact, after only 4 weeks, the researchers found that consuming too much caffeine – 100 to 200 mg/day, 3 times daily—significantly increased cortisol levels throughout the day in both those who don’t typically drink coffee and in those who drink coffee on a daily basis (Lovallo 2005).

In another study involving 16 healthy men, researchers found that cortisol levels were significantly higher when the men drank caffeinated coffee (3 milligrams caffeine per kilogram body weight or about 1.35 milligrams per pound body weight) than when they drank water. The cortisol-elevating effect was seen as early as one hour after drinking the coffee and lasting throughout the 3-hour test period after coffee intake. The amount of caffeine used in this study is equivalent to about 205 milligrams for a 150-pound man or 165 milligrams for a 120-pound woman (Gavrieli 2011).

As a Type C, your best strategy to limit your caffeine intake is to choose water, decaffeinated coffee or teas, caffeine-free coffee substitutes (usually chicory based), or herbal caffeine-free teas.

RealSuccess Tip

To help control your cortisol level, avoid too much caffeine. Here is a list of the caffeine content (milligrams) in common foods:

Energy drinks, 16 oz.	72-165 mg	Chocolate, semi-sweet, 1 oz.	18 mg
Coffee, 8 oz..	100 mg	Hershey’s® Mr. Goodbar®, 1.75 oz..	9 mg
Soda, cola types, 12 oz.	11-70 mg	Chocolate ice cream, 1 cup	6 mg
Soda, Mountain Dew®, 16 oz.	68 mg	Hot chocolate, 8 oz.	5 mg
Tea, black, brewed, 8 oz.	48 mg	Mars® Snickers Bar, 1 bar (2 oz.)	5 mg
Tea, green tea, from bag, 8 oz.	44 mg		

Source: USDA National Nutrient Database for Standard Reference, Release 27. Available at: ndb.nal.usda.gov 

4. Avoid Excessive Alcohol

When it comes to alcohol, less is best for a Type C person. Why? Alcohol intake is directly linked to cortisol release over the day.

In fact, cortisol levels are reported to increase when the weekly alcohol intake is 28 units or more for men or 21 units or more for women (Badrick 2008). An alcohol “unit” is how researchers calculate alcohol intake. For example, a 6-ounce glass of wine or a pint of beer have about 2 alcohol units each.

RealSuccess Tip

Limiting your alcohol intake starts with knowing alcohol “units.” A unit is a way to calculate alcohol intake.

One unit is equivalent to 8 grams of pure alcohol (about 72 calories). Here are the alcohol units in select portions of common drinks:

Gin, 1 ounce (40% alcohol)	1.0 unit	Beer, 11 ounces (5% alcohol)	1.7 units
Rum, 1 ounce (40% alcohol)	1.0 unit	Cider, 11 ounces (5% alcohol)	1.7 units
Sambuca, 1 ounce (40% alcohol)	1.0 unit	Lager, 11 ounces (5% alcohol)	1.7 units
Vodka, 1 ounce (40% alcohol)	1.0 unit	Beer, 1 pint, (3.6% alcohol)2 units
Whiskey, 1 ounce (40% alcohol)	1.0 unit	Wine, 6 ounces (12% alcohol)	2.1 units
Tequila, 1 ounce (40% alcohol)	1.0 unit	Beer, 1 pint (5.2% alcohol)3.0 units
Wine, 4 ounces (12% alcohol)	1.5 units	Wine, 8-1/2 ounces (12% alcohol)3.0 units

Source: USDA National Nutrient Database for Standard Reference, Release 27. Available at: ndb.nal.usda.gov 

If you do want a drink, I’d recommend choosing it during your cheat meal, as alcohol can not only increase your cortisol, but also adds excess calories with little nutrient benefit. Learn more about your cheat meal under Rule #9: Create a “Cheat Meal” Once a Week on page 23.

5. Choose Adaptive Activities

Exercise is an essential component in a well-balanced weight-loss program. However, running, competitive sports and other types of stressful activities can raise cortisol. Consider adding yoga, pilates or other slower-paced activities where the focus isn’t centered on achieving a maximum heart rate.

In one study, researchers assigned 54 men and women with poor mood to one of three groups: yoga alone, yoga and anti-depressant medication, or anti-depressant medication alone. After 3 months, more participants in the yoga groups had a reduction in cortisol levels compared to the drug-only group. The researchers found that the drop in cortisol levels correlated with improvements in mood. This finding provides support that yoga acts by its “antistress” effects (e.g., reducing cortisol), to bring about a positive mood (Thirthalli 2013).

6. Refuel After Exercise With Carbs

To help refuel your body and decrease the release of Cortisol after your workouts, consider replenishing with a carbohydrate-containing food.

In one meta-analysis consisting of 20 studies, researchers found that carbohydrate-rich foods helped reduce the release of Cortisol after exercise (Moreira 2007).

RealSuccess Tip

Choosing post-exercise snacks that contain some carbohydrates will help reduce Cortisol release and replenish glycogen stores for your next work out. Here are a few options to consider:

Carbohydrates

RealMeal GF

with 1 cup 1% low-fat milk	20-22 grams	Berries, 1 cup	15 grams
Beans, cooked, 1/2 cup	20 grams	Sweet potato, 3 ounces	15 grams
Apple, 1 small.	15 grams	Yogurt, plain, 2/3 cup	12 grams

Source: USDA National Nutrient Database for Standard Reference, Release 27. Available at: ndb.nal.usda.gov 

7. Keep Food & Behavior Records

In order to help identify if stress-related emotions are triggering you to eat, consider keeping a food and behavior record. I recommend that you keep records for at least 3 weekdays and 1 weekend day. Even if you keep records for just for one day each week, you'll quickly see patterns emerge that help identify key stressors to focus on.

8. Laugh

Humor, with its associated mirthful laughter, can reduce stress and cortisol levels. It has also been shown to improve learning.

In one randomized, controlled trial consisting of 20 healthy older adults, those who watched a humorous video for 20 minutes experienced significantly lower cortisol levels and were better able to learn and remember than those who sat calmly without much external stimuli (Bains 2014).

So, take time to laugh. Enjoy a funny movie. Be with people you enjoy. Laughter is good for the soul ... and your cortisol level.

9. Be Mindful

The interest in mindfulness programs has grown exponentially over recent years. Mindfulness is paying attention, but in a very specific way. You are paying attention on purpose, you are focused on the present moment, and you are not judgmental. Consider joining a class or program that works on being mindful. It takes practice, but when you master this technique, it will become a way of life.

