

# RESULTS

TRANSFORMATION CENTER





# The Challenge

Welcome to Results Transformation Center's Program! In this program, you will rapidly increase energy levels and accelerate weight loss while laying the foundation for a lifetime of optimal health and fitness through building healthy habits. Not only will you gain more energy and achieve significant weight loss, this program contains tools to improve your mood and sleep patterns and decrease gastrointestinal distress. During this program, you may notice certain symptoms beginning to improve, including bad breath, bloating, gas, constipation, canker sores, difficulty concentrating, excess weight, fatigue, fluid retention, food cravings, headaches, heartburn, joint pain, muscle aches, puffy eyes, postnasal drip, sinus congestion, skin rashes, and sleep problems.

Changing the foods that you eat may also help to fight more serious conditions such as arthritis, asthma, (food) allergies, autoimmune diseases, chronic fatigue syndrome, type II diabetes, high blood pressure, high cholesterol, obesity, acne, eczema, fibromyalgia, headaches, heart disease, Crohn's, irritable bowel syndrome, and menopausal problems. According to the CDC (<https://www.cdc.gov>), chronic diseases are the leading cause of death and disability in America, with nearly one-half of all adults having one or more chronic diseases. Poor lifestyle choices, such as smoking, overconsumption of alcohol, poor diet, lack of physical activity and chronic stress are recognized contributors to chronic disease. If you cringe at the idea of removing sugar from your diet or not eating some of your "favorite foods" for a mere three weeks, then you DEFINITELY need to do the program. Not only will you give yourself the gift of health, but you will also recalibrate your taste buds so that real food is what you crave!

Maxwell Marx published in his book *Psycho-Cybernetics* (1960) that it takes about 21 days for an old mental image to dissolve and a new one to form.

This program is all about dissolving your old mental image of a healthy diet and discovering the type of diet that actually works with your own body. This plan is completely customizable, while still being safe and effective at removing toxins from the body.







# What are toxins?

The term “toxins” is a buzzword cloaked in mystery and controversy. Simply put, toxins are substances that may cause harm to the body. The amount of harm these toxins do to the body depends on the type of toxin and the amount of the toxin found in the body. The term “toxic load” is used to describe the total amount of toxic substances in the body. Toxic substances may be external or internal in origin.

There are several ways toxins may cause harm to the body. They may attack the body and cause oxidative stress. They may prevent other metabolic processes from happening the way they are supposed to. Some toxins can't break down completely and are then stored in the fatty tissues to reduce further harm to the body. Some toxins, like heavy metals, aren't easily removed because the body doesn't have a highly effective system for removing them.

Anything can be toxic at high enough levels. People have actually died from drinking too much water, although this requires several liters to be consumed in just a few hours. At the other extreme, a single atom of radioactive material will continue to do damage until it is removed. Most toxins fall between these two extremes. The FDA publishes “safe” levels of substances that are known to cause harm. The problem with these “safe” levels is that they only focus on one toxin at a time. Very little is known about the way toxic substances interact within the body, or how taxing the toxic load is on the body's systems.

The “toxic load” is the sum of all types and amounts of toxins found within the body, whether those toxins are external or internal in origin. The toxic load is generally correlated with the health of the body. A high toxic load can cause the symptoms of disease, as described above. Whereas a lower toxic load can take the stress off of your body's systems, especially the detoxification system and the immune system, and allow your body to heal. To decrease the toxic load, we must decrease the external and internal toxins. External toxins are found in the environment and enter the body through the air we breathe, the food and beverages we consume, the cleaning and personal care products we use, and even the containers we store products in.

An extremely toxic habit is smoking - reducing or eliminating smoking may be the greatest step you can take to detoxifying your body. Other toxins are found in foods and beverages, in the form of pesticides, herbicides, fungicides, preservatives and other chemicals used to enhance flavor, color, taste or shelf-life.

*What we fear doing most is usually what we most need to do*  
**Ralph Waldo Emerson**





# What are toxins?

Cleaning products contain harsh chemicals that can enter the body through the skin and the lungs. Personal care products, such as soaps and shampoos, deodorants, fragrances and lotions, are full of chemicals that prolong shelf life, enhance texture, color or fragrance. Lotions often contain chemicals that help the “active ingredients” penetrate the skin deeper - thus bringing with these “active ingredients” a whole slew of undesirable chemicals deep into the skin.

Toxins can enter the body through the containers which we store foods and beverages in - BPA is a toxin used to line cans which disrupts hormone function. Although all of these toxins have entered the body, they are not internal toxins because they are not internal in origin.

Internal toxins originate from the body tissues, or microorganisms living within the body's tissues. These microorganisms (bacteria, fungi and/or viruses) release toxins into the body as they invade the body. In response, the body mounts an immune response, where the immune system attacks the invading microorganisms and tries to restore order to the body.

Many toxic compounds are generated in an immune response - toxins which are designed to kill the invading microorganisms and also produce inflammation which tells the immune system where to attack. All of these toxins must be neutralized and cleared from the body, which happens at the end of an acute attack, such as a cold or flu. However, the body may become chronically inflamed, which means that the immune system will be chronically stimulated, and toxins are continually produced.

*Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.*

**Thomas A. Edison**





# Inflammation

Being inflamed makes you overweight and being overweight makes you inflamed! Inflammation can be the result of various “triggers” that will vary from person to person. One trigger is overconsumption of sugar. Another trigger may be an identified (or yet-to-be-identified!) food allergy. Lack of exercise (or sometimes too much exercise!) is also known to trigger inflammation. Other triggers include chronic hidden and stress infections.

This chronic inflammation that you cannot see or feel leads to every one of the major diseases: chronic disease, heart cancer, dementia, type II diabetes, etc. The goal of a detox diet is to identify foods that could be the cause of chronic health and weight problems. Let's give your body a break from battling inflammation, food sensitivities, food allergies, and toxins to see if excess weight and unfavorable symptoms start to disappear. Even if you think you don't have any food sensitivities/allergies, remember that symptoms can take anywhere from a few hours to a few days after ingestion to “show up”. This ‘delayed response’ phenomenon may be the reason that many food sensitivities/allergies go undetected for so long! Food allergies can play a HUGE part in chronic disease and weight problems, but are not recognized by conventional medicine. Food allergies can cause bloating, food cravings, acid reflux, sleep problems, autoimmune disorders, weight gain, fluid retention, fatigue, brain fog, irritable bowel syndrome, mood problems, headaches, sinus/nasal joint congestion, pains, acne, eczema, and more.

We develop food allergies when the lining of our gut and of balance the normal gut or get damaged from poor diet, stress, medications, infections, or toxins. This is referred to as “leaky gut”. Partially digested food particles then enter our bloodstream and the body attacks these foreign molecules, creating an immune response against them. This increases internal inflammation. Healing your digestive system and the lining of your gut can reduce the severity and the symptoms of the food sensitivities allergies you are experiencing.

*The foods we eat should promote a healthy psychological response, promote a healthy hormonal response, support a healthy gut, support immune function*

**It Starts with Food, Melissa & Dallas Hartwig**



# Psychological Response



## **DID YOU KNOW THAT SUGAR IS A DRUG?**

### **DID YOU ALSO KNOW THAT SUGAR CAN BE EXTREMELY ADDICTIVE?**

Some studies claim that sugar is just as addictive as cocaine, since both substances stimulate certain pleasure receptors in the brain. Many high-sugar foods are also nutrient-poor, high in salt, and carbohydrate-dense, making them all the more addictive. Foods like these alter pleasure, reward, and emotion pathways in the brain. To give an unconventional example, wheat actually binds to opiate receptors in the brain to promote feelings of pleasure and relaxation!

