

FAT LOSS FAST START

Weight-Loss Type G



TYPE



RealDose Nutrition[™]
The Right Ingredients at the Real Dose

Welcome

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

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 G people — with a high ghrelin 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. Insulin
2. Cortisol
3. Adiponectin

It's something I like to call the Type G “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 G (high ghrelin level) as well as the Domino Effect mentioned above.

Most importantly, by following a plan specifically made for you as a Type G 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!

A handwritten signature in blue ink that reads "Steven Siskind, M.D." The signature is fluid and cursive, with the first name being the most prominent.

Steven Siskind, M.D.

| | | |
|----------|--|----|
| | Welcome | 2 |
| 1 | Why Losing Weight Is So Hard | 4 |
| | The Science Behind Type G's Stubborn, Hard-to-Lose Fat | 5 |
| 2 | Weight-Loss Type G: 13 Winning Moves | 6 |
| | 1. Eat a High-Protein Breakfast | 7 |
| | 2. Drink More Water. | 8 |
| | 3. Substitute Beans for Bread | 8 |
| | 4. Start Meals With Soup | 9 |
| | 5. Spice Up Your Foods | 9 |
| | 6. Slow Down, Chew More | 9 |
| | 7. Downsize Your Plates & Cups | 10 |
| | 8. Choose Dining Colors to Eat Less | 11 |
| | 9. Avoid High-Stress Sports | 11 |
| | 10. Stay Warm While Exercising | 12 |
| | 11. Increase Your Exercise Intensity | 12 |
| | 12. Get Enough Restful Sleep | 13 |
| | 13. Manage Ghrelin, Naturally | 13 |
| 3 | 10 Fat-Burning Food Rules to Counter the Type G 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 G'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 hunger-producing hormone called ghrelin (thus the name “Type G”). When your level of ghrelin is high, it is almost impossible to control your appetite. And reducing fat is difficult at best.

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

- Your stress level is causing your body to crank up cortisol production, creating stubborn belly fat. 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 G: 13 Winning Moves



Follow these 13 winning moves to help lower ghrelin levels and jump-start your way to becoming a fat-burning machine.

— Steven Siskind, M.D.

Here are 13 key things you, as a Type G person, can do right now to help jump-start your way to decreasing your ghrelin 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 ghrelin level, so high levels will no longer be a barrier to your success.

1. Eat a High-Protein Breakfast


As a Type G person, it's especially important for you to start your day with a breakfast meal that's high in protein. This can have a dramatic effect on your body's ability to control your ghrelin level. Eggs or whey protein may be particularly helpful.

RealSuccess Tip

Protein-rich foods help you stay fuller longer. So, as a Type G, you'll want to make sure you include high-quality protein at every meal, especially at breakfast.

Here are some protein-rich options to add to your daily plate:

| Protein | | |
|-------------------------|-------------------|----------|
| Food | Serving Size | Inulin |
| RealMeal GF | (with 1 cup milk) | 25 grams |
| RealMeal GF | (with water) | 17 g |
| Milk | 1 cup | 8 g |
| Yogurt | 2/3 cup | 8 g |
| Cheese | 1 ounce | 7 g |
| Meats, poultry, seafood | 1 ounce | 7 g |
| Beans, peas, lentils | 1/2 cup cooked | 7-9 g |
| Egg | 1 each | 7 g |
| Nuts and seeds | 1 ounce | 4-7 g |
| Nut butters | 1 tablespoon | 4 g |
| Whole grain bread | 1 slice | 3 g |
| Whole grain pasta | 1/2 cup | 3 g |
| Non-starchy veggies | 1/2 cup cooked | 2 g |

Source: USDA National Nutrient Database. Available at: <http://www.ars.usda.gov> 

In one crossover study, when healthy men ate eggs at breakfast instead of a bagel, they had a significantly lower ghrelin response and reported less hunger up to 3 hours after the morning meal. The men also consumed fewer calories throughout the day when their breakfast meals included protein-rich eggs instead of carbohydrate-rich bagels (Ratliff 2010).

In another crossover study, young healthy adults who ingested as little as 20 grams of whey protein, 30 minutes before a meal, not only consumed less food at the meal, but they had better blood sugar balance after the meal (Akhavan 2010).

2. Drink More Water

Drinking water throughout the day, as well as before and with meals, is especially helpful for a Type G person. This simple habit can go a long way to helping you curb hunger pangs between meals and help you feel full at meals, so you're likely to eat less.

