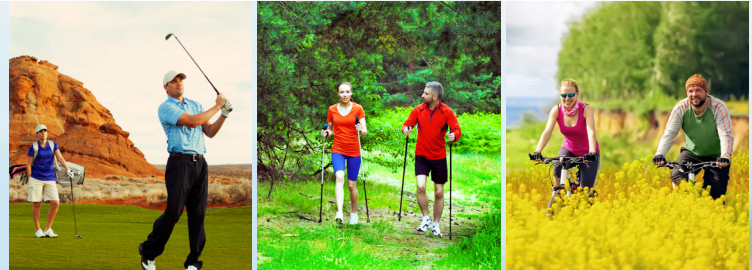


# FAT LOSS FAST START

Weight-Loss Type I



TYPE

# Welcome

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

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 I people — with a high insulin 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. Cortisol
3. Adiponectin

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

Most importantly, by following a plan specifically made for you as a Type I 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 "Steven" being the most prominent.

Steven Siskind, M.D.

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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 I's Stubborn, Hard-to-Lose Fat

Based on the results of your survey, an important reason for your difficulties appears to be an imbalance of the sugar-regulating hormone called insulin (thus the name “Type I”). When you have an insulin imbalance, you tend to convert more of the sugar (and carbs) you consume into fat. As a consequence, reducing fat is difficult at best.

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

- Your hunger hormone ghrelin may be too high (so you’re always hungry).
- Your stress level is causing your body to crank up cortisol production, creating stubborn belly fat.
- 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 I: 13 Winning Moves



*Follow these 13 winning moves to help support insulin function and jump-start your way to becoming a fat-burning machine.*

— Steven Siskind, M.D.

Here are 13 key things you, as a Type I person, can do right now to help jump-start your way to becoming a fat-burning machine. The closer you follow them, the faster you'll lose. Each of these winning moves will support glucose balance and promote optimal insulin function, helping to remove these barriers to your success.

## 1. Eat More Veggies, Beans & Lentils

To optimize insulin function for fat loss, you'll want to get the most out of your carbohydrates. This starts with choosing more wholesome carb-containing foods that are high in fiber such as non-starchy veggies, beans and lentils. Your body digests these foods slowly, so the resulting sugars are absorbed more slowly into your bloodstream. The result is your blood sugar level stays on a more even keel. (These foods also typically have a low glycemic index (GI), but it's easier to just focus on choosing high-fiber, wholesome foods instead on getting distracted by GI values.) Fruits and 100% whole grains are also wholesome choices, but these carbs tend to be absorbed faster — and raise blood sugar higher — than veggies, beans and lentils, so moderation is the key here. Finally, white sugar, white flour and similar foods that are highly processed are essentially devoid of fiber (and other nutrients) and are absorbed quickly, so it's best to avoid these types of carbs.

You can add another metabolic benefit from consuming a diet with more wholesome, high-fiber carbs: promoting a healthy inflammatory response.

In fact, results from one systematic review of 14 randomized controlled trials indicate that people who ate more of these foods not only had significantly lower fasting insulin levels, but also had lower levels of pro-inflammatory markers such as C-reactive protein (Schwingshackl 2013).

## 2. Eat More “Slow” Fiber

As a Type I person, you'll want to make foods rich in soluble fiber a staple in your diet. Soluble fiber helps support glucose balance and insulin function, which is critical for a Type I person eager to lose excess weight.

Beans and legumes are especially rich in soluble fiber, providing about 1 to 3 grams per 1/2-cup cooked serving. Vegetables such as Brussels sprouts, carrots, spinach, cabbage, zucchini and broccoli provide about 1 gram of soluble fiber per 1/2-cup cooked serving. Some fruits are good sources as well. For example, you'll get about 1 gram of soluble fiber from a medium-sized apple, banana, orange, peach, or pear. The key is to eat a wide variety of colorful vegetables, a few fruits and plenty of beans and legumes.