Think about the foods you crave when you are stressed or running on little sleep. Most likely, you just envisioned foods that are high in sugar. You are not alone! You are simply human! Carbohydrate-dense, high-sugar foods increase serotonin, our “feel-good” hormone.

We then overeat these “Frankenfoods” (high-sugar, high-fat, high-preservative foods), but we never reach satiation due to their lack of nutrients. Chronic stress and lack of sleep only reinforce this vicious cycle of stress, food cravings, overconsumption of sugar, and weight gain. Eating delicious foods with the nutrition and satiety that nature intended is the solution to this problem.

*Your body is your most priceless possession.  
Take care of it.*  
**Jack Lalanne**



# Promote Healthy Hormonal Response

It all comes back to managing blood sugar. Maintaining control over our blood sugar levels will decrease the amount of glucose (sugar) in your bloodstream which will, in turn, decrease the amount of insulin our body needs to produce. Insulin is produced by the pancreas in order to keep blood sugar levels from becoming too elevated. When a person has high blood sugar, the pancreas produces insulin to normalize blood sugar.

The higher the blood sugar, the more insulin must be produced. If this cycle continues for years, our pancreas can get tired out from producing so much insulin. This can lead to serious illnesses such as Type II diabetes. Each time we eat, we are telling our body to either burn fat or store fat. Our body makes this decision based on the foods that we consume, as well our general exercise habits. If insulin resistance eventually results from a “tired out” pancreas, blood sugar levels will be chronically high, triggering our body to store the glucose as fat instead of using it as fuel. By managing blood sugar now, we can reduce our risk of developing serious conditions like insulin resistance or eventually Type II diabetes.

Hormonal imbalance starts when you overconsume carbohydrates. Overconsumption of carbohydrates also leads to excess glucose and triglycerides in the blood stream, promoting leptin resistance in the brain. Leptin and ghrelin are important hormones that tell your brain you are full. Leptin resistance means that your brain is not receiving that message of “fullness,” and therefore, your brain thinks you are starving. This promotes overeating which, in turn, leads to weight gain and decreased metabolism. Leptin resistance also promotes insulin resistance, leading to chronically-elevated blood sugar and a high risk of developing Type II diabetes.

Cortisol is our stress hormone. Chronically-elevated cortisol levels increase blood sugar because our body is in “fight or flight” mode and thinks we need the energy to run from the stressful situation. The elevated blood sugar levels can contribute to insulin resistance and increased belly fat. Abdominal fat (aka visceral fat) increases our risk of heart disease, diabetes, and stroke. This is the fat that lies deep within our abdominal wall and pads the spaces between our abdominal organs.

It is best to focus on reducing fat around our midsection by committing to clean-eating and daily exercise because this type of fat storage is among the most dangerous. And a wise person once said: “Great abs are made in the kitchen.”

*I really to sometimes go into food detox and  
eat very simply*

**Padma Lakshmi**





# Support a Healthy Gut

Your gut houses about 60% of your immune system. It is responsible for making melatonin (a hormone that regulates sleep) and serotonin (a neurotransmitter that boosts mood) as well as serving as a critical part of the digestive process. If your gut is not healthy, you are not healthy. Our gut is also home to about 3-5 pounds of bacteria, some healthy and some not-so-healthy.

The balance --or lack of balance-- between the good and bad bacteria in our gut affects our metabolism, psychological well-being, and immunity. I mentioned earlier several external factors that can compromise and damage our gut. Abdominal (visceral) fat is one of the direct effects of increased gut permeability. Much like your hormones, your gut health can be restored over time with the proper changes to nutrition, exercise, and lifestyle.



## Support Immune System and Minimize Inflammation

We have already talked about sources of inflammation and the effects of chronic inflammation in the body. However, I want to mention one more thing about our immune system: if our immune system is always working and never gets a break, it has a hard time doing its main job of fighting off acute inflammation. This means that our immune system may not be able to effectively fight off that flu that is going around, heal stubborn tendonitis, or keep your arteries clear of plaque.

*“ Every 35 days your skin replaces itself, your liver takes about a month, your body makes these new cells from the food you eat. what you eat literally becomes you*

*-Eat Wisely* ”



## FOOD GUIDELINES

## WHAT TO AVOID?

### GRAINS

Wheat, rye, barley, oats, corn, white rice, millet, bulgur, sorghum, amaranth, buckwheat, and sprouted grains.

### SUGAR

No maple syrup, honey, or agave nectar. You must read labels because food manufacturers will sneak sugar into products with names you may not recognize such as brown rice syrup or evaporated cane juice. Also, products that claim to be sugar-free often still contain artificial sugars which can have a negative effect on the body in the short-term and the long-term.

### ALCOHOL

No beer, wine, hard alcohol, etc. Not even for cooking!

### TOBACCO

Eliminate any tobacco products from your day-to-day routine.

### CAFFEINE

No coffee, but you can and should have tea! I suggest green tea, but try out different herbal teas, too. Tea can be a great alternative for habitual coffee drinkers.

### LEGUMES

This includes beans of all kinds including black, red, pinto, navy, white, kidney, lima, fava, peas, chickpeas, and lentils. Beans are starchy and can significantly raise blood sugar. Also, no peanuts or peanut butter, but almond butter is acceptable. Finally, no forms of soy are included in the detox program. This includes soy protein, soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.

### DAIRY

This includes cow, goat, or sheep milk products such as cheese, kefir, yogurt, ice cream, butter,

### FOOD ADDITIVES

Avoid foods that contain carrageenan, MSG, nitrates, or sulfites.

“

*You don't have to be a wreck. You don't have to be sick.  
One's aim in life should be to die in good health. Just like  
a candle that burns out.*

*-Jeanne Moreau*

”



## BROWN RICE, QUINOA, SWEET POTATOES

These three foods will be the bulk of your complex carbohydrates during your detox program. Brown rice will give sustained energy, aid in elimination of waste, and keep you feeling full after a meal. It is also rare for someone to have an allergy to brown rice. Quinoa is a high-protein seed (not a grain) that is a powerhouse energy source, and sweet potatoes are delicious, nutritious, and fun to prepare!

## VEGETABLES

Aim for at least 6-8 servings per day (1 serving= 2 cups cooked, or 1 cup raw) This includes, but is not limited to: asparagus, broccoli, bok choy, brussel sprouts, cabbage, cauliflower, bell peppers, carrots, celery, cucumber, tomatoes, spinach, romaine lettuce, zucchini, sweet potatoes, snap peas, green beans, yellow beans, string beans, eggplant, jicama, pumpkin, water chestnuts, and onions.

THIS DOES NOT INCLUDE WHITE POTATOES, CORN, AND PEAS (all of which are considered starchy vegetables).

## FRUIT

Aim for 2-3 servings per day (1 serving= 0.5-1 cup or, for example, 1 small apple) This includes, but is not limited to: apples, bananas, blackberries, blueberries, cantaloupe, clementines, cranberries, grapefruit, grapes, honeydew melon, kiwis, lemons, limes, oranges, papayas, peaches, pears, pomegranates, plums, raspberries, strawberries, and watermelon. Note that tropical fruits such as pineapples, bananas, and papaya have a naturally higher sugar content, so be mindful of portion size.