Drinking 2 cups of water before a meal may help you significantly reduce your calorie intake.

In one clinical study, overweight adults who drank 2 cups of water, 30 minutes before a meal, consumed 75 calories less during the meal (Davy 2008).

In a separate cross-sectional analysis of over 4,700 adults, those who were habitual water drinkers consumed about 200 calories less per day than those who did not drink water (Popkin 2005).

What's more, you can get even more hunger-curbing benefits by drinking carbonated water. In one study involving 19 healthy women, researchers found that carbonated water was able to promote significantly more fullness than regular water (Wakisaka 2012).

If you're not a regular water drinker, consider this little trick: Add a squeeze of lemon, lime, or orange or even a slice of cucumber to your water. It may be all that's needed to entice you to drink more water.

3. Substitute Beans for Bread

Simply adding a serving of cooked dried beans to your meals can be an easy step to help bring better balance to your ghrelin level and squelch the effects of this hunger hormone.

In one study, researchers found that healthy adults who ate brown beans at dinner rather than white bread had a significantly lower ghrelin level (and less hunger) at breakfast the next day (Nilsson 2013).

Add garbanzo beans to a cold salad. Serve up a steaming bowl of black bean soup. Add a side dish of savory lentils with herbs. Toss together a 3-bean salad (black, navy and pinto beans) with vinaigrette, herbs and spices. There are plenty of ways to sneak hearty, hunger-controlling beans into your meals.

4. Start Meals With Soup

Consuming soup, either hot or cold, before a meal can help you feel fuller ... and significantly reduce your mealtime calories.

In one study from Penn State University, researchers found that when subjects ate a bowl of vegetable-based soup before they were served lunch, they not only ate 20% fewer calories (about 130 calories), but said that they felt significantly fuller (Flood 2007).

Soup may help increase satiety in a number of ways including increasing stomach distention as well as slowing down the rate at which food leaves the stomach.

5. Spice Up Your Foods

Spicy foods such as hot peppers and chili peppers have a modest effect on increasing your body's ability to burn calories and fat as well as have an appetite-curbing effect.

In one systematic analysis of 17 studies, researchers found that the hot pepper compounds capsaicin and capsiate both increase thermogenesis (calorie burning) and enhance fat oxidation (fat burning), especially at high doses. Other research indicates that capsaicin and capsiate also suppress feeling of hunger (Ludy 2012).

It's a modest effect, but every bit helps, so spice up your meals with hot peppers whenever possible.

6. Slow Down, Chew More

How we eat is just as important as what we eat when it comes to weight control. This is especially true for a Type G person. Eating slowly and chewing your food thoroughly can help maximize your feeling of fullness,

RealSuccess Tip

Being more mindful during mealtime helps you slow down and feel fuller on less food. Try these tips to be more mindful and enjoy your meals more:

- Make mealtime count. Sit down for all meals and snacks, and focus on the mealtime. Be extra careful about eating food on the go or while standing. When you're rushed or not sitting down, it's easy to mindlessly eat extra calories.
- Take smaller bites and chew each bite thoroughly.
- Sip on water throughout the meal.
- Eat high-fiber foods. These foods take longer to eat and provide a greater feeling of fullness than low-fiber foods.
- Eat with your non-dominant hand or with chopsticks. It's a simple trick to help make eating a more mindful activity.
- Put your utensils down between bites.
- Engage in lively conversation.
- Take your time at meal and snack times to really savor your food. Try to taste the different ingredients in an entrée. Look at the stars on blueberries. Listen to the crunch of an apple. Feel the texture of a broccoli floret.

which helps to reduce calorie intake at meals. This simple habit can make a big difference in your daily calorie intake and ultimately in your weight-loss success.

In one study with overweight and lean men, researchers found that those who chewed each bite of food 40 times consumed significantly fewer calories (12% or about 300 calories less) than those who chewed only 15 times per bite. The blood level of ghrelin after the test meals was also significantly lower with 40 chews per bite compared to 15 chews per bite (Li 2011).

In another study, researchers analyzed self-reported data from 3,287 adults and concluded that eating quickly and eating until full are associated with being overweight. Moreover, they expressed concern that, in combination, these eating behaviors may be a key factor preventing people from losing excess weight (Maruyama 2008).