Soluble fiber works to help maintain your blood sugar level because of its unique ability to attract water and become thick and viscous. Think of how oatmeal develops a thick consistency when

you cook it in water. The same action occurs in your gastrointestinal tract when you eat foods with soluble fiber. Only here, that now-viscous fiber goes to work slowing down the digestion of foods ... and the absorption of sugars. For this reason, soluble fiber is often called “slow” fiber. And, as a Type I person, you’ll want to reach for these foods more often.

In one meta-analysis of 11 studies involving over 600 adults, researchers found consuming a high-fiber diet (up to 43 grams per day) or taking fiber supplements containing soluble fiber (up to 15 grams per day) reduced the fasting blood glucose level by 10 mg/dL, on average (Silva 2013).

As a rule of thumb, aim to get at least 15 grams of dietary fiber for each 1,000 calories you consume, and make at least half of your fiber intake in the form of soluble fiber.

### 3. Go Mediterranean

As a Type I person, the Mediterranean diet is perfectly suited to address your specific metabolic needs.

The foundation of this flavorful diet is plant-based, and it goes hand in hand with your first and second Winning Moves. In addition to plant-based foods, fish and seafood are enjoyed at least twice a week. Yogurt, eggs, poultry and cheese are also regular staples in the Mediterranean diet, while red meats and sweets are limited to the special occasion.

Red wine is also frequently enjoyed with Mediterranean meals, but since alcohol provides extra calories that can impede your weight-loss success, we recommend that you limit your intake to one glass a week at your Cheat Meal (see Rule #9: Create a “Cheat Meal” Once a Week on page 23).

The Mediterranean diet is also higher in fat (about 40% calories from fat) than many other diets. However, the majority of fat is from foods rich in healthy monounsaturated fats such as olives and olive oil, avocados, and nuts and seeds.

#### RealSuccess Tip

Follow these five guidelines and you’ll be eating like a Mediterranean in no time:

- **Focus on plant-based foods.** The Mediterranean diet is filled with colorful vegetables and fruits, whole grains, beans and legumes, nuts and seeds, and olive oil.
- **Choose fish more often.** Fish is enjoyed a few times a week in a typical Mediterranean diet, while red meat is seen as a condiment.
- **Fresh is best.** Visit your local farmers market to get the freshest ingredients around. You will be glad you did and your stomach will thank you. And while you are at it, enjoy a leisurely walk ... as activity is a big part of a Mediterranean lifestyle.
- **Flavor with herbs and spices.** Flavorful spices such as basil, cilantro, rosemary, garlic, thyme and oregano take center stage in the Mediterranean diet.
- **Make mealtime enjoyable.** Great conversation and sharing savory meals is as much a part of the Mediterranean diet as the food itself. Enjoy!



In one systematic review of 20 randomized controlled trials lasting at least 6 months and including over 3,000 adults, researchers found that people who followed a Mediterranean diet experienced a significantly greater improvement in blood sugar control than those on other types of diets like low-fat, high-GI, and low-protein diets and even the American Diabetes Association diet. What's more, those following the Mediterranean diet not only had the greatest improvement in blood sugar control, but also had more weight loss (Ajala 2013).

## 4. Find the Whey

If you open a yogurt container and notice a thin watery liquid on top, what you're looking at is the protein-rich whey fraction separating out of the yogurt. (Don't be tempted to simply drain it off; instead, stir it back into the yogurt to reclaim its protein benefits.)

Yogurt, especially Greek yogurt, is a good source of whey protein, but whey protein is also found in other dairy products such as milk and cheese (particularly ricotta cheese). You'll also find a concentrated amount of high-quality whey protein (17 grams per serving) from grass-fed, antibiotic-free cows in each serving of **RealMeal GF**.

In one study, scientists found that consuming as little as 10 grams of whey protein with carbohydrates actually helped slow the rise in blood sugar after a meal (Akhavan 2010).

A main reason whey protein is such a big deal for a Type I person is that it supports insulin function. As a result, it helps you avoid those post-meal blood sugar spikes that can quickly come crashing down later and trigger hunger. And better hunger control is key to virtually any effort you make to lose weight. Adding foods rich in whey protein at each meal is an easy first step to "flip the switch" and help kick-start your weight loss.