## FAT

Learn to love good fats such as olive oil, coconut oil, avocado oil, avocados, nuts & seeds, nut butters, ground flaxseed, almonds, hazelnuts, olives, ghee, coconut butter/manna, coconut milk, coconut meat and coconut flakes.

## LEAN PROTEIN

Seafood including but not limited to: salmon, shrimp, scallops, cod, and crab), grassfed beef, bison, lamb, elk, venison, eggs, chicken, turkey, duck, pheasant, and bone broth.

**NOTE 1 :** The first 3-7 days you can decide to go completely without animal protein. This part is optional but recommended for best results.

**NOTE 2 :** Another option is to do a 3-day juice fast cleanse to start your detox. We don't go into juicing in detail here because it's not for everybody. A great resource for juicing is Chef V, who can deliver straight to your door!

“

*The foundation of success in life is good health: that is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick.*

- P. T. Barnum

”



# FOOD GUIDELINES

# WHAT TO EAT?

## BEVERAGES

DRINK LOTS OF WATER! Consume  $\frac{1}{2}$  of your body weight (in ounces) in PLAIN water each day. Alkaline water is preferred! Also, hydrate with herbal tea, green tea, sparkling water, or even water infused with some lemon/lime wedges.

## SEASONINGS

Prepare your food with fresh or dried, whole or ground herbs and spices! Use low sodium organic chicken, beef, or vegetable broth to add flavor, as well as some Himalayan sea salt and black or white pepper.

## CONDIMENTS

Use fresh salsa, pico de gallo, pure organic ketchup, organic mustard, and hot sauces without added preservatives to add flavor to your meals.

## SWEETENER

Use Stevia, which is a sweetener extracted from a naturally sweet herb.

## SUPPLEMENTS

You may consider using PhysX: Multivitamin, Essential Fatty Acids (EFA), Glutamine, BCAAs, Detox and protein.

**Please check with your doctor before adding any supplements to your regimen.**





## PRE-WORKOUT

This is going to vary based on when you exercise and what your body can handle. It is okay to exercise without food in your stomach if your body can handle it, but most will do well with a pre-workout snack. A pre-workout snack can be consumed about 30 minutes before the workout.

### EXAMPLES OF A PRE-WORKOUT SNACK" WOULD BE:

- Two hard-boiled eggs (with the yolk) and an orange
- Some turkey or chicken with a sweet potato dollar (the slice of a baked sweet potato)
- A few strips of beef jerky (without added sugar; find the most "natural" beef jerky brand with no added preservatives) with strawberries, blueberries or blackberries
- A handful of almonds (12) or walnuts (14) with a banana (1/2)
- Almond or macadamia butter with an apple
- Protein smoothie - see below! (PhysX brand recommended)

## POST-WORKOUT SHAKE

Consume this within 45 minutes post-training. Eat a normal meal 60-90 minutes after your post-workout shake

**PhysX Protein (or VeggiePro) Shake:** Add 2 scoops of PhysX protein and water then shake it up in a mixer cup

**PhysX Super-Smoothie:** Add 2 scoops of PhysX protein, 1/2 tsp Stevia, 1/2 cup blueberries, 1/2 cup pineapple, handful of spinach, 1/2 fuji apple, 1 tbsp chia seeds, and water, until the mixture reaches your desired thickness. Pour over ice and enjoy! (makes 2 servings)

You only need a post-workout meal if you are performing high-intensity interval training, strength training, or longer-duration cardiovascular exercise. If you are walking or doing gentle yoga, you don't need to include a post-workout meal.

Note: The amount of carbohydrates to be consumed post-workout is going to depend on your fat loss goals. If you are new to exercising and eating healthy and have a lot of body fat to lose, just include protein in your post-workout meal.

The goal is to eat 3-4 meals a day. This obviously changes on the days you engage in high-intensity exercise with your pre- and post-workout meals. On these days, you should eat 4-5 times per day. You might also need to "break the rules" if you work exceptionally long days or have an exceptionally active metabolism. In that case, you may end up eating 5-6 meals per day. In general, though, avoid over-snacking between meals, as this can disrupt the normal functioning of leptin and insulin. Think about your "snacks" as your meals. It will take some time to gauge how much and what the right types of foods to eat at each meal are.

The main objective is to leave 3.5 to 4 hours in between meals to allow your digestive system to function properly, as well as to normalize leptin levels. Each meal should be designed to hold you over until the next, taking away your desire to snack on "junk foods" and other foods not on the 21-Day Detox.

As your body starts to use more fat for energy, you will experience less between-meal cravings, energy slumps, and brain fogs. So, in case you didn't eat enough at a particular meal or didn't eat enough fat to keep you satisfied, have a snack that contains protein and fat, instead of letting yourself get hungry, tired, or cranky, which may lead to over-eating!



## EVENING MEAL TIP

Avoid consuming carbs with your evening meal to accelerate fat loss! Stick with steamed or sautéed veggies and lean protein.



## SNACK TIP

Don't just snack on veggies or fruits alone! Pair these with proteins and/or fats to keep yourself fuller longer! Examples would include: two hard-boiled eggs & veggies, celery & nut butter, or chicken/turkey and vegetables.



## CARBOHYDRATE TIP

Portioning carbohydrates is important to ensure they are being consumed in moderation.

Women should consume about 1/2 cup of carbs at each meal.

Men should consume 3/4 to 1 cup of carbs at each meal.

The evening meal is the exception, at which no carbs need be consumed. When portions are too large, it can be too much for our body to handle, especially for our pancreas to handle. Also, our preferred carbs in this program are natural sources of complex carbohydrates such as brown rice, quinoa, sweet potatoes, etc.





# LIFESTYLE GUIDELINES

## EXERCISE

Continue with your current exercise routine. You may also choose to add in a couple of short 10-minute walks each day, or one 30-minute walk per day. Getting outside and connecting with nature and movement helps reduce stress and improve emotional well-being. This might also be a good time to add stretching or yoga into your current routine.

## TEAM TRAINING: THIS WILL HELP YOU ACCELERATE FAT

Continue (or begin) UFBN training with 3FTVMUT during your 21-Day Detox. However, intensity is to be slightly lower than normal depending on each individual's response to the detox process. Listen to your body and do what feels right. If you are not currently exercising, you may consider adding in a 30-minute walk each day, accompanied by stretching and/or yoga. Strive to do something active each day!

## BREATHING

Most people hold a dysfunctional breathing pattern that gives only partial inhalation of oxygen and holds onto much of the carbon dioxide in the lungs. This creates a toxic breathing exchange instead of a balanced exchange between oxygen and carbon dioxide. This, in turn, creates more stress in the body and mind, a weakened energetic state, a cloudy mind, and a host of other problems, including

**AN IMPORTANT PART OF THE 21-DAY DETOX IS THE BREATHING EXERCISE EXPLAINED BELOW, WHICH SHOULD BE PERFORMED 1-2 TIMES/DAY FOR 3-5 MINS EACH TIME:**

**Draw the inhale softly and slowly in through the nose. Visualize a feather in front of your nose, and as you breathe in, try not to disturb the feather. Draw the breath all the way down to your stomach (abdomen). Your stomach should expand OUT when you breathe IN. Next, hold the breath for a pause, and try to really feel it in your body. Then, breathe out through your mouth as you use your stomach muscles to squeeze out every bit of the breath. The trick here is to do a FULL EXHALE, not a partial exhale like we usually do.**

This exercise will engage your diaphragm instead of just the primary respiratory muscles--the intercostal muscles (aka the muscles that lift/expand your ribcage). It's a much more powerful form of breathing used by singers, martial artists, Olympic athletes, and meditation practitioners. To take this exercise to the next level, visualize and feel yourself drinking in new life, new energy as you inhale. Make it a physical, mental AND emotional breath - not just physical. As you breathe out, visualize any tension, anxiety, or stress that you have being expelled from the body. Just let everything go!