In another study, researchers sought to compare the impact of eating speed (slow versus quick) on hunger control in 30 healthy women. In this randomized study, the women sat down to 2 lunches on separate occasions. At both lunches, they were given water and told to eat until they felt comfortably full. During the slow eating condition, the women were given a teaspoon and instructed to take small bites, chew each bite 20 to 30 times and put their spoon down between bites. During the fast eating condition, the women were given a larger spoon and told to eat as quickly as was comfortable and not to take pauses between bites. When they compared the results, the researchers found that eating slowly resulted in a significant decrease in calories (about 70 calories less) and a significant increase in water consumption (about ½ cup more) compared to eating fast (Andrade 2008).

7. Downsize Your Plates & Cups

Consider eating from smaller plates and cups. You're likely to find that you'll eat smaller portions and reduce your calorie intake, yet feel just as satisfied.

Our ability to judge serving size is affected by the size of the plate on which food is served. For example, a portion of food will appear smaller and more compact when it's served on a large, imposing plate. The same portion, however, will appear noticeably larger when served on a smaller plate. It's an optical illusion called the Delboeuf illusion. Your brain makes a false assessment about the quantity of food on your plate. You can use this trick of the eye to your advantage.

In one review, researchers found that a plate needs to be at least 2/3 full for the eye to be satisfied (Van Ittersum 2012). So, reach for smaller plates, fill them just enough to satisfy your eyes, and you'll likely eat less ... yet not feel deprived.

You also tend to drink more from a short, wide glass than from a tall, thin glass with the same amount. Use this optical illusion to drink more water. Simply pour your water into a short glass, and you're likely to drink more.

8. Choose Dining Colors to Eat Less

To help you eat less, you can also choose plates that contrast with your food. Minimizing the contrast between your plate and the tablecloth (think red plates, red tablecloth) also helps give the appearance of more food on your plate.

In one study, researchers set out to test this color contrast effect. They divided 60 adults attending a party into 2 groups and directed them to buffets serving pasta with either a tomato (red) or an Alfredo (white) sauce. In line, they were randomly handed either red or white plates. After serving themselves, their portion sizes were weighed using hidden scales. The researchers found that those participants who had low contrast between their food and their plates (i.e., Alfredo sauce on a white plate or tomato sauce on a red plate) served themselves about 40 grams more pasta than participants with high contrast between their food and their plate. The researchers also found that reducing the color contrast between the dinnerware and its background (e.g., table, tablecloth or placemat) helped reduce over-serving by as much as 10% (Van Ittersum 2012).

9. Avoid High-Stress Sports

Stress increases ghrelin. Period. So, as a Type G person, it's best to avoid skydiving, rock climbing and other extreme sports that increase anxiety.

In one critical review of the literature, researchers found that the blood level of ghrelin is directly related to the level of stress hormones. This suggests that stress management may play a key role in helping to control the level of ghrelin and reduce its appetite-increasing effects (Adams 2011).

RealSuccess Tip

Reducing your stress level can help you manage your ghrelin level. Here is a breathing technique that I have used for years to help control stress and anxiety:

- 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 level on a moment's notice.

10. Stay Warm While Exercising

Staying warm while you exercise is especially important for a Type G person. Research shows that exercising in the cold may lead to a higher increase in your ghrelin level and consuming more calories after exercise.

In one study, researchers asked 16 overweight, middle-aged men and women to walk on a treadmill for 45 minutes at a chilly 46°F and again at a more neutral 68°F. Exercising in the cold led to a greater increase in ghrelin levels and the intake of substantially more calories (130 calories more) at a post-exercise meal 45 minutes later (Crabtree 2014).

So, if it is cold outside, be sure to bundle up for outdoor exercise, or workout in a warmer environment such as on treadmill in the gym.

11. Increase Your Exercise Intensity

Low-intensity exercise appears to increase the blood level of ghrelin. By contrast, moderate- and high-intensity exercise, even super short bouts lasting seconds, appears to lower the ghrelin level. This suggests that, for a Type G person, moderate- or high-intensity exercise, rather than low-intensity exercise, may be especially helpful.

In one randomized, controlled trial with healthy adults, researchers found that low-intensity, but not higher intensity exercise, stimulated an increase in ghrelin level that was independent of exercise duration (Erdmann 2007).

In another study, researchers found that higher intensity, short duration activities like a 30-second sprint can significantly lower ghrelin levels up to 30 minutes after the activity (Stokes 2010).