In one meta-analysis of 24 studies involving over 1,430 college students, mindfulness interventions were associated with decreasing symptoms of anxiety, as well as lowering levels of depression and cortisol (Regehr 2013).

10. Get Soothing Slumber

One of the most important things you can do to reduce stress and lower cortisol is to get enough sleep. How much is needed? Aim for at least 8 hours of restful sleep each night.

Getting enough sleep is not only important for keeping Cortisol under control, but research has also found that people who go to bed early eat less, have better diets and are more likely to have a lower body mass index. Consider some of the tips below for a good night's shuteye:

- Go to sleep and wake up at the same time (even on weekends and vacations).
- Keep your room dark, cool and quiet.
- Pick a non-electronic “wind-down” routine for yourself every night, and stick to it. Take a warm shower, do a crossword puzzle, or read a chapter in a book.
- Shut down all electronics at least one hour before bedtime. That includes your smart phone! These gadgets emit light that disrupts the production of melatonin.
- Use your bedroom only for sleep and sex (get rid of the TV and computer).

RealSuccess Tip

There are dozens of different breathing practices to help you become mindful and control stress. Here's one I've done for years:

- Pick a comfortable spot and lie down on your back. Place your hand over your belly.
- Breathe in through your nose to make your hand rise for a slow count of four.
- Hold the breath for a count of two. Release the breath through your mouth for a slow count of four.
- Hold your empty breath for a count of two.
- Repeat for about 10 minutes.

Try to focus only on your breath. When extraneous thoughts enter your mind (Where did I put my keys? Is my boss going to like my presentation? When am I going to find time to get to the supermarket today?), just let them float away and refocus on your breath.

Once you get the technique down, you can do this anytime or anyplace, while sitting or even standing up. So from now on, whenever you feel overwhelmed, try 1 to 2 minutes of breathing. Soon you'll be able to lower your cortisol levels on a moment's notice.

11. Listen to Music

Listening to music can help soothe stressed nerves. So, turn up your favorite tunes to help turn down your cortisol level.

In one randomized trial involving 60 patients scheduled for surgery, those who listened to music during their surgery had lower cortisol levels than those who heard the normal sounds of the operating room. This was especially evident when the patient could choose the style of music played (Leardi 2007).

12. Manage Stress, Naturally

If you want to lose weight fast, managing your stress level is crucial. Excess stress can quickly block your path to weight-loss. It works in two insidious ways. First, there's the emotional component. Too much stress can send even the most resolute dieter diving headfirst into a bag of sugary cookies or salty chips. Second, there's a physical component. Too much stress can cause your body to release excess Cortisol into your bloodstream. Over time, a chronically elevated cortisol level can cause you to pack on the fat. Even worse, that fat goes right to your belly.

Certain natural herbs can help you manage your response to stress. One of my favorites is *Rhodiola rosea*.

Rhodiola rosea has been used in traditional medicines for centuries as an adaptogen to help fight fatigue and strengthen the body's response to stress. Now, science has brought this ancient remedy into the modern world.

In fact, in one pilot study involving anxious adults, researchers found that taking *Rhodiola rosea* for 10 weeks helped them significantly reduce their overall feelings of anxiety (Bystritsky 2008). In another study, researchers found *Rhodiola rosea* also has a powerful anti-inflammatory effect after strenuous exercise (Abidov 2004).

RealSuccess Tip

Help lower your cortisol level by listening to your favorite music. Here's how:

- Select some tunes you enjoy, put on headphones and sit in a comfortable chair or couch. Set a timer for 15 minutes (in case you fall asleep).
- Choose a comfortable volume and really listen. Pick out the notes and visualize the instruments playing. This allows you to really slow down and be in the moment. When extraneous thoughts enter your mind, allow them to float away and redirect your attention to the music.

After some practice, you will be able to be fully absorbed in your chosen piece.

The effects of this practice are very similar to meditation. After a couple of weeks you may even find that simply hearing this piece of music immediately brings you into a deep state of relaxation.

That's why you'll find this same clinically effective Rhodiola remedy as part of **Weight Loss Formula No. 1**. So, this daily supplement not only helps combat stress—a key issue for a Type C person—but also targets other hormonal barriers that could be holding you back from successfully achieving your weight-loss goal.

References

- Badrick E, Bobak M, Kumari M. The relationship between alcohol consumption and cortisol secretion in an aging cohort. *J Clin Endocrinol Metab.* 2008;93:750-757. PMID: [18073316](#) 
- Bains GS, Berk LS, Daher N, et al. The effect of humor on short-term memory in older adults: a new component for whole-person wellness. *Adv Mind Body Med.* 2014;28(2):16-24. PMID: [24682001](#) 
- Banel DK, Hu FB. Effects of walnut consumption on blood lipids and other cardiovascular risk factors: a meta-analysis and systematic review. *Am J Clin Nutr.* 2009;90(1):56-63. PMID: [19458020](#) 
- Gavrieli A, Yannakoulia M, Fragopoulou E, et al. Caffeinated coffee does not acutely affect energy intake, appetite, or inflammation but prevents serum cortisol concentrations from falling in healthy men. *J Nutr.* 2011;141(4):703-707. PMID: [21346100](#) 
- Jazayeri S, Keshavarz SA, Tehrani-Doost M, et al. Effects of eicosapentaenoic acid and fluoxetine on plasma cortisol, serum interleukin-1beta and interleukin-6 concentrations in patients with major depressive disorder. *Psychiatry Res.* 2010;178(1):112-115. PMID: [20466437](#) 
- Leardi S, Pietroletti R, Angeloni G, et al. Randomized clinical trial examining the effect of music therapy in stress response to day surgery. *Br J Surg.* 2007;94(8):943-947. PMID: [17636513](#) 
- Leproult R, Copinschi G, Buxton O, Van Cauter E. Sleep loss results in an elevation of cortisol levels the next evening. *Sleep.* 1997;20(10):865-870. PMID: [9415946](#) 
- Lovallo WR, Whitsett TL, al'Absi M, Sung BH, Vincent AS, Wilson MF. Caffeine stimulation of cortisol secretion across the waking hours in relation to caffeine intake levels. *Psychosom Med.* 2005;67(5):734-739. PMID: [16204431](#) 
- Michaeli B, Berger MM, Revelly JP, Tappy L, Chioléro R. Effects of fish oil on the neuro-endocrine responses to an endotoxin challenge in healthy volunteers. *Clin Nutr.* 2007;26(1):70-77. PMID: [17055120](#) 
- Moreira A, Kekkonen RA, Delgado L, et al. Nutritional modulation of exercise-induced immunodepression in athletes: a systematic review and meta-analysis. *Eur J Clin Nutr.* 2007;61(4):443-460. PMID: [17136044](#) 
- Regehr C, Glancy D, Pitts A. Interventions to reduce stress in university students: a review and meta-analysis. *J Affect Disord.* 2013;148(1):1-11. PMID: [23246209](#) 
- Thirithalli J, Naveen GH, Rao MG, Varambally S, Christopher R, Gangadhar BN. Cortisol and antidepressant effects of yoga. *Indian J Psychiatry.* 2013;55(Suppl 3):S405-S408. PMID: [24049209](#) 



3

10 Fat-Burning Food Rules to Counter the Type C Domino Effect

*What you eat can have a profound effect on your
body's natural anti-inflammatory response.*

— Steven Siskind, M.D.