# LIFESTYLE GUIDELINES

## GRATITUDE

Cultivate an attitude of gratitude! Write a list of ten things in your life which you are grateful for and review it every morning. Alternately, upon rising every morning, write five things which you are grateful for at that moment. The things you are grateful for may be as profound as gratitude for the workings of the universe, to gratitude for a single breath, and everything in between.

No matter how you choose to bring gratitude into your life in the morning, be sure that you take a moment to meditate on each thing you are grateful for and feel the gratitude in your heart. Think of the way it feels when someone gives you a gift that is exactly what you have always wanted, and try to feel that for a few moments for each item on your gratitude list.

## JOURNALING

This may help you keep track of your progress during the detox. Journaling can be a powerful technique for identifying what is important to you, as well as finding some inner guidance. More often than not, you are stronger and smarter than you give yourself credit for. Studies have also shown that journaling reduces stress and inflammation and can have a profound impact on health.

### HERE ARE SOME EXAMPLES OF QUESTIONS TO ASK YOURSELF WHILE JOURNALING:

- What can I do today to take care of my body?
- What am I willing to let go of today that is no longer serving me?
- How do I feel today...physically? ...mentally? ...emotionally?
- What am I grateful for today?
- What is my life purpose, and how does the health of my body and mind relate to that purpose?

“

*You can't take good health for granted.*

*-Jack Osbourne*

”



# LIFESTYLE GUIDELINES

## DETOX BATH

Relax, relieve tension, lower cortisol and sleep well. Aim to take a detox bath 3-4 times per week. Get the water as hot as you can stand it. Add 2 cups of Epsom salt, 1 cup of baking soda, and 10 drops of lavender to the water. Soak for 20 minutes prior to bed. TIP: Take a bath by candlelight for full relaxation effect.

### BENEFITS OF THE DETOX BATH INCLUDE:

- Decreased cortisol levels, which will promote weight loss and lower inflammation
- Increased detoxification through the effects of magnesium & sulfur in the Epsom salts
- Enhanced sleep through the effects of the hot water and magnesium
- Lowered blood pressure and improved control over blood sugar levels
- Increased sweating and elimination of toxins

## ENVIRONMENTAL TOXINS

Minimize toxic exposure to chemicals found in personal care and cleaning products. Pay special attention to these key products: perfume, deodorant, and toothpaste. Avoid deodorants that contain aluminum.

Choose toothpaste that is fluoride-free and chemical-free. The cosmetic dirty dozen includes: BHA & BHT, coal tar dyes, DEA, dibutyl phthalate, formaldehyde-releasing preservatives, parabens, parfum (fragrance), PEG compounds, petrolatum, siloxanes, sodium laureth sulfate, and triclosan.

Stay away from BPA, which is a chemical in canned food liners and plastic food containers. Choose nontoxic cleaning products.





**RESULTS**  
TRANSFORMATION CENTER

28 DAY RESET

# QUICK START

GUIDE





# THE NEXT 28 DAYS

- 1** If the "bad" food is not in your house, you won't be able to eat it. Your family probably doesn't need to be eating those processed foods you have committed to eliminating for 28 days either. If that is not realistic, create a place for "YOUR" food. Have a dedicated cabinet where you will keep all your food and rearrange your fridge so that any non-compliant foods are out of sight!
- 2** "If you fail to plan, you plan to fail." Figure out which nights you will be home to cook dinner and which nights you need a quicker option. Plan what you will make for dinner the nights you are home. Have a plan for breakfast and lunch options that are quick and easy too. Pick 2-3 meals that can be prepared in about 15 minutes on those nights that you get home late and don't feel like cooking. My favorite is breakfast for dinner eggs, veggies, and bacon or pork sausage topped with avocado. Or I will pick up a rotisserie chicken from Whole Foods and pair it with steamed veggies. Keep leftovers handy for quick meal options. My last tip is to cook several meals on the weekend and then freeze them to use later in the week.
- 3** What situations will you face over the next 28 days? Traveling? Dinner parties? Family get-togethers? If you have a plan going in to these situations, you will have a great chance of SUCCESS. You may have to be a little selfish in some of these situations. This program is absolutely doable with all of these situations, but it just requires some planning.
- 4** Offer to cook or at least bring one dish that you know you can eat. If you will be eating out and pick the restaurant. Find a dish on the menu that contains a protein source and a vegetable, even if you have to custom order something! Plan far enough ahead, and you can even bring your own dressing (ex. olive oil lemon juice, salt, & pepper). Finally, try to choose activities/events that are not centered around food. Meet a friend for tea, take a yoga class, or get outside for a walk.
- 5** Who will be your support system throughout this challenge? You always have Results Transformation Center's team and members, Please utilize Results 28-Day Detox Challenge dedicated Facebook group! Having a solid support team that will not sabotage your efforts is crucial. You may choose to not spend as much time with those who you feel do not /will not be supportive of your goals
- 6** Fill out your symptom spreadsheet to establish a baseline. Complete your weigh-in at Results Transformation Center. You may choose to take another picture at home as well. Then DO NOT get on the scale until you come to weigh-in again at Results Transformation Center.

This is IMPORTANT! If you don't think you are losing weight quickly enough, you will feel defeated and wonder if all of your efforts are worth it. Believe me...THEY ARE! We all know the scale is not the only way to measure progress and success. BREAK UP WITH YOUR SCALE FOR 28 DAYS!



# THE NEXT 28 DAYS

## DAY 1-7

How you feel at first will have a lot to do with your current diet and lifestyle. You will most likely feel worse before you feel better, But I promise you will feel better. The most common thing people experience is strong sugar.

Your body and brain will desperately try to adapt to this new way of eating. Common symptoms can include headaches, fatigue, nausea, and constipation. If constipation persists please let me know, as there are protocols to help with this. Once you get over this hump, you will have more energy than you know what to do with! You will most likely experience a change in your body because you are not

## DAY 8-14

This is when you start to feel like you have more energy and are sleeping better at night. Remember that you are no longer eating foods that have been wreaking havoc on your digestive system, but the body cannot heal overnight. You may still be experiencing GI distress such as: gas, bloating, diarrhea, or constipation. The digestive system can take months to heal, and during this process of healing, you may experience some discomfort.

You are likely eating more vegetables and fruit than you are used to, which in itself can cause digestive issues due to increased fiber consumption. Try cooking all of your vegetables instead of eating them raw. Eat small servings of fruit throughout the day versus 1-2 big servings. Switch to healthy fats like avocado, coconut oil, or olive oil if nuts are causing persistent digestive issues.

## DAY 15-28

This is when you will have more energy, more mental focus, better sleeping patterns, and less adverse symptoms. By now your taste buds are starting to adapt and you are enjoying the flavors of the foods you are eating. If you have been relying on the same foods over and over again, change it up! Just because it has been 28 days DOES NOT mean you need to re-introduce potentially inflammatory foods or stop the program.

You can and should continue to eat this way until the thing you most wanted to change at the beginning of the program has fully improved. If you have been eating an inflammatory diet your entire life it is going to take longer than 28 days to see maximum results.