When you boost your exercise intensity, be sure to do so gradually. Aim to exercise 5 times each week, 30 minutes per session and at an exercise-intensity of 50% to 85% of your maximum heart rate. To determine your maximum heart rate, simply subtract your age from 220. Next, calculate your target heart rate for your exercise intensity. If you are just starting out or out of shape, multiply your maximum heart rate by 0.50. If you are healthy and fit, multiply your maximum heart rate by 0.85. For example, if you are 40 years old and are just starting out, aim for a target heart rate of 90 beats per minute $[(220-40) \times 0.50 = 90 \text{ beat per minute}]$. If you are healthy and fit, aim for a target heart rate of up to 153 beats per minute $[(220-40) \times 0.85 = 153 \text{ beat per minute}]$.

12. Get Enough Restful Sleep

Sleep deprivation delivers a double whammy for a Type G person. It is not only associated with a higher level of ghrelin, but also with increased feelings of hunger. So, as a Type G person, you'll want to take getting enough sleep seriously, especially if you want to make rapid progress towards your weight-loss goal. As a rule of thumb, aim for at least 8 hours of restful sleep each day.

In one randomized trial, researchers found that when young men were sleep deprived, they had significantly higher plasma ghrelin levels compared to when they got 8 hours of sleep. They also reported more hunger and chose larger food portions at the next morning's meal when restful sleep was lacking (Hogenkamp 2013).

In one population study involving over 1,000 men and women from the Wisconsin Sleep Cohort Study, sleeping 5 hours versus 8 hours was linked to significantly higher ghrelin levels, independent of body weight (Taheri 2004).

Getting enough sleep is not only important for keeping ghrelin 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.

13. Manage Ghrelin, Naturally

Don't overlook the benefit of natural herbs to help manage ghrelin. One of my favorites for a Type G person is a special blend of extracts from two plants that have a rich history of traditional use in Ayurvedic medicine: Piper betle leaf and Dolichos biflorus seed.

The reason why this special blend is so high on my list of must-haves for Type G people is, when taken at the appropriate real dose (300 milligrams, 3 times a day), it is clinically proven to decrease the level of ghrelin — the "Hunger Hormone" — by 20.8%.

RealSuccess Tip

Try these tips to get more restful sleep:

- 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).

In fact, in one double-blind, placebo controlled study, overweight people who took the real dose of this herbal blend lost more than twice the amount of weight compared to those taking a placebo, while following an identical 2000-calorie-a-day diet (Sengupta 2012).

Think about that, people lost twice the weight.

For Weight-Loss Type G people, this is one of the most exciting, straightforward ways to help reduce your ghrelin level. That's why you'll find this exact dose in **Weight Loss Formula No. 1**. Simply take **WLF1** three times a day to add this herbal advantage to your weight-loss program.