Now that you know the 12 Winning Moves that specifically address your low adiponectin level, it is important you understand how to avoid the Type C Domino Effect.

A big factor in balancing your other fat-controlling hormones is controlling something called inflammation.

You're probably already familiar with one type of inflammation. It's what happens when you cut yourself slicing onions. The injury triggers a cascade of events that bring more blood cells to the area to help it heal. The increased blood cells and fluid make the tissue become red, warm, swollen and painful — what we normally think of as inflamed.

But there's another type of inflammation within cells. When this inflammatory response is activated, a wide range of inflammatory proteins is produced in the cells, which disrupts hormonal signaling and causes pro-inflammatory compounds to continue to circulate at a low level.

The result: chronic, low-grade inflammation and unbalanced fat-controlling hormones.

What you eat — or don't eat — can have a profound effect on this process. The typical Western menu, full of packaged foods, sugary snacks and corn-fed meat, promotes this type of harmful inflammation. On the other hand, certain foods can actually help balance the body's natural anti-inflammatory response.

Reducing inflammation will help prevent the Type C Domino Effect, accelerate your weight loss and help you feel terrific.

Here are your 10 Food Rules for fighting chronic, low-grade inflammation and combating the Type C Domino Effect:

Rule #1: Eat the Right Fats

Don't be afraid of fats. Healthy fats are actually essential for weight loss and keeping your hormones in balance. Healthy fats also play a big role in brain health and in the quality of your mood. And we all know that mood plays a big role in our eating decisions!

Eat more omega-3 fats

One of the building blocks of pro-inflammatory (read: bad!) compounds is a type of long-chain omega-6 fatty acid. Omega-6s are a form of essential fatty acid found in safflower, soybean and corn oils and contained in many processed snack foods, such as cookies. They're also in the fat of corn-fed animals such as chickens.

Omega-3 fatty acids, on the other hand, which are found in olive oil, walnuts and wild cold-water fish such as salmon, can actually help your body work in an anti-inflammatory (read: good!) way. While we require both omega-6s and omega-3s, we need them in about a 4-to-1 ratio. With the proliferation of processed foods and the increased use of corn and similar oils, the ratio in the United States has increased to about 20 to 1.

To combat this, you must increase your ratio of omega 3s to the rest of your fat intake. This will help decrease chronic, low-grade inflammation throughout your body and prime it for weight-loss success.

- Take at least 2,000 mg of high-quality fish oil. (Our product, **Super Critical Omega-3 TG**, delivers more than that if you take it with every meal. See page 41 for more about [Super Critical Omega-3 TG](#) )
- Add flaxseed and chia seeds to your meals.
- Eat fatty fish, such as salmon, haddock, mackerel and others, two times a week.

Add other healthy fats

- Either grill with or add to salads a total of 3 tablespoons a day of olive oil, sesame oil or walnut oil.
- Add some sliced avocado to your meals.
- Include up to two servings of nuts daily, choosing raw, unsalted varieties when possible. Nuts contain healthy fats, protein and fiber, but be aware — the calories can add up fast, so be sure to stick to two servings a day. Here’s a breakdown of serving sizes for common nuts and nut butters:

Serving Size	Nut or Nut Butter
6 nuts	Almonds
2 nuts	Brazil nuts
6 nuts	Cashews
5 nuts	Hazelnuts
3 nuts	Macadamia nuts
6 nuts	Mixed nuts
1½ teaspoons	Nut butter, preferably almond (trans-fat free)
4 halves	Pecans
16 nuts	Pistachios
1 tablespoon	Pine nuts
4 halves	Walnuts

Limit saturated fats and cholesterol

- Read labels and stay away from processed foods high in saturated fats.
- Limit butter and cream. When you do use them, choose products from grass-fed cows.
- Avoid margarine and shortening. These not only contain saturated fats, but the most damaging kind: trans fats (discussed below). If you need a hard fat for cooking, choose coconut oil (up to one tablespoon per day). Unlike most animal-based saturated fats, the saturated fats in coconut oil have a more neutral effect on blood cholesterol.
- Choose non-fat or low-fat sources of yogurts, cheeses and meats.
- If you eat beef, choose only grass-fed varieties. Grass-fed beef has less saturated fat than grain-fed beef. The fat profile of grass-fed beef is also surprisingly healthy, including significantly higher amounts of omega-3 fatty acids and conjugated linoleic acid (CLA). Consuming an optimal amount of CLA has been shown to help you retain lean muscle as you reduce body fat.
- Healthy people can enjoy an egg a day. Limiting your daily intake to no more than one whole egg helps control your daily cholesterol intake. If cholesterol is a concern, choose egg whites only more often, as all the cholesterol is in the yolk.

Avoid trans fats

- These artificial fats are produced as a result of a food-processing technique called hydrogenation. This process stiffens the chemical backbone of liquid oils so they remain solid at room temperature. It's no surprise that almost all of the trans fats in the American diet come from the partially hydrogenated vegetable oils found in processed foods — margarines, vegetable shortenings, crackers, biscuits, donuts, cookies, cakes and a wide variety of other processed foods. Trans fats are dangerous in dozens of ways, among them wreaking havoc on your hormonal pathways, promoting inflammation, expanding your waistline and increasing your risk of heart disease.

Rule #2: Eat the Right Carbohydrates

Rather than focusing on “low-glycemic versus high-glycemic” or “simple versus complex,” focus on the fiber and nutrient content of carbohydrate-containing foods. Your goal is to eat at least 35 g of fiber every day. Some tips to get there:

Eat at least five to six servings of vegetables per day

The best sources of quality carbohydrates that give you energy without expanding your waistline are vegetables. Eat at least five to six servings every day. One serving is about one cup of raw vegetables or one-half cup of cooked vegetables. A good rule of thumb: Fill at least half your plate with vegetables at every meal.