1. FILL OUT THE SYMPTOM SPREADSHEET. (CAN BE FOUND IN RESULTS 28 DAY DETOX COMPLETE MANUAL).
2. (A) CONTINUE THE PROGRAM.  
(B) END THE DETOX PROGRAM, SLOWLY REINTRODUCE FOODS, AND KEEP YOUR HEALTHY LIFESTYLE. WE RECOMMEND YOU BOOK A RESULTS MEAL PLANNING SESSION TO DISCUSS WITH YOUR COACH A PLAN FOR YOUR ON GOING SUCCESS.

If you know that you feel better by avoiding certain foods (such as those containing gluten, dairy, soy, etc.) then don't reintroduce these foods. **JUST STAY AWAY FROM THEM!** The same goes for foods that you can now go without that you know are less healthy for you.

## REINTRODUCTION PROCESS

It is **VERY** important that you do not go right back to eating the way you were before you started this program. If you do that, you will most likely feel worse than when you started and/or get **VERY** sick. This is because when you eliminate inflammatory foods that are causing a reaction in your body, the antigens these foreign particles produce dramatically decrease or drop-off. But the antibodies that have been created can take several months to be eliminated by the body. So when you eat bread or drink milk after having eliminated them, these antibodies gang up on the foreign particles causing an inflammatory reaction.

You will reintroduce a different food group every 3 days. It is important to keep a log or journal of any symptoms you experience when reintroducing foods. Symptoms can occur anywhere from a few minutes to 72 hours later. They include fatigue, joint pain, acid reflux, brain fog, mood changes, headaches, post-nasal drip, digestive upset (bloating, gas, constipation, and diarrhea), sleep problems, rashes, joint pains, fluid retention, and more. Another way to track symptoms is to monitor your weight, because if a food is inflammatory, you will retain more fluid and that can make the number on the scale go up.





# THE KISS DETOX LIST

## KISS List: “Keep It Simple, Silly!”

**Buy a bunch of organic fruits and veggies.**

**Buy organic free range eggs.**

**Buy organic virgin coconut oil.**

**Buy some Tupperware.**

**Get some lettuce and spinach for salads.**

**Buy green tea.**

**Buy stevia...or don't!**

**Buy some bananas and avocados.**

**Buy some nuts and seeds.**

**Buy garlic.**

**...If you choose, buy some seafood, grass-fed beef, chicken and other meats.**

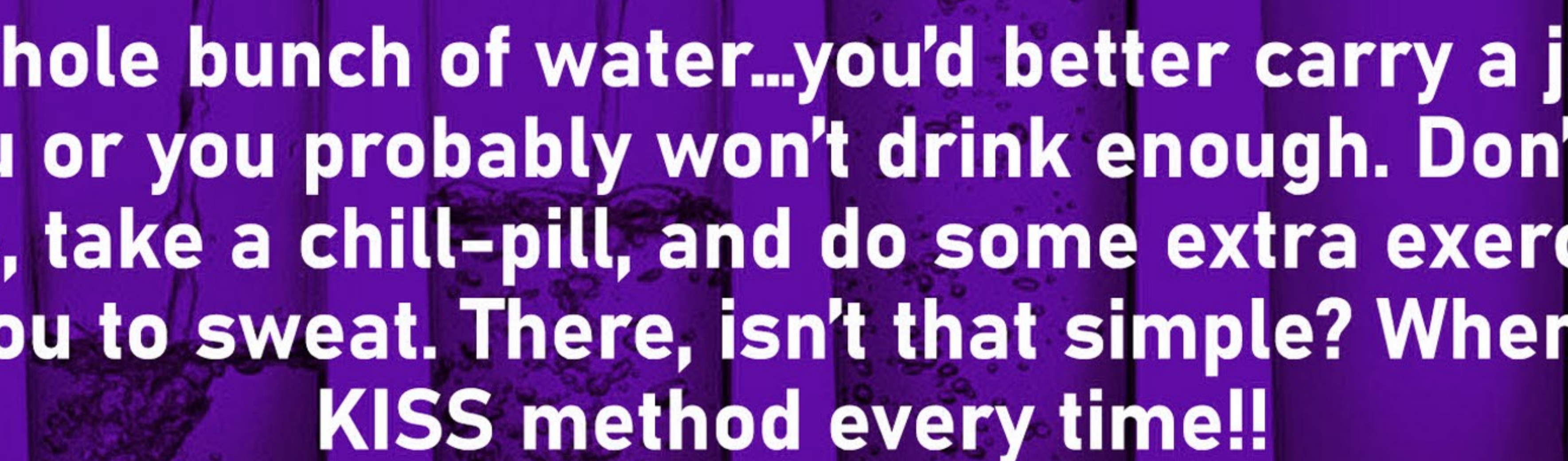
**Go home and cook some stuff.**

**After that, put the food in the Tupperware.**

**Hard boil a bunch of eggs. Cook your meats.**

**Bake up the sweet potatoes. Cook up some brown rice and quinoa.**

**Add coconut oil to the pan when you cook stuff.**



**Drink a whole bunch of water...you'd better carry a jug around with you or you probably won't drink enough. Don't stress, breathe, take a chill-pill, and do some extra exercise that causes you to sweat. There, isn't that simple? When in doubt, KISS method every time!!**



# SYMPTOM SPREADSHEET

Symptom	Date/Before	Date/After	Difference
Stiffness or Limitation of Movement			
Aches or Pain in Muscles			
Chest Congestion			
Asthma or Bronchitis			
Difficulty Breathing			
Confusion or Poor			
Comprehension			
Poor Concentration			
Stuttering or Stammering			
Chronic Coughing			
Sore Throat, Hoarseness, or Loss of Voice			
Swollen or Discolored Tongue, Gums, or Lips			
Canker Sores			
Sinus Problems			
Excessive Mucus			
Acne, Hives, Rashes, or Dry Skin			
Flushing or Hot Flashes			
Excessive Sweating			
Binge Eating/Drinking			
Craving Certain Foods			
Excessive Weight			
Compulsive Eating			
Water Retention			
Night Eating			
Frequent illness			

1 = Occasionally have it, effect is not severe  
2 = Occasionally have it, effect is severe

## RATING

0 = Never

3 = Frequently have it, effect is not severe  
4 = Frequently have it, effect is severe



# SYMPTOM SPEADSHEET

Symptom	Date/Before	Date/After	Difference
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or Passing Gas			
Heartburn			
Intestinal/Stomach Pain			
Mood Swings			
Anxiety/Fear			
Anger, irritability, or Aggressiveness			
Depression			
Fatigue or Sluggishness			
Apathy or Lethargy			
Hyperactivity			
Watery or Itchy Eyes			
Swollen, Reddened, or Sticky Eyelids			
Bags or Dark Circles Under Eyes			
Under Eyes			
Blurred Vision			
Headaches			
Faintness/Dizziness			
Insomnia			
Irregular, Rapid, or Skipped Heartbeat			
Chest Pain			
Aches or Pain in joints			
Arthritis			

1 = Occasionally have it, effect is not severe  
 2 = Occasionally have it, effect is severe

## RATING

0 = Never

3 = Frequently have it, effect is not severe  
 4 = Frequently have it, effect is severe