## 5. Nourish Your "Good" Bacteria

As a Type I person, you'll want to consume foods that contain prebiotics. Prebiotic can promote the growth of beneficial bacteria (probiotics) in your colon. One prebiotic, inulin, is especially effective at stimulating the growth and activity of probiotic bacteria in the colon. Inulin is found in a variety of foods such as onions, garlic, leeks, artichoke, and asparagus as well as in supplements such as **RealReds**, which contains about 4.6 grams of inulin per serving.

In one systematic review of 26 randomized controlled trials, researchers found that supplementing with prebiotics resulted in increased feelings of satiety in healthy adults. The prebiotics also resulted in a significant reduction in blood glucose and insulin levels after a meal (Kellow 2014).

## RealSuccess Tip

In the colon, inulin functions as a prebiotic—a compound that has the ability to promote the growth of beneficial (probiotic) gut bacteria. Consuming at least 2.5 grams of inulin per day helps promote the growth of probiotic bacteria that belong to the *Bifidobacteria* species.

Here are a few food sources of inulin to consider adding to your daily meal plans:

### Inulin Content of Common Foods

Food	Serving Size	Inulin
Jerusalem artichoke	¼ cup slices	6.8 g
Leeks (raw)	1 cup	5.8 g
Globe artichoke	1 medium	5.6 g
Dandelion (cooked)	½ cup, chopped	4.8 g
Onions (raw)	1 medium	4.7 g
Dandelion (raw)	½ cup chopped	3.7 g
Onions (cooked)	1 medium	2.8 g
Asparagus (raw)	5 medium spears	2.0 g
Asparagus (boiled)	5 medium spears	1.3 g
Garlic (dried)	1 tsp	0.9 g
Chicory root	1 tsp, rounded	0.7 g
Banana (raw)	1 medium	0.6 g
Onions (raw-dried)	1 tsp	0.4 g
Garlic (raw)	1 clove	0.4 g

Adapted from: Moshfegh et al. *J Nutr.* 1999;129 (7 Suppl):1407S-1411S. PMID: 10395608.

## 6. Choose an Activity that You Enjoy

Increasing regular activity (even if it is not enough for weight-loss or improving cardiovascular fitness) can improve insulin sensitivity. In fact, any activity that increases the heart rate and keeps it elevated while working out will improve aerobic fitness that, in turn, will help you better manage your blood sugar levels.

If you haven't been active, start slowly with 10 minutes a day and gradually work up to 150 minutes per week.

## 7. Include Resistance Training Weekly

Do your regular cardio routine, but also consider adding progressive resistance training (at least two sessions) to your weekly exercise routine.

What is progressive resistance training? This is simply an exercise program that builds up your strength through a systematic effort of lifting progressively heavier weights.

According to the American College of Sports Medicine, progressive resistance exercise is carried out 2 to 3 times a week and consists of 1 to 3 sets of 8 to 12 repetitions, progressed from a load of 45-50% to 70-80% of one repetition maximum (or 1RM), where 1RM is the amount of weight that can be lifted just once through the available range.

### RealSuccess Tip

Choosing carbohydrate-rich foods after exercising has dual benefits. First, it helps maintain blood sugar levels. Second, it helps replenishes glycogen stores, so you can do more, during your next workout.

#### Here are a few options to consider:

<b>RealMeal GF</b> with 1 cup 1% low-fat milk . . .	20-22 g
Beans, cooked, ½ cup . . . . .	20 g
Apple, 1 small . . . . .	15 g
Berries, 1 cup . . . . .	15 g
Sweet potato, 3 ounces . . . . .	15 g
Yogurt, plain, ¾ cup . . . . .	12 g

In one systematic review of 9 randomized controlled trials consisting of more than 370 adults, researchers found that those people who engaged in resistance training had significantly better blood sugar control compared to non-exercisers. As a bonus, the exercisers also experienced large gains in strength (Irvine 2009).

## 8. Add Yoga to Your Routine

In addition to cardiovascular and progressive resistance training, adding yoga to your routine has some real benefits for a Type I person.