Liberally use onions and garlic every day to season your food. These foods are highly anti-inflammatory, and they help increase adiponectin levels.

Enjoy as many of these vegetables as you like:

Arugula	Radicchio	Squash, winter (acorn, butternut)
Okra	Cauliflower	Garlic
Asparagus	Radishes	String beans
Onions	Celery	Kale
Bean sprouts	Scallions	Swiss chard
Bok choy (Chinese cabbage)	Chives	Leeks
Peas	Sea vegetables (including seaweed)	Tomatoes
Broccoli	Collard greens	Lettuce
Peppers (red, yellow or green)	Spinach	Turnip greens
Brussels sprouts	Eggplant	Mushrooms
Purslane	Squash, summer (zucchini, yellow)	Watercress
Cabbage	Endive	Mustard greens
		Parsley

RealSuccess Tip

By following Rule #2, you will be eating quality carbohydrates that can fuel even the most intense weight-loss efforts. Every day, aim to:

- Eat at least five servings of vegetables
- Eat at least one serving of cruciferous vegetables
- Eat two to three servings of anti-inflammatory fruits
- Eat at least one serving of dried beans
- Avoid empty sweeteners
- Limit cereals and grains to no more than one serving
- Avoid “white” processed carbohydrates

At least one of your veggie servings should be cruciferous vegetables

- Common vegetables in this group include broccoli, cauliflower, cabbage, kale and Brussels sprouts. These vegetables are not only rich in fiber and other nutrients, they also contain sulforaphane, a phytonutrient that revs up the liver's production of enzymes that help detoxify the body.
- Aim to eat at least one serving daily, but don't hesitate to enjoy more as part of your daily vegetable intake.
- Eat two to three servings of fruits per day; choose anti-inflammatory fruits more often
- For your daily fruit intake, choose at least half (preferably all) of your fruits from the list below. These fruits are naturally rich in anti-inflammatory compounds.

Blackberries

Concord grapes

Red grapes

Cherries (sweet)

Raspberries

Blueberries

Pomegranate

(black or red)

Elderberries

Black currants

Black plums

Strawberries

Cranberries

- A serving of fresh or frozen fruit is no bigger than a tennis ball, so don't overdo it. Fruits naturally contain fructose, a form of sugar that works differently in the body than other sugar types. Our bodies can't use it directly for energy, so it gets turned into fat more quickly than even simple table sugar. Also, unlike table sugar, fructose doesn't provide a signal to your brain that you're full. So not only are you more likely to turn fructose into fat, you're also more likely to finish all your dinner, your spouse's dinner and then polish off dessert without feeling full.
- Many anti-inflammatory fruits are available as concentrates. Blueberry, cherry or pomegranate concentrates are ideal for marinades, salad dressings, smoothies, yogurts and other recipes. Just don't forget to count them in your daily fruit intake. Each tablespoon of fruit concentrate equals one serving of fruit.
- Enjoy fresh lemons and limes as much as you like. They not only aid digestion, they also support immune health and provide antioxidant support.
- Divide your daily fruit intake throughout the day. Too much fruit at once can create spikes in your blood sugar level that can be detrimental to your weight-loss efforts.

Eat at least one serving of dried beans a day

These include navy beans, black beans, pinto beans, kidney beans and other dried beans. Make sure they are unsweetened and not refried. You can eat up to six servings a day if you need more energy. One serving is one-half cup cooked.

Limit grains to no more than one serving per day

When you do eat grains, pick those as close to their natural state as possible. True whole grains like barley, brown rice, buckwheat, millet, steel-cut oats, wild rice and quinoa (a pseudo-grain) contain the entire seed (kernel), which not only provides carbohydrates but also fiber, vitamins, minerals and other nutrients.

Avoid products that contain overprocessed, highly refined cereals and grains. These packaged products may claim to be whole grain, but in reality are devoid of their nutrient-rich benefits. They are also typically loaded with added sugars and fats. (Packaged breakfast cereals are among the worst offenders.)

One serving of whole grains ranges from one-third to one-half cup cooked, as listed below:

Serving Size	Cereal or Grain
1/3 cup	Barley, cooked
1/3 cup	Brown rice, cooked
1/2 cup	Buckwheat, cooked
1/3 cup	Millet, cooked
1/2 cup	Oats, steel cut, cooked
1/3 cup	Quinoa, cooked
1/2 cup	Wild rice, cooked

Avoid empty sweeteners

These include honey, table sugar, high-fructose corn syrup and agave. Instead, use natural sweeteners like stevia, xylitol or pomegranate, cherry and blueberry juice concentrates. (Though again, don't forget to count them as a fruit serving.)

Avoid white carbohydrates

Highly processed carbohydrates are commonly called "white" carbohydrates. White bread, white flour and white rice top the list. Even the so-called "multi-grain" or "whole grain" pastas, breads, tortillas, cereals and other starchy foods can contain some of these over-processed carbs. And because these carbs have been stripped of beneficial nutrients, including dietary fiber,

RealSuccess Tip

By following Rule #3, you will be eating enough protein to preserve lean muscle as you lose fat, and to control hunger and curb food cravings.

- Eat at least 10 g of protein for every 25 pounds of body weight
- Choose protein from healthy sources
- Eat at least 20 g of protein at every meal

they provide nothing more than empty calories that can spike your blood sugar and derail your dieting efforts. White potatoes, while not processed, can also spike your blood sugar.

But don't panic: You can still enjoy the occasional pasta or bread, you'll just be doing it at your weekly cheat meal. (We'll discuss that later!)

Rule #3: Eat Enough Protein to Protect Lean Muscle Mass

Eat at least 10 g of protein for every 25 pounds of body weight.

This means if you weigh 200 pounds, you need at least 80 g of protein per day. If you weigh 150 pounds, you need at least 60 g, etc.

Choose protein from healthy sources

Low-fat dairy, fish, lean meats and vegetables — yes, vegetables — are all good sources of protein! And, if I might add, a protein-rich shake made with our product, **RealMeal GF**, is an ideal way to boost your daily protein intake. It's also a flavorful base for a healthy smoothie to energize your morning, calm your nighttime routine or just take pleasure in a special treat. (See page 41 for more about [RealMeal GF](#))

Include at least 20 g of protein at every meal

This will help you control your appetite until your next meal and make sure you get enough total protein to protect your lean muscle mass while dieting.

Rule #4: Eat These Super Spices

I encourage you to use spices of all kinds, but use these super spices every day if you can:

Basil	Cilantro	Parsley
Cardamom	Cinnamon	Turmeric
Cayenne	Ginger	

Curry can be a great source of several of these spices, so feel free to add it to your vegetable soups or meat dishes.