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Banana Nut Porridge	Quickie Veggie Egg Muffins	Banana Nut Porridge	Quickie Veggie Egg Muffins	Omelet Muffins	Mushroom Fritata with Onion Hash	Omelet Muffins
MEAL 2	Italian Pork Roast w/Kale Brussels Sprouts Bacon Salad Acorn Squash	Spinach Salad w/ Rotisserie Chicken Dressings: Olive Oil, Lemon Juice S&P	Vegetable Soup and Hard Boiled Eggs	Spinach Salad w/Canned Salmon Dressing: Olive Oil Balsamic Vinegar S&P	Chicken "Noodle" Soup Over Quinoa	Mexicali Beef and Cauliflower Rice	Slow Cooker Chili and Brown Rice
MEAL 3	Mushroom & Brown Rice Kale Enchiladas in Red Sauce (Prep on Sunday)	Lemon Dill Salmon Green Veggies Butternut Squash	Pot Roast w/ Carrots, Mashed Cauliflower	Spaghetti Squash with Marinara Sauce and Steamed Vegetables	Almond Flax Chicken with Brown Rice Risotto and Roasted Vegetables	Zucchini Pasta Puttanesca and Steamed Vegetables	Italian Pork Roast w/Kale-Brussels Sprout-Bacon Salad, Acorn Squash

SNACK OPTIONS: SNACKS SHOULD BE THOUGHT OF AS SMALLER "MEALS".



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1							
MEAL 2							
MEAL 3							

**SNACK OPTIONS: SNACKS SHOULD BE THOUGHT OF AS SMALLER “MEALS”.**



## Protein

### **Seafood**

Salmon  
Shrimp  
Cod  
Scallops  
Crab  
Tuna

### **Meats**

Beef  
Buffalo  
Lamb  
Elk  
Venison

### **Poultry**

Chicken  
Turkey  
Duck  
Pheasant

### **Other White Meats**

Pork  
Bacon

### **Eggs**

Free Range

## Vegetables

Acorn Squash  
Anise/Fennel Root  
Arugula  
Asparagus  
Beets  
Bell Peppers  
Bok Choy  
Broccoli/Broccolini  
Broccoli Rabe  
Brussels Sprouts

Buttercup Squash  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Cucumber  
Delicata Squash  
Eggplant

Garlic  
Green Beans  
Greens (Beet, Mustard, Turnip)  
Jicama  
Kale  
Kohlrabi  
Leeks  
Lettuce (Bibb, Butter, Red)  
Mushrooms  
Okra

Onion/Shallots  
Parsnips  
Pumpkin  
Radish  
Rutabaga  
Rhubarb  
Snow/Sugar Snap Peas  
Spaghetti Squash  
Spinach  
Sprouts

Summer Squash  
Sweet Potato/Yams  
Swiss Chard  
Tomato  
Turnip  
Watercress  
Zucchini

## Fruits

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Cherries  
Grapefruit

Grapes  
Kiwi  
Lemon  
Lime  
Mango  
Melon  
Nectarines

Oranges  
Papaya  
Peaches  
Pears  
Pineapple  
Plum  
Pomegranate

Raspberries  
Strawberries  
Tangerines  
Watermelon

## Fats

### **Cooking Fats**

Animal Fats\*  
Clarified Butter\*  
Ghee\*  
Coconut Oil  
Extra Virgin Olive Oil

### **Eating Fats**

Avocado  
Cashews  
Coconut Butter  
Coconut Meat/Flakes  
Coconut Milk (Canned)  
Hazelnuts/Filberts  
Macadamia Nuts

### **Occasional**

Almonds  
Almond Butter  
Brazil Nuts  
Pecans  
Pistachios

### **Limited**

Flax Seeds  
Pine Nuts  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Sunflower Seed Butter  
Walnuts

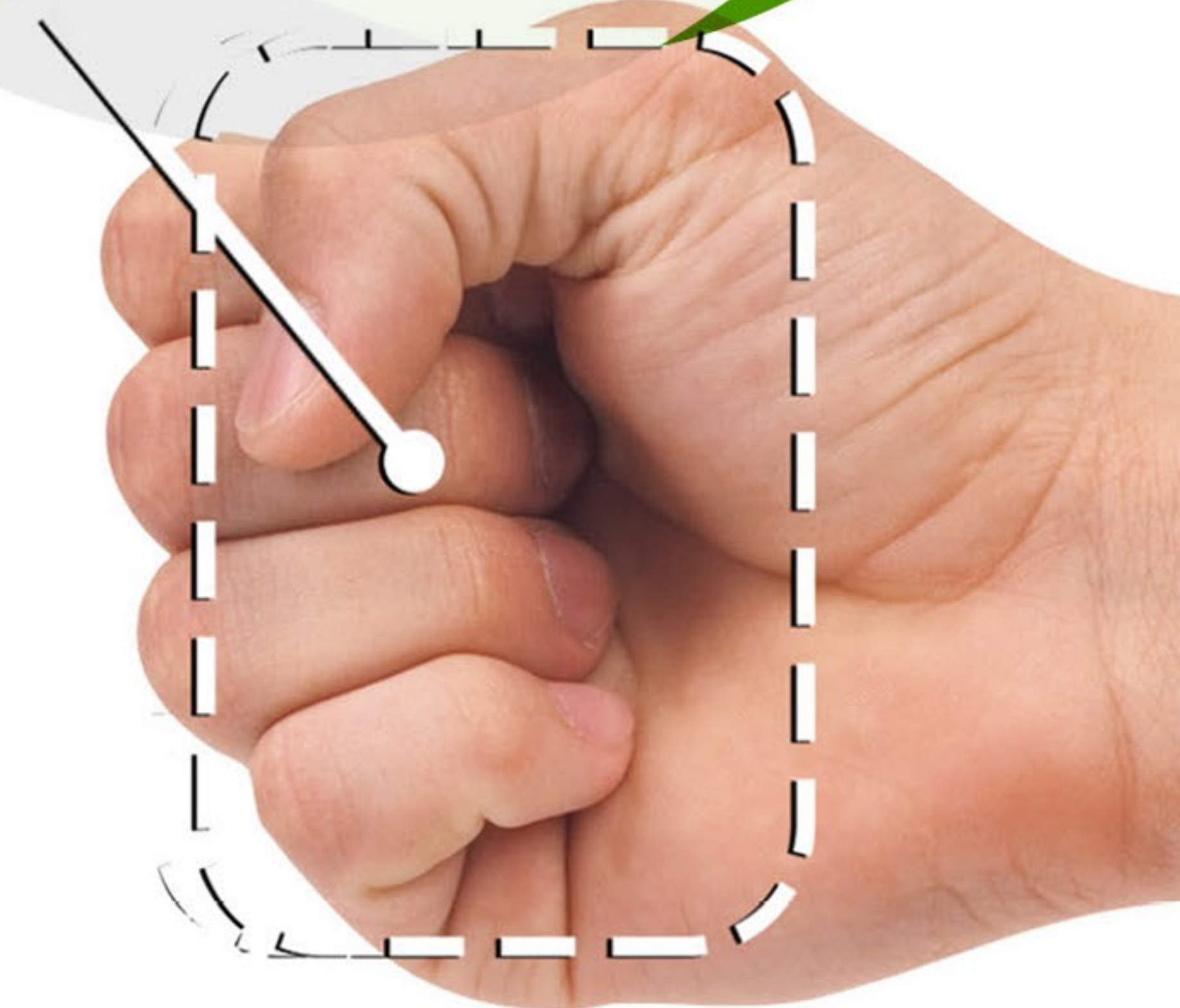


# HAND GUIDE TO PORTION CONTROL



**\* Sweet potatoes, brown rice and quinoa for complex carbs**

Two cupped hands is roughly one cup (mostly for leafy green vegetables such as lettuce, spinach, kale, chard, etc.) but also for chopped vegetables such as broccoli, cauliflower, Brussel sprouts, mixed vegetables, etc.