References

- Adams CE, Greenway FL, Brantley PJ. Lifestyle factors and ghrelin: critical review and implications for weight-loss maintenance. *Obes Rev.* 2011;12:e211-e218. PMID: [20604869](#)
- Akhavan T, Luhovyy BL, Brown PH, Cho CE, Anderson GH. Effect of premeal consumption of whey protein and its hydrolysate on food intake and postmeal glycemia and insulin responses in young adults. *Am J Clin Nutr.* 2010;91(4):966-75. PMID: [20164320](#)
- Andrade AM, Greene GW, Melanson KJ. Eating slowly led to decreases in energy intake within meals in healthy women. *J Am Diet Assoc.* 2008;108(7):1186-1191. PMID: [18589027](#)
- Crabtree DR, Blannin AK. Effects of exercise in the cold on ghrelin, PYY and food intake in overweight adults. *Med Sci Sports Exerc.* 2014 May 27. [Epub ahead of print] PMID: [24870575](#)
- Davy BM, Dennis EA, Dengo AL, Wilson KL, Davy KP. Water consumption reduces energy intake at a breakfast meal in obese older adults. *J Am Diet Assoc.* 2008;108(7):1236-1239. PMID: [18589036](#)
- Erdmann J, Tahbaz R, Lippl F, Wagenpfeil S, Schusdziarra V. Plasma ghrelin levels during exercise: effects of intensity and duration. *Regul Pept.* 2007;143(1-3):127-135. Epub 2007 May 10. PMID: [17570540](#)
- Flood JE, Rolls BJ. Soup preloads in a variety of forms reduce meal energy intake. *Appetite.* 2007;49(3):626-634. PMID: [17574705](#)
- Hogenkamp PS, Nilsson E, Nilsson VC, et al. Acute sleep deprivation increases portion size and affects food choice in young men. *Psychoneuroendocrinology.* 2013;38(9):1668-1674. PMID: [23428257](#)
- Li J, Zhang N, Hu L, et al. Improvement in chewing activity reduces energy intake in one meal and modulates plasma gut hormone concentrations in obese and lean young Chinese men. *Am J Clin Nutr.* 2011;94(3):709-716. PMID: [21775556](#)
- Ludy MJ, Moore GE, Mattes RD. The effects of capsaicin and capsiate on energy balance: critical review and meta-analyses of studies in humans. *Chem Senses.* 2012;37(2):103-121. PMID: [22038945](#)
- Maruyama K, Sato S, Ohira T, et al. The joint impact on being overweight of self reported behaviours of eating quickly and eating until full: cross sectional survey. *BMJ.* 2008;337:a2002. PMID: [18940848](#)
- Nilsson A, Johansson E, Ekström L, Björck I. Effects of a brown beans evening meal on metabolic risk markers and appetite regulating hormones at a subsequent standardized breakfast: a randomized cross-over study. *PLoS One.* 2013;8(4):e59985. PMID: [23577078](#)
- Popkin BM, Barclay DV, Nielsen SJ. Water and food consumption patterns of U.S. adults from 1999 to 2001. *Obes Res.* 2005;13(12):2146-2152. PMID: [16421349](#)
- Ratliff J, Leite JO, de Ogburn R, et al. Consuming eggs for breakfast influences plasma glucose and ghrelin, while reducing energy intake during the next 24 hours in adult men. *Nutr Res.* 2010;30(2):96-103. PMID: [20226994](#)
- Sengupta K, Mishra AT, Rao MK, et al. Efficacy of an herbal formulation LI10903F containing Dolichos biflorus and Piper betle extracts on weight management. *Lipids Health Dis.* 2012;11:176-184. PMID: [23270333](#)
- Stokes KA, Sykes D, Gilbert KL, Chen JW, Frystyk J. Brief, high intensity exercise alters serum ghrelin and growth hormone concentrations but not IGF-I, IGF-II or IGF-I bioactivity. *Growth Horm IGF Res.* 2010;20(4):289-294. PMID: [20472480](#)
- Taheri S, Lin L, Austin D, Young T, Mignot E. Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index. *PLoS Med.* 2004;1(3):e62. PMID: [15602591](#)
- Van Ittersum K and Wansink B. Plate size and color suggestibility: the Delboeuf illusion's bias on serving and eating behavior. *J Consum Res.* 2012;39(2): 215-228
- Wakisaka S, Nagai H, Mura E, Matsumoto T, Moritani T, Nagai N. The effects of carbonated water upon gastric and cardiac activities and fullness in healthy young women. *J Nutr Sci Vitaminol.* 2012;58(5):333-338. PMID: [23327968](#)



3

10 Fat-Burning Food Rules to Counter the Type G 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 13 Winning Moves that specifically address your high ghrelin level, it is important you understand how to avoid the Type G 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 G 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 G 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 grams 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 (black or red) | Blueberries |
| Pomegranate | Black plums | Elderberries |
| Black currants | Cranberries | Strawberries |

- 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, 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](#) )

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

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

You may be interested to 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 ghrelin level ... you will help support a healthy inflammation response and ensure you don't fall victim to the Type G Domino Effect:

1. High Cortisol Level
1. Insulin Imbalance
1. 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.

It turns out that the same proprietary blend of Piper betle leaf and Dolichos biflorus seed contained in **WLF1** that lowers your ghrelin level can also help raise your adiponectin 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, when it comes to cortisol, there's an herb from Siberia called Rhodiola rosea. This herb has a centuries-long track record as a safe, effective, natural stress-reliever. In fact, research has shown that when taken at 340 mg a day, Rhodiola rosea extract has a powerful anti-anxiety effect. This dramatically reduces one of the biggest contributors to stress in your body.

And less stress means lower cortisol. And maintaining a lower cortisol level means you no longer have that hormonal barrier to weight-loss.

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 13 Type G Winning Moves with the 10 Food Rules to counter the Type G 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



*Dinner
Lemon shrimp
pasta over kale
4 ounces grilled
shrimp (prepared
with 1 teaspoon
olive oil and 1/2
clove garlic)
1/3 cup whole
grain linguine*

*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](#) )

RealSuccess Tip

To help meet your daily fluid intake, consider serving up green tea throughout your day.