Super spices like these offer a variety of health benefits, including helping to increase adiponectin, balance blood sugar and control inflammation.

Rule #5: Avoid All Artificial Sweeteners

The research is becoming clear: Artificial sweeteners like aspartame and sucralose mimic the same insulin response as natural sugars. A better option is a stevia extract, derived from the stevia plant. Another is xylitol, a sugar alcohol that naturally occurs in many plants. Use these in moderation.

So instead of reaching for a diet soda, try a glass of seltzer with a splash of pomegranate juice concentrate. Or rather than spooning aspartame into your tea, sprinkle in some stevia or xylitol.

Rule #6: No More Than Two Cups of Coffee a Day

As a Type C, you now know that drinking a cup of coffee or two will help raise your adiponectin level. However, too much caffeine can not only cause nervousness and irritability, but also prevent you from getting restful sleep, which is critical for successful weight loss. After one or two cups, switch to decaffeinated green or black tea.

Rule #7: Make Your First Meal Count

Make sure your first meal of the day provides plenty of protein and fiber, such as eggs with beans. Studies show that the quality of your first meal often influences the rest of the day's eating, so start on the right foot.

An easy way to boost the quality of your breakfast is by including a protein-rich smoothie made with **RealMeal GF**. (See page 41 for more about the benefits of [RealMeal GF](#) ☞)

Rule #8: Create a “Cheat Meal” Once a Week

Whenever you have a craving for something that's not on the program, write it down. Then, once a week, enjoy whatever you want on the list in what I call a “cheat meal.” Go nuts and include your favorites, including dessert.

Don't feel even the least bit guilty. Knowing that you have a little indulgence after a week of serious dieting will help you keep your diet resolve high over the long haul.

Rule #9: Drink More Fluids, Especially Water

Getting enough fluids, especially water, not only helps keep you fully hydrated, it also keeps your metabolism humming on high gear. Aim for a total daily fluid intake of at least 9 cups for women and 13 cups for men. This includes not only water, but tea, coffee, milk and other beverages as well.

Drinking 16 ounces (2 cups) of chilled water 30 minutes before each of your main meals has been shown to dramatically improve weight-loss success. Since you'll already be drinking one cup of water with your **WLF1** supplement before your meals, adding one more shouldn't be too difficult.

Rule #10: Don't Drink Empty Calories

Avoid fruit juices, which add extra calories for little nutrition, and regular sodas, which are nothing more than liquid sugar.

The Bottom Line

By following these 10 Food Rules while focusing on your winning moves to lower your cortisol level ... you will help support a healthy inflammation response and ensure you don't fall victim to the Type C Domino Effect:

4. High Ghrelin Level
5. Insulin Imbalance
6. Low Adiponectin Level

In addition, Taking [Weight Loss Formula No.1](#) three times a day will also counteract the Domino Effect. This is because the ingredients in this formula directly balance the hormones mentioned above.

There is a proprietary blend of Piper betle leaf and Dolichos biflorus seed contained in **WLF1** that helps LOWER your ghrelin level ...

In fact, clinical research has shown the same blend of these extracts can also lower your ghrelin level by 20.8% ...

Now, when it comes to insulin, **Weight Loss Formula No. 1** contains another natural extract.

This extract comes from a special decaffeinated green coffee bean from Madagascar called *Coffea canephora*. This particular coffee bean contains powerful weight-loss substances known as chlorogenic acids.

And this same coffee bean extract with its chlorogenic acids has been clinically proven to promote fat loss — without unwanted side effects.

In a double-blind, placebo controlled study ... people who took a specific *Coffea canephora* extract at the Real Dose lost more than TWICE the amount of weight as the placebo group while following an identical diet.

Researchers believe this action is due to the chlorogenic acids and their ability to alter glucose metabolism, possibly by inhibiting both sugar absorption in the small intestine and backup sugar production by the liver.

And not only that ...

This ingredient helped them lose fat while KEEPING muscle ... improving their muscle-to-fat ratio by 4.1% versus 1.6% for the placebo group ...

And lastly, it turns out that the same blend of Piper betle leaf and Dolichos biflorus seed contained in **WLF1** that helps LOWER your ghrelin level ... helps increase your adiponectin level.

When taken at the appropriate real dose (300 mg/3 times a day), a precise blend of these extracts is clinically proven to boost adiponectin levels by 15.3%.

In fact, in a recent double-blind, placebo controlled study ...

Overweight people who took the real dose of this herbal blend lost over twice the amount of weight compared to those taking a placebo, while following an identical 2000-calorie-a-day diet.

Think about that, people lost twice the weight.

This is why it is so important that you take **Weight Loss Formula No. 1** every day, three times a day before meals. If you give this formula 90 days to help balance these fat-controlling hormones ... you can expect to see a difference.

And by combining your 12 Type C Winning Moves with the 10 Food Rules to counter the Type C Domino Effect ... your chances of finally losing excess weight are far better than ever before.



4

Applying the Rules

*To maximize your weight-loss success, tap
into your body's natural hunger control.*

— Steven Siskind, M.D.

Now's the time to put the strategies you've learned to use. But I'm not quite done yet. I have a few more quick tricks for you to keep up the weight loss. Here are some you can try today:

Eat Slowly

Eating slowly helps you tap into your body's natural hunger control, so you're likely to feel more satisfied on less food. For example, eating slowly helps suppress the stomach's production of ghrelin. This gut hormone sends appetite-stimulating signals to the brain's hunger control center, where it triggers a biochemical cascade that stimulates appetite. If you eat too fast, your brain doesn't get the memo that it's had enough, so it keeps on telling you to pack in the calories. By the time the signal reaches the brain, it's too late. You've already eaten that second helping of pasta. (Not to mention an entire pint of Ben and Jerry's!)

Some strategies that can help shift your eating into slow gear:

- Pay close attention to the taste, texture and smell of every morsel you put in your mouth. Not only will that help slow you down, you'll also enjoy your food that much more.
- Put your fork in your non-dominant hand, or try eating with chopsticks.
- Divide your plate into three sections, and wait at least a minute after eating each section.
- Chew each bite at least 15 times. Take a pause. Inhale deeply, sip some water and put down your fork between each bite.

Convenience Is Your Friend

Make things easy on yourself so you've always got something healthy within reach. Don't wait too long between meals. You don't want to be so hungry that your portions or choices are out of control.