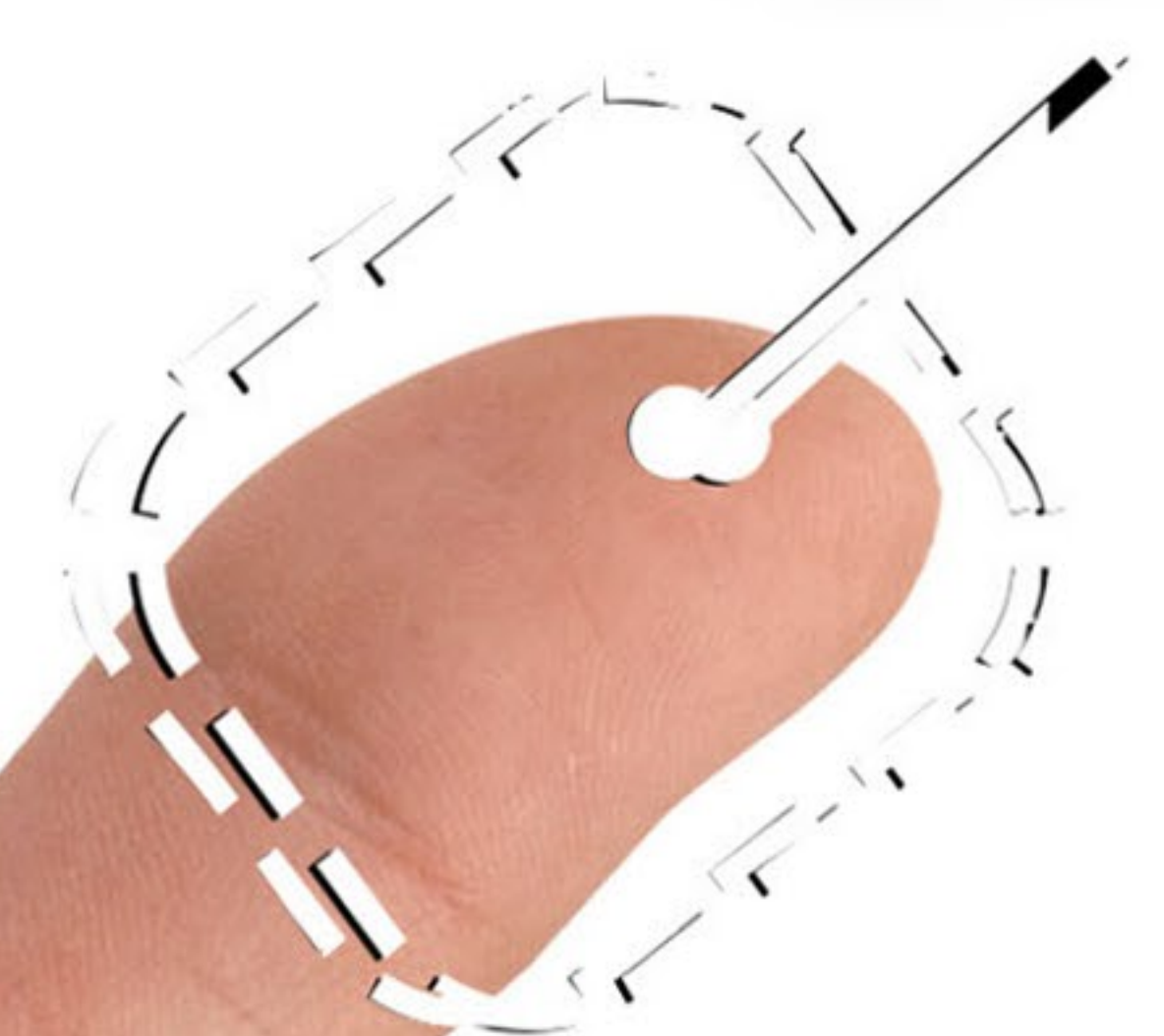
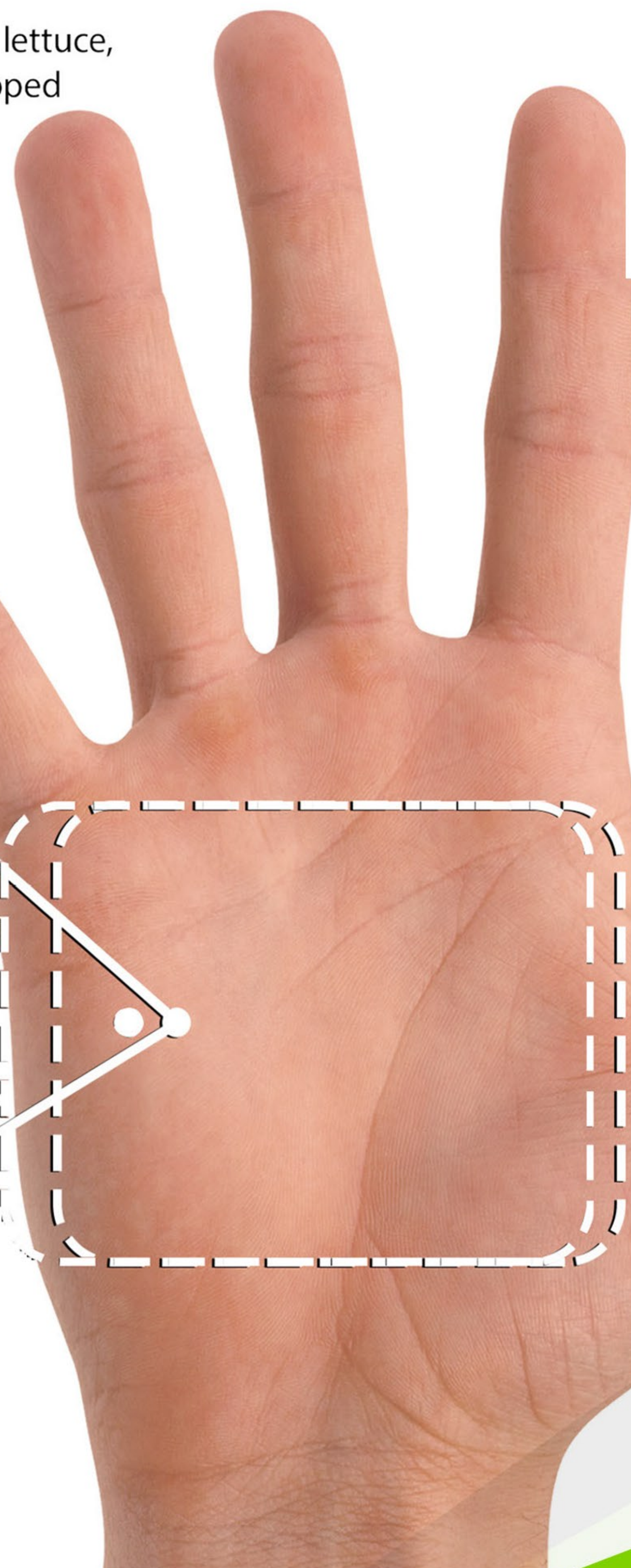
Fruit should be roughly the size of a fist (apples, pears, peaches, nectarines, etc. Berries and chopped fruit should fit in one cupped hand (about half a cup).