Results from one meta-analysis of 44 randomized, controlled clinical trials that included over 3,100 participants indicates that, compared to no intervention or usual care, yoga improved insulin resistance as well as blood pressure, blood lipids, waist circumference and other metabolic parameters in healthy adults, adults at high risk for heart disease and people with type 2 diabetes (Cramer 2014).

## 9. Fuel Your Exercise

During exercise, the body does a better job with the insulin it has — shuttling sugar out of the blood and into your cells for energy. This may result in a blood sugar level that is too low to

sustain your exercise. You can help keep your blood sugar on an even keel during your exercise sessions by consuming a light pre-workout snack with carbs.

An ideal pre-workout meal or snack should contain easily digested carbs — about 30 grams — to give you the energy you need to power through a workout — and some protein — about 10 to 20 grams — to build muscle and reduce post-workout muscle soreness. Keep it lower in fat for rapid digestion.

## RealSuccess Tip

An ideal pre-workout meal or snack should contain easily digested carbs for fuel (about 30 grams), protein for muscle recovery (about 10 to 20 grams) and be low in fat for rapid digestion.

Here are a few ideas:

- Plain, low-fat Greek yogurt with fresh berries and raw cashews
- Hard-boiled egg, 100% whole grain toast and almond butter
- Low-fat cottage cheese, fresh berries and walnuts

## 10. Drink Alcohol in Moderation

When it comes to alcohol intake for a Type I person, “moderate” is the watchword. Alcohol provides empty calories, and too much can derail your weight management efforts. If you do like alcohol, enjoy a glass during your “cheat” day. See Rule #9: Create a “Cheat Meal” Once a Week on page 23.

## 11. Make Time for (Green) Tea

When you need to unwind, consider sipping a cup of green tea.

In one review of 17 randomized controlled trials with over 1,100 adults, researchers found that drinking green tea significantly reduced fasting glucose and glycated hemoglobin (a measure of blood sugar control over the previous 3 months) as well as fasting insulin levels (Liu 2013).

## 12. Get Enough Restful Sleep

Another important thing you, as a Type I person, can do to improve blood glucose balance is to get enough sleep. How much is needed? Aim for at least 8 hours of restful sleep each night

Cross-sectional and longitudinal studies have demonstrated a link between short sleep duration or poor sleep quality and insulin resistance as well as an increased risk of obesity, diabetes and other chronic diseases. Unfortunately the average amount of sleep in the U.S. has fallen below 7 hours per night. In one study involving 20 healthy men, short sleep duration (5 hours per night) for as little as one week was found to significantly impair insulin function (Buxton 2010).

In another cross-sectional study involving 210 healthy men and women, researchers found that poor sleep-quality is significantly related to the metabolic syndrome and several of its core components, including poor insulin function (Jennings 2007).

## RealSuccess Tip

Getting enough sleep not only helps you feel more refreshed and alert, but research has 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).
- Always sleep with the lights completely out—even a tiny amount of light can interfere with the production of the sleep hormone melatonin.

## 13. Promote Fat Loss, Naturally

Certain natural herbs are especially well suited for a Type I person. One of my favorites is a decaffeinated green coffee bean extract from Madagascar called *Coffea canephora*. This special extract contains powerful weight-loss substances known as chlorogenic acids (as well as other components) that help promote fat loss and glucose balance, without unwanted side effects.

Researchers believe this fat loss action is due to *Coffea canephora*'s ability to alter glucose metabolism, possibly by inhibiting sugar absorption in the small intestine and backup sugar production by the liver.

In short, the extract may help reduce the amount of sugar entering into your blood stream, which literally forces your body to burn fat as energy instead of sugar — thus helping support your weight-loss efforts.

That's why you'll find this same clinically effective *Coffea canephora* extract as part of **Weight Loss Formula No. 1**.

For a Weight-Loss Type I person, making this supplement part of your regular routine is one of the most exciting, straightforward ways to blast through your hormonal barriers and “kick start” your weight-loss program.