Iced or hot, green tea is a refreshing drink with a bonus, especially for a Type G person. Studies show that a regular habit of drinking green tea helps maintain blood sugar in the normal range and promote optimal insulin function.

Sample Meal Plan: Day 1

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

Breakfast

Blueberry quinoa

⅓ cup cooked quinoa

1 tablespoon blueberry juice concentrate

½ grapefruit

Green As You Get Smoothie (see recipe)

Lunch

Fiesta salad

Mixed greens

2 tablespoons avocado

½ cup garbanzo beans

2 cups assorted raw vegetables (diced onions, mushrooms, tomato)

½ cup cooked corn

Balsamic vinegar and lemon

1 cup milk (low-fat dairy; unsweetened almond or coconut)

Afternoon Snack

6 ounces Greek yogurt, unsweetened

1 tablespoon **RealReds** with chilled water

Dinner

5 ounces grilled trout with parsley, garlic and cayenne pepper

1 cup cooked butternut squash

½ cup steamed carrots

½ cup cooked cauliflower

Green salad

Mixed greens

Olive oil (1 teaspoon) and vinegar

Blackberries and whipped cream

¾ cup fresh blackberries

1 tablespoon whipped cream

Green As You Get Smoothie

Kermit would love this delicious combo of green tea and green veggies. (And so will you!)

Ingredients

1 tablespoon lemon juice

½ cup cucumber, sliced

½ cup spinach or kale

½ medium avocado

1 cup brewed decaf green or ginger tea (chilled)

2 scoops RealMeal GF (vanilla)

3 to 4 ice cubes

Directions

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

Makes 1 Serving

310 calories | 20 g Protein | 18 g Carbs | 18 g Fat | 9 g Fiber

Sample Meal Plan: Day 2

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

Breakfast

½ cup cooked steel-cut oatmeal

¾ cup blueberries

RealMeal GF Shake (chocolate or vanilla) with 1% low-fat milk

Lunch

1 cup minestrone soup

6 ounces Greek yogurt, unsweetened

Large green salad

Mixed greens

Olive oil (1 teaspoon) and balsamic vinegar

Afternoon Snack

3 cups popcorn, plain, lightly salted and misted with olive oil

½ cup red or purple grapes

1 tablespoon **RealReds** with chilled water

Dinner

5 ounces grilled salmon with ginger

½ cup cooked sweet potato

1 cup steamed green beans and pearl onions

½ cup steamed bok choy

Green salad

Mixed greens

Olive oil (1 teaspoon) with raspberry vinegar

Fresh strawberries with almonds

1 ¼ cups fresh strawberries

12 almonds

1 tablespoon whipped cream

Sample Meal Plan: Day 3

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

Breakfast

- 1 poached egg
- 1 tomato, sliced
- 6 ounces Greek yogurt, unsweetened
- 1 ¼ cups strawberries

Lunch

Spicy steamed vegetable plate

- 1 ½ cups mixed steamed vegetables (*carrots, cauliflower, snap peas, water chestnuts, artichoke hearts, celery*)
- ½ cup cooked corn
- Olive oil (2 teaspoons), basil, garlic, cayenne pepper dressing

RealMeal GF with 1 cup milk (low-fat dairy; unsweetened almond or coconut)

Afternoon Snack

- 1 cup raw zucchini coins
- ½ cup cooked pinto beans
- ¼ cup salsa
- 1 tablespoon **RealReds** with chilled water

Dinner

- 4 ounces grilled chicken with rosemary
- ½ cup cooked spinach
- ½ cup cooked sweet potato
- ½ cup cooked wild rice
- ½ cup coleslaw with balsamic vinegar and lemon juice
- Green salad
 - Mixed greens
 - Olive oil (1 teaspoon) and vinegar
- Baked pear
 - 1 pear
 - 1 tablespoon blueberry juice concentrate
 - 8 walnuts

Sample Meal Plan: Day 4

Sleepy Time Smoothie

The natural sources of tryptophan in this smoothie will help your body produce the sleep hormone melatonin.