- Have hard-boiled eggs ready to go.
- Keep raw nuts around, but be careful to stick to your daily allotment.
- Prepare or buy celery, sliced peppers and carrot sticks, and bring them to work to satisfy the afternoon munchies. Hummus and almond butter are good choices for dipping.
- Always make extra veggies — cooked veggies can last a few days in the fridge. Add them to any meal to bulk it up.
- Make soups that follow the rules, and keep them around for fast meals.
- Grill poultry and lean meat in volume. Make enough to last half a week, then refrigerate and reheat.
- Keep cottage cheese and non-fat yogurt around at all times.
- Make big salads with nuts, spices, beans, vegetables, non-fat cheeses and lean meats — enough for two days at a time. Use apple-cider vinegar, olive oil and fruit concentrates for dressing.

Restaurant Tricks

With your new eating plan you can still eat in restaurants — just remember these simple suggestions:

- Start your meal with a broth-based soup or a green salad with olive oil and vinegar dressing.
- Ask that sauces and dressings be either left off completely or put on the side.
- Beware of descriptions like “succulent,” “velvety” or “juicy.” These evocative words make dishes sound delicious and can make you order something you wouldn’t necessarily have chosen otherwise.
- Request that your food be grilled, steamed or broiled instead of sautéed or fried.
- Swap steamed vegetables for potatoes, pasta or rice.
- Since restaurant portions are typically far more than a serving, as soon as your meal is served, mark off half of it and ask for a box to take it home. Or ask for a lunch portion at dinner, if it’s available.
- Order a bowl of seasonal fresh berries for dessert. It’s a sweet (and healthy) way to end your meal.





5

Track Your Progress

Measuring your progress regularly is one of the simplest ways to stay motivated and keep your dieting resolve high.

— Steven Siskind, M.D.

Study after study on weight loss demonstrates that tracking your progress is essential.

The simple act of consistent measurement and food monitoring will help you lose weight even without a specific goal. Part of the reason is that the act of monitoring your actions and results makes you more conscious of what you do each day. And the first step in making any change is to be aware of your actions.

With that in mind, here's what I'd like you to do:

Snap a Photo

Take a picture of yourself today. You may not be thrilled about this right now. But believe me, when you're reaching your milestones later, you'll be happy to have the record of the beginning of your weight-loss journey.

You can do this in a bathing suit, but if that makes you nervous, wear clothes that are form-fitting to show your shape.

Just do it. Put this booklet down, pick up a camera and do it now. You will thank yourself later.

Especially because, as soon as four weeks from now, you will start to see a big difference. With this plan, you could lose over 10 pounds in this period of time and be on your way to reaching your first milestone—and ready for an updated picture.

Weigh Yourself

Next, step on the scale. Keep in mind, daily weighing isn't an accurate indicator of your weight-loss progress. Every day your weight can fluctuate, primarily based on water retention. It can be frustrating if you see an increase of one or two pounds from one day to the next. So commit to weighing yourself no more than twice a week for a more accurate—and less frustrating—measure of your progress.

Remember, you'll lose body fat, but you will probably be gaining some lean muscle, which makes you look toned (more on that later). Suffice it to say, even if the scale isn't moving as fast as you'd like, if you're following the plan and taking your **WLF1**, your waistline will be shrinking!

RealSuccess Tip

Become more conscious of what you do each day by monitoring your actions and results, including:

- Take a picture
- Weigh yourself but no more than twice a week
- Take measurements
- Use your clothes as a guide
- Keep a food journal

So first thing tomorrow morning, after going to the bathroom, weigh yourself and write it down. Then do this no more than twice a week.

Take Your Measurements

As I said, as you burn fat and increase your muscle mass, you may not necessarily see the results on the scale. You've heard that muscle weighs more than fat, right? Well, that's not truly the case—a pound of muscle weighs the same as a pound of fat (one pound!). But the pound of muscle takes up much less room than the pound of fat. As you lose fat and gain muscle, your body will get tighter and smaller.

So an even more accurate gauge of your progress than the scale is measurements of your chest, your waist and your hips. Take them right now and record the numbers. Every two weeks, take your measurements again, and see how the numbers are shrinking.

Use Your Clothes as a Guide

Just as the tape measure will track your progress, the clothes in your closet will assess your shrinking body as well.

Take your favorite pair of jeans. You know ... your go-to pair when you want something comfy. Put them on and see how they fit. Now, every week you're going to put them on again. When you feel them loosen up, you'll know that you're losing inches. By the end of a few weeks, you probably won't even be able to wear them anymore because they'll be falling off!

If you have a pair of skinny jeans left in your closet from the '90s, try those on every few weeks. Before you know it, you'll be sliding right into them. I promise!

Keep a Food Journal

Finally, keep a journal of your meals. There are many great online trackers you can use and even easier apps for your mobile phone. Get one and use it. A great trick is to take a picture with your smart phone of everything you eat (before you eat it). This will give you a visual log of all your meals. It also sheds light on your overall eating habits, so you won't be able to trick yourself into thinking you're eating well if you're actually not.

6

Mouthwatering Meal Plans



*I've given you seven days of meals so you
have an idea of how to get started.*

— Steven Siskind, M.D.

Menu plans to inspire you

Here you'll find a week's worth of meal plans to jump-start your weight-loss journey. Each daily plan provides about 1,500 to 1,600 calories. For most people, this reduced-calorie level will result in a weekly weight loss of about two pounds, on average. (You will likely lose more weight during the first few weeks as your body adjusts to your new diet.)

These menu plans are only suggestions. You don't have to follow them to the letter. In fact, you don't have to follow them at all. If following a meal plan seems too restrictive, you can follow your own healthy eating plan and just incorporate the suggestions we've already given you. You can also mix and match menus, or you can sub in your own meal whenever you want. I've simply given you seven days of menu plans that follow The 10 Fat-Burning Food Rules (starting on page 15) so you have an idea of how to get started.

Remember, I encourage you to eat a wide variety of vegetables. The menu plans here include at least five servings per day, including at least one cruciferous vegetable (see Rule #2). But you can always add more if you want. Simply select from the list on page 19.

A word about water and other fluids

It's important that you stay well hydrated throughout your day, so drink at least 9 cups (for women) or 13 cups (for men) of fluid every day. For optimal weight-loss, it's especially important to drink 2 cups of water before each meal, which contributes to your total daily fluid intake.