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3

## 10 Fat-Burning Food Rules to Counter the Type I 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 insulin imbalance, it is important you understand how to avoid the Type I 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 I 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 I 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
⅓ cup	Barley, cooked
⅓ cup	Brown rice, cooked
½ cup	Buckwheat, cooked
⅓ cup	Millet, cooked
½ cup	Oats, steel cut, cooked
⅓ cup	Quinoa, cooked
½ 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](#) ↗)

### Real Success 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

Cardamom

Cayenne

Cilantro

Cinnamon

Ginger

Parsley

Turmeric

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 I, 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 balance your insulin level ... you will help support a healthy inflammation response and ensure you don't fall victim to the Type I Domino Effect:

1. High Ghrelin Level
2. Elevated Cortisol
3. 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% ...

And 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.

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 13 Type I Winning Moves with the 10 Food Rules to counter the Type I Domino Effect ... your chances of finally losing excess weight are far better than ever before.





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## 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.





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## 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.

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## 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 I 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

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

Veggie bean burger

Purple cabbage salad

*½ cup purple cabbage*

*2 cups diced tomatoes, cucumbers and red onion*

*1 cup cauliflower and broccoli florets*

*5 large green olives*

*1 ounce low-fat shredded mozzarella cheese*

*Basil leaf, chopped*

*Olive oil (1 teaspoon) and raspberry vinaigrette dressing*

4 ounces (½ cup) nonfat cottage cheese

### Snack

1 small apple with 1 ½ teaspoons walnut butter

### Dinner

Garlic chicken kebob

*3 ounces chicken, cut into pieces for kebob skewers*

*2 cups onion, mushroom, zucchini, bell pepper and garlic*

½ corn cob, grilled

½ cup black beans with 3 tablespoons nonfat yogurt

Green salad

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

1 ¼ cup fresh sliced strawberries

1 tablespoon whipped cream

## Sample Meal Plan: Day 2

Up to 30 minutes before each meal: Take your **WLF#1** with 2 cups chilled water.

### Breakfast

1 poached egg  
½ cup chopped tomatoes and onion with basil and drizzled with olive oil (1 teaspoon), vinegar and lemon juice  
8 spears asparagus, steamed

**RealMeal GF** Shake made with chilled water

### Lunch

Spinach salad  
*3-4 cups spinach*  
*½ cup baby tomatoes, halved*  
*1 small pear, sliced*  
*chopped pecans, 4 halves*  
*1 ounce buffalo mozzarella*  
*½ cup garbanzo beans*  
*Olive oil (½ teaspoon), vinegar, salt and pepper to taste*

4 ounces (½ cup) nonfat cottage cheese

1 cup raspberries

### Snack

1 orange, small  
3 ounces homemade baked sweet potato chips (see recipe)

### Dinner

Lemon shrimp pasta over a bed of kale  
*3 ounces grilled shrimp*  
*⅓ cup 100% whole grain penne noodles, cooked and tossed with olive 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*  
*Sprinkled with 1 tablespoon parmesan cheese, grated*

Yogurt parfait  
*⅓ cup plain Greek yogurt*  
*1 ¼ cup strawberries*  
*Walnuts, 2 halves*

## 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 3

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

### Breakfast

You Complete Me Shake (see recipe)

### Lunch

Steamed vegetable plate

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

1 ounce low-fat mozzarella cheese, shredded

Olive 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

¾ cup fresh strawberries

### Dinner

3 ounces grilled salmon

½ cup broccoli, steamed

1-2 purple potatoes, steamed

Tomato with buffalo mozzarella

*½ sliced heirloom tomato*

*1 ounce buffalo mozzarella*

*1 ounce (2 tablespoons) Haas avocado, sliced*

*Drizzled with walnut oil (½ teaspoon) and balsamic vinegar*

Mixed berry medley

*¾ cup freshly sliced strawberries*

*½ cup blueberries*

*½ cup fresh raspberries*

## You Complete Me Shake

Feel full all morning long with the dual hunger-curbing benefits of protein and fiber.