Ingredients

- 1 tablespoon almond butter
- ¼ cup cherries, fresh (pitted)
- ½ medium banana, sliced
- 1 scoop RealMeal GF (vanilla)
- 1 cup brewed chamomile tea (chilled)
- ½ cup milk, fat-free

Directions

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

Makes 1 Serving

290 calories | 17g Protein | 32g Carbs | 12g Fat | 5g Fiber

Sample Meal Plan: Day 4

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

Breakfast

RealMeal GF with 1 cup 1% low-fat milk and 1 tablespoon **RealReds**

1 cup blueberries

1 tablespoon whole flaxseeds

Lunch

White bean and mixed veggie salad

½ cup white beans

1 cup assorted raw vegetables (mushroom, onions, carrots, cauliflower)

2 tablespoons dried cherries

Mixed greens

Balsamic vinaigrette

6 ounces Greek yogurt, unsweetened

Afternoon Snack

1 cup three-bean salad (green, wax, Italian)

Balsamic vinaigrette

3 ounces homemade baked sweet potato chips
(see recipe on Day 6)

Dinner

Spicy Shrimp and squash marinara

5 ounces cooked shrimp

½ cup quinoa

2 cups mixed steamed vegetables (tomato, zucchini, yellow squash, kale)

Olive oil (1 teaspoon), vinegar, garlic, basil, and cayenne pepper

Green salad

Mixed greens with balsamic vinaigrette

Snack

Sleepy Time Smoothie (see recipe)

Sample Meal Plan: Day 5

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

Breakfast

Spinach omelet

1 egg

½ cup spinach

¼ cup each: diced mushrooms, onions, tomato

1 slice wheat-free bread with 1 teaspoon nut butter

1 cup raspberries

1 cup milk (low-fat dairy; unsweetened almond or coconut)

Lunch

Kale wraps

½ cup cooked pinto beans

¼ cup each: diced onions and celery

2 tablespoons yogurt

1 tablespoon Dijon mustard

4 to 6 kale leaves

1 ½ ounces homemade baked sweet potato chips (see recipe on Day 3)

RealMeal GF Shake with chilled water

¾ cup blackberries

Afternoon Snack

1 cup raw carrot and jicama sticks with 1 tablespoon almond butter

1 tablespoon **RealReds** with chilled seltzer

Dinner

Scallops with steamed vegetables

4 ounces scallops

1 ½ cups mixed steamed vegetables (Brussels sprouts, cauliflower, carrots, water chestnuts)

Raspberry balsamic vinegar, garlic, basil

½ cups cooked yams

Green salad

Mixed greens with olive oil (1 teaspoon) and vinegar

Baked apple with cinnamon

1 cup milk (low-fat dairy; unsweetened almond or coconut)

Sample Meal Plan: Day 6

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

Breakfast

1 slice gluten-free oat bread

1 teaspoon almond butter

1 cup cantaloupe cubes

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

Lunch

1 cup spicy split pea soup (with cayenne pepper)

6 ounces Greek yogurt, unsweetened

$\frac{3}{4}$ cup red or purple grapes

1 $\frac{1}{2}$ ounces homemade baked sweet potato chips
(see recipe)

Green salad

Mixed greens

1 cup fresh raw veggies

Olive oil (1 teaspoon) and vinegar

1 tablespoon **RealReds** with chilled seltzer

Afternoon Snack

2 cups assorted fresh raw vegetables
(carrots, celery, zucchini)

$\frac{1}{4}$ cup salsa

Dinner

5 ounces grilled tilapia with lime zest

1 cup acorn squash

$\frac{1}{2}$ cup cooked broccoli

$\frac{1}{2}$ cup cooked beets

Raspberry-yogurt parfait

1 cup raspberries

2 tablespoons yogurt

12 almonds

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 $\frac{1}{2}$ ounces)

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

Sample Meal Plan: Day 7

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

Breakfast

- 1/3 cup cooked millet
- 2 tablespoons dried cranberries (no added sugars)
- 6 ounces Greek yogurt, unsweetened
- Mocha Go Go Smoothie (see recipe)

Lunch

- Lettuce wraps with turkey
 - 2 ounces diced turkey breast
 - 1/4 cup each: diced tomato, carrots, onion, black olives (8 large)
 - 1/2 cup cooked lentils
 - Yogurt and mustard dressing
 - 4 to 6 large lettuce leaves
- 1 apple
- 1 tablespoon **RealReds** with chilled seltzer

Afternoon Snack

- 3/4 cup red or purple grapes
- 1 cup low-fat kefir

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 blue 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**