All beverages count toward your total daily fluid intake, but it's a good idea to reach for water or seltzer as much as possible. There are plenty of ways to jazz them up if you need some extra flavor. Try adding a splash of cherry, pomegranate or blueberry juice concentrate. Or mix in a spoonful of our powdered drink mix product, **RealReds**, for a delicious berry flavor with a bonus: a phytonutrient boost to help combat chronic, low-grade inflammation. (See page 41 for more about [RealReds](#) )

Sample Meal Plan: Day 1

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

1 poached egg

½ cup sliced tomatoes with onion and basil drizzled with walnut oil (1 teaspoon), vinegar and lemon juice

8 spears asparagus, steamed

RealMeal GF Shake with 1 cup 1% low-fat milk

Lunch

Stuffed Sweet Potato

8 ounce sweet potato, baked

1 cup cooked veggies (artichoke hearts, beets and broccoli)

½ cup black beans

1 ounce shredded low-fat mozzarella cheese

¼ cup salsa

1 small nectarine, sliced

Snack

Yogurt Parfait

⅔ cup plain Greek yogurt

1 ¼ cup strawberries

Walnuts, 4 halves

Dinner

Lemon shrimp pasta over a bed of kale

3 ounces grilled shrimp (prepared with 1 teaspoon olive oil and one-half clove of garlic)

⅓ cup 100% whole grain penne noodles, cooked and tossed with walnut oil (1 teaspoon), ¼ cup mix of tomato and onion and a chopped sprig of parsley

2 teaspoons capers and 2 teaspoons lemon juice

1 cup kale, cooked slightly

3 ounces grapes (about 17), frozen

Sample Meal Plan: Day 2

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Steel-cut Oatmeal

- ½ cup steel-cut oatmeal*
- ½ cup blueberries*
- 1 cup 1% low-fat milk*
- 1 ½ teaspoon flaxseeds*
- pinch of cinnamon*

RealMeal GF made with chilled water

Lunch

Lentil and Bean Salad

- ½ cup lentils*
- ½ cup garbanzo beans*
- ½ cup purple cabbage*
- 2 cups tomatoes, cucumbers, red onion and basil*
- 1 cup cauliflower and broccoli florets*
- 5 large green olives*
- 1 ounce low-fat shredded mozzarella cheese*
- Walnut oil (1 teaspoon) with raspberry vinegar dressing*

Snack

Banana Shake (see recipe)

Dinner

Garlic chicken kebob

- 2 ounces chicken, cut into pieces for kebob skewers*
- 2 cups onion, mushroom, zucchini, bell pepper and garlic*
- ½ cup black beans*

Green salad

- mixed salad greens with walnut oil (1 teaspoon) and balsamic vinegar dressing*

1 ¼ cup fresh sliced strawberries

1 tablespoon whipped cream

Banana Shake

This tasty treat can be made in a snap to satisfy just about any sweet tooth.

Ingredients

- 1 banana, extra small, frozen
- 1 cup 1% low-fat milk
- Small handful walnuts (about 4 halves)
- Stevia sweetener to taste

Directions

1. In a blender, add banana and milk.
2. Blend till smooth, about 45 seconds.
3. Add walnuts and pulse blend for a few additional seconds
4. Serve and enjoy

Makes 1 serving (about 12 ounces)

160 calories | 8 g Protein | 27 g Carbs | 2 g Fat | 2 g Fiber

Sample Meal Plan: Day 3

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

1 egg, hardboiled

½ cup roasted sweet potato, chopped

¼ cup salsa and sprig of chopped parsley

⅔ cup plain yogurt with ½ cup blueberries

RealMeal GF (vanilla) made with chilled water

Lunch

Steamed vegetable plate

2 cups mixed steamed vegetables (carrots, cauliflower, snap peas, mushroom and beets) sprinkled with walnuts (4 halves)

Walnut oil (1 teaspoon), basil, garlic dressing

½ corn cob, large, grilled

1 cup 1% low-fat milk

Snack

1 cup bean soup garnished with ¼ cup salsa and 4 halves walnut, chopped

Dinner

3 ounces grilled salmon

½ cup broccoli, steamed

½ cup tabouli FPO Image

Tomato with buffalo mozzarella

½ sliced heirloom tomato

1 ounce buffalo mozzarella

1 tablespoon Haas avocado

Drizzled with walnut oil (½ teaspoon) and balsamic vinegar

Mixed berry medley

¾ cup freshly sliced strawberries

½ cup blueberries

½ cup fresh raspberries

Sample Meal Plan: Day 4

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Egg over a veggie bed

1 egg, Sunnyside up + 1 tablespoon goat cheese served over spinach leaves and ½ cup tomato, onion and basil salsa

1 slice whole grain bread with 1 ½ teaspoon walnut butter (or 2 tablespoons Haas avocado)

½ grapefruit, large

RealMeal GF with 1 cup 1% low-fat milk

Lunch

White bean and mixed veggie salad

½ cup white beans

2 cups assorted raw vegetables

(mushroom, onions, carrots, cauliflower)

6 ½ tablespoons pomegranate seeds

mixed salad greens

walnut oil (1 teaspoon) and balsamic vinaigrette

Squash topped with yogurt

2 cups butternut squash

¾ cups plain or Greek nonfat or low-fat yogurt

squeeze of lemon

Snack

1 cup popcorn, plain, lightly salted and misted with olive oil

Walnuts, 4 halves

Dinner

3 ounces roasted chicken with rosemary

2 cups asparagus, cauliflower and onion sautéed in 1 teaspoon olive oil and ½ clove garlic

Add a squeeze of lemon to preserve color and add tang

Green salad

mixed salad greens with balsamic vinaigrette

1 cup fresh raspberries

1 tablespoon whipped topping

Sample Meal Plan: Day 5

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Veggie scramble

2 ½ cups broccoli, zucchini, mushrooms, onions and tomatoes sautéed in olive oil (1 teaspoon).

1 egg, scrambled with rosemary for additional flavor

½ cup 1% low-fat cottage cheese

1 cup honeydew melon

Lunch

Kale wraps

½ cup black beans

¼ cup diced onions and celery

2 tablespoons yogurt

1 tablespoon Dijon mustard

4 to 6 kale leaves, slightly steamed

1 ½ ounce homemade baked sweet potato chips (see recipe)

RealMeal GF Shake made with 1 cup 1% low-fat milk

Snack

Whole grain bread

1 ½ teaspoon walnut butter

¾ cup blackberries

Dinner

4 ounces pork chops with sage and rosemary

3 cups assorted non-starchy veggies such as zucchini, carrots, beets, and Swiss chard sautéed in 1 teaspoon olive oil.

Roasted butter nut squash with walnut oil (1 teaspoon)

½ cup red or purple grapes

Homemade Baked Sweet Potato Chips

Just for chip lovers ... a healthier option for crunchy, full flavor chips.