### Ingredients

1 cup coconut milk

¼ cup non-fat, plain Greek yogurt

¼ cup oats (plain, old-fashioned variety)

1 tablespoon walnuts, chopped

½ cup strawberries

2 scoops RealMeal GF (vanilla)

1 tablespoon RealReds

### Directions

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

**Makes 1 serving** (about 12 ounces)

390 calories | 28 g Protein | 40 g Carbs | 15 g Fat | 8 g Fiber

## Sample Meal Plan: Day 4

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

### Breakfast

½ cup kasha

½ cup 1% low-fat milk

2 tablespoons applesauce, no sugar added

½ cup blueberries

2 walnuts, chopped

pinch of cinnamon

**RealMeal GF** Shake made with chilled water

### Lunch

Tuna and white bean salad

*2 ounces tuna, canned in water*

*½ cup white beans*

*2 cups assorted raw vegetables*

*(tomato, mushroom, snap beans, beets, carrots)*

*6 ½ tablespoons pomegranate seeds*

*mixed salad greens*

*Olive oil (1 teaspoon) and balsamic vinaigrette*

2 cups butternut squash with ⅔ cups plain or Greek nonfat or low-fat yogurt, and a 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

8 spears asparagus, steamed

1 cup cauliflower and onion, steamed

2 ounces (about 4 tablespoons) nonfat cottage cheese

Green salad

*mixed salad greens*

*olive oil (1 teaspoon) and 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 ¼ cup 1% low-fat milk and garnished with basil*

½ cup 1% low-fat cottage cheese

4 apricots, fresh

### Lunch

Quinoa salad

*⅓ cup quinoa, cooked*

*½ cup white beans*

*¾ cup steamed broccoli, carrots and bellpepper, chopped*

*Toss with olive oil (1 teaspoon), lemon juice, salt and pepper.*

1 ½ ounce homemade baked sweet potato chips. (see recipe for Day 2)

**RealMeal GF** Shake made with chilled water

### Snack

5 baby carrots and celery sticks

1 ½ teaspoon walnut or peanut butter

¾ cup blackberries

### Dinner

4 ounces pork chops with sage and rosemary

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

Roasted butter nut squash with olive oil (1 teaspoon)

½ cup small red or purple grapes (about 17)

¾ cup 1% low-fat milk

## Sample Meal Plan: Day 6

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

### Breakfast

Egg and beans

*1 poached egg sprinkled with  
½ ounce goat cheese sitting on:  
½ cup tricolor beans  
1 cup chopped tomato, onions and basil  
2 tablespoons Haas avocado*

¾ cup plain Greek nonfat yogurt

¾ cup blueberries

### Lunch

2 cups assorted raw veggies (broccoli, cauliflower, carrot sticks and snap beans)

1 slice 100% whole grain toast with 2 tablespoons Haas avocado

The Energizer Smoothie (see recipe)

### Snack

12 fresh cherries

4 halves walnuts

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

### 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 ½ ounce goat cheese

Green salad with ½ cup cabbage and tossed with olive oil (1 teaspoon) and balsamic vinegar dressing

1 cup 1% low-fat milk

## 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

Muesli Magic (see recipe)

**RealMeal GF** Shake (chocolate or vanilla)  
made with chilled water

### Lunch

Chickpea and tuna salad

*½ cup chickpeas*

*2 ounces tuna*

*2 cups tomatoes, cucumbers, onion and green bell pepper*

*2 cups romaine lettuce*

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

¾ cup plain nonfat yogurt

12 sweet fresh cherries

### Snack

5 large olives, green

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 it.*

## Muesli Magic

This is a recipe that can be quickly thrown together the night before.

### Ingredients

¼ cup old-fashioned oats

½ large Granny Smith apple, chopped

½ cup 1% low-fat milk

2 tablespoons plain nonfat yogurt

⅛ teaspoon vanilla

3 almonds, chopped

Pinch of cinnamon

### Directions

Mix all ingredients in a bowl the night before, cover with a lid, and place in the refrigerator. It's that easy.

**Makes 1 serving** (about 12 ounces)

230 calories | 10 g Protein | 35 g Carbs | 6 g Fat | 5 g Fiber



# 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](https://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](mailto:support@realdose.com) .

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\* 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](mailto: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." in a cursive style.

Steven Siskind, M.D.



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

[RealDoseNutrition.com](http://RealDoseNutrition.com)

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