Ingredients

1 medium (5-inch) sweet potato

1 tablespoon coconut oil (melted)

Salt and pepper to taste

Directions

1. Wash and dry medium (5-inch) sweet potato with skin.
2. With a mandolin slicer, slice into thin slices.
3. Toss in a bowl with a drizzle of coconut oil (1 tablespoon) and add a dash of salt and pepper, if desired.
4. Spread on a baking sheet lined with parchment paper in a single layer.
5. Bake at 400 degrees until lightly brown and crisp (about 10 minutes).
6. Cool and enjoy.

Makes 3 Servings (About 1 ½ ounces)

80 Calories | 1 g Protein | 9 g Carbs | 5 g Fat | 1 g Fiber

Sample Meal Plan: Day 6

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Egg on a bed of veggies and beans

- 1 poached egg*
- ½ cup tricolor beans*
- 1 cup chopped tomato, onions and basil*
- 2 tablespoons Haas avocado*
- 1 ounce crumbled goat cheese*

¾ cup blueberries

Lunch

2 cups assorted raw veggies (broccoli, cauliflower, carrot sticks and snap beans) with ⅔ cup plain Greek nonfat yogurt

1 whole grain toast with 2 tablespoons Haas avocado

The Energizer Smoothie (see recipe)

Snack

Banana Shake (see recipe for Day 2)

Dinner

3 ounces grilled halibut

2 small roasted purple potatoes infused with rosemary and seasoned with salt and pepper to taste.

½ cup grilled zucchini and summer squash sprinkled with 1 ounce goat cheese

Green salad with 1/2 cup purple cabbage and walnut oil (1 teaspoon) and balsamic vinegar dressing

The Energizer

A green smoothie to perk up your senses.

Ingredients

- 1 teaspoon lime juice
- 1 cup spinach
- ½ medium apple (chopped)
- 1 ½ cups brewed ginger tea (chilled) 2 scoops RealMeal GF (vanilla flavor)
- Stevia (to sweeten)
- 3 to 4 medium ice cubes

Directions

Combine ingredients in a blender, secure lid and blend 30 to 40 seconds or until desired consistency.

Makes 1 serving (about 12 ounces)

190 calories | 18 g Protein | 18 g Carbs | 5 g Fat | 4 g Fiber

Sample Meal Plan: Day 7

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Kasha with fruit

½ cup 100% whole grain kasha

4 whole apricots

½ cup 1% low-fat milk

Pinch of cinnamon

¾ cup plain yogurt

RealMeal GF Shake (chocolate or vanilla) mixed with 1 cup water

Lunch

Chickpea salad

½ cup chickpeas

2 ounces tuna

2 cups tomatoes, cucumbers, onion and green bell pepper

2 cups romaine lettuce

Salad dressing (1 teaspoon walnut oil, 1 teaspoon balsamic vinegar, squeeze of lemon and dash of pepper to taste)

12 sweet fresh cherries

Snack

Walnuts, 4 halves

1 ounce low-fat string cheese

1 cup popcorn, plain, lightly salted and misted with olive oil

1 cup raw veggies (broccoli and/or cauliflower florets)

Dinner

Your Cheat Meal!

Whatever you've been craving this week, it's time to enjoy!

We're Here to Help

At **RealDose**, we've developed a complete line of science-based products designed to work together to meet your health goals, including weight-loss.

Weight Loss Formula No. 1™ (WLF1) works at the hormonal level to balance your fat-regulating hormones and accelerate weight-loss. It contains two non-stimulating herbal ingredients, each clinically proven in placebo-controlled trials to accelerate your weight-loss up to twice as fast as diet alone.*†

Super Critical Omega-3 TG™ contains one of the highest and purest concentrations of omega-3 fatty acids. Human clinical studies have shown that both EPA and DHA, the omega-3 fatty acids found in **Super Critical Omega-3 TG**, help maintain a healthy inflammatory response, support heart health, promote fat loss and improve mood.*

NEW! RealMeal GF™ delivers 120 nutrient-dense, protein-packed calories to help control hunger and eliminate cravings. It also helps boost your protein intake so you can protect lean muscle mass while you lose body fat. Its key ingredient is one of the most bioavailable forms of whey protein you can find.*

NEW! RealReds™ powdered drink mix provides an innovative way to get the polyphenols and phytonutrients found in red and purple fruits, without all of the fructose that can lead to excess belly fat. Polyphenols help fortify your body's antioxidant defenses, modulate your body's natural inflammatory response and combat premature aging. One serving provides an excellent source of fiber and the amount of polyphenols found in 6 servings of whole fruits—while cutting out more than 350 calories of pure sugar.*

To find out more about our products, visit our website, realdose.com .

And one more important bonus ...

As a **RealDose** customer, you're entitled to membership in our **RealDose Healthy Life Program**, which provides live health and weight-loss education, support and coaching.

The program helps pinpoint your goals and ways to achieve them. During the course you'll learn more about diet and exercise, as well as how to manage stress and how to address other lifestyle challenges that may be holding you back.

To sign up, call us at **800-928-5580** or email support@realdose.com .

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

† This product is to be used in conjunction with a healthy calorie-reduction and exercise program.

Congratulations!

You've just taken a major first step in your weight-loss journey. The fact that you're here shows me that you're determined to succeed in achieving your weight-loss goals.

Two crucial things to remember:

1. Enjoy the journey. Even before you get to your final weight-loss goal, you'll begin to see many other benefits. Your digestion will improve, you'll have more energy, you'll look and feel better and more. So while you're in the process of losing weight, enjoy some of these pleasant side effects.
2. One step at a time. There's a saying, "The journey of a thousand miles begins with a single step," and this is no different. If ever you feel unsure or doubtful about your progress, just keep taking one step at a time. Trust me, you'll ultimately arrive where you want to be. This is not a race, so go at your own pace and trust (and enjoy) the process.

Last but not least, remember that you're not alone. Along with the entire **RealCare Team**, I am here to support and encourage you as well as provide you with the tools you need to help ensure your success. If you ever have any questions about this program or anything else for that matter, please write to me at drsteve@realdose.com .

I especially love hearing about your successes, no matter how small you think they may be. I promise, they're greater than you think.



Here's to your health!

A handwritten signature in black ink that reads "Steven Siskind, M.D.".

Steven Siskind, M.D.



RealDose is dedicated to delivering remarkable health improvements that make people's lives better.

RealDoseNutrition.com

RealDose Nutrition ■ 22100 E 26th Avenue #100, Aurora, CO 80019
Toll-free: 1-800-928-5580 ■ Fax: 1-307-316-0381 ■ Intl: 1-307-222-6725