One ounce of nuts should barely cover the palm.



Proteins (chicken, fish, beef, pork, etc.) Should be roughly the size of the palm.



One tablespoon of coconut oil is about the size of the last portion of the thumb.



# *Banana Nut Porridge*

Original Recipe from "Again All Grain"

**Serves: 4**

## **Ingredients:**

1/2 cup raw cashews  
1/2 cup raw almonds  
1/2 cup raw pecans  
1 very ripe banana (makes it easier to digest and adds a little more sweetness)  
2 cups coconut milk  
2 tsp cinnamon  
dash of sea salt for soaking water



## **Directions:**

Place the nuts in a large bowl and sprinkle the sea salt over them. Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight. Drain the nuts and rinse 2 or 3 times, until the water runs clear.

Add the drained nuts to a food processor or high-speed blender. Blend the nuts with the banana, coconut milk, and cinnamon until smooth.

Divide it into bowls and microwave for 40 seconds or put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.

Serve with raisins, chopped nuts, and an extra splash of milk if desired.



# Omelet Muffins

Original Recipe from "Paleo Plan"

**Makes: 8 Muffins**  
**Serving Size: 2 Muffins**

**Oven Temp: 350 F**

## Ingredients:

coconut oil or paper muffin liners  
(non-stick)  
8 eggs  
1/8 cup water  
1/2 lb chicken or sausage, cooked and cut or  
crumbled into small pieces  
2 cups diced vegetables (1 red bell pepper, 1/4 lb asparagus or broccoli and 1/2 yellow onion  
recommended, but use whatever is on hand)  
1/4 tsp salt  
1/8 tsp ground pepper



## Directions:

Preheat oven to 350 F

Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1 inch of water, so they do not scorch while baking.

Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add. Pour mixture into the muffin cups.

Bake for 18-20 minutes.



# Avocado Chorizo Sweet Potato Skins

Original Recipe from "Paleo OMG"

**Prep Time: 40 min.**  
**Serves: 3-6**  
**Oven Temp: 425 F**  
**Cook Time 20 min.**

## Ingredients:

1lb chorizo  
3 sweet potatoes  
1 red onion, diced  
2 ripe avocados, halved and seeds removed  
1 lime, juiced  
1 lemon, juiced  
1 tsp cumin  
2 tbsp coconut oil  
Himalayan sea salt and fresh ground pepper (to taste)  
1 tbsp almond flour



## Directions:

Preheat oven to 425 degrees.

Use a fork to poke some holes in your sweet potatoes. Place on a baking sheet and bake for 25-30 minutes or until sweet potatoes are soft when you poke them. (Time will range depending on how fat they are. I used thin ones) While your sweet potatoes are baking, pull out a large skillet, place over medium heat and add your chorizo to it. Use a wooden spoon to break up your chorizo while it cooks.

When chorizo is halfway done cooking, add your onions to "sweat it out." When your chorizo is cooked completely through, put your chorizo mixture on a plate with a paper towel to soak up some of the excess fat and to cool. Now pull out your handy dandy food processor. Use a spoon to scoop out the inside of your two avocados and place in the food processor. Mix until you get a smooth paste. Add your lime, lemon, cumin and a bit of salt. Pulse until mixed thoroughly. Place your chorizo and  $\frac{3}{4}$  of your avocado mixtures in a large bowl to incorporate. Leave the other  $\frac{1}{4}$  of avocado mixture for toppings.

When your sweet potatoes are done cooking, let them cool, cut in half, scoop out insides (leaving about 1 inch of sweet potato still inside), and use a pastry brush to brush on coconut oil on the inside and all around it. Place back on cooking sheet and in the oven for another 10-15 minutes or until crispy. Once potatoes are crispy, add your avocado and chorizo mixture into your sweet potato, top off with a little sprinkle of almond flour, and place back in the oven for around 5 minutes. Top off your leftover avocado mixture. Kinda like a scoop of sour cream on top.



# Avocado Dressing

Original Recipe from “Eat, Lift, and Be Happy”

## Ingredients:

2 ripe avocados  
juice of 1/2 limes  
1/8 cup balsamic vinegar  
1/8-1/4 cup water (more if necessary to reach desired consistency)  
about 4 sprigs of cilantro  
1-2 tsp sea salt  
1/2 tsp garlic powder  
pepper (to taste)



## Directions:

Combine all ingredients in a food processor, and blend until smooth.  
If the dressing is not your desired consistency, add water, just a teaspoon at a time.  
Taste, and add more salt, garlic, etc. if necessary.  
Place in an airtight jar and refrigerate for up to 10 days.

## Basic Vinaigrette

### Ingredients:

3 tbsp oil (extra virgin olive oil, avocado oil, organic canola oil, etc.)  
2 tbsp acid (vinegar, lemon juice, orange juice, etc.)  
Himalayan sea salt to taste  
freshly ground pepper to taste

### Directions:

Shake or whisk all ingredients together

### Variations:

Italian – add 1/2 tsp minced garlic and 1/2 tsp Italian seasoning  
Lemon Dressing – use 3 tbsp lemon juice; add 1/2 tsp oregano and 1/2 tsp minced garlic



# Chicken “Noodle” Soup

Original Recipe from “Maria’s Nutritious and Delicious Journal”

**Serves: 10**

## Ingredients:

- 4 cups chopped, cooked chicken meat
- 1 cup chopped celery
- 1/4 cup chopped carrots
- 1/4 cup chopped onion
- 1/4 cup ghee
- 4 cups Daikon radish
- 12 cups chicken broth
- 1/2 tsp dried marjoram
- 3 slices fresh ginger root (optional)
- 1/2 tsp ground black pepper
- 1 bay leaf
- 1 tbsp dried parsley

## Directions:

Peel and cut daikon with the veggie cutter or by hand to resemble noodles. I used a julinated peeler.

In a large stockpot, sauté celery and onion in ghee until soft.

Add chicken, carrots, chicken broth, marjoram, ginger, black pepper, bay leaf, and parsley. Simmer for 30 minutes. Add Daikon, and simmer for 10 more minutes.





# *Slow Cooker Chili*

Original Recipe from "Fast Paleo"

## **Ingredients:**

2 lb ground beef  
1 yellow onion, chopped  
2 green bell pepper, chopped  
4 garlic cloves, minced  
14 1/2 oz can fire-roasted tomatoes, undrained  
14 1/2 oz can Mexican Style tomatoes, undrained  
1 tsp salt  
1 tbsp dried oregano  
1 tbsp cumin  
4 tbsp chili powder (spice to your taste)



## **Directions:**

Brown ground beef in large skillet until there's only a bit of pink left.

Meanwhile add your chopped onion, pepper, and garlic to the bottom of your slow cooker.

Add in browned ground beef and then toss in both cans of tomatoes. You may want to drain your ground beef; I did not. I enjoy sipping on full-flavored grease, but hey, that's just me!

Top off with all of your spices and stir well to combine.

Set the slow cooker on low and let it do its thing for a whole 8 hours.



# *Slow Cooker Italian Pork Roast*

Original Recipe from “The Clothes Make the Girl”

**Prep: 10 min.**

**Cook Time: 16 hours (approx.)**

**Yield: A Lot!**

## **Ingredients:**

5-7 pound pork roast, boneless or bone in (shoulder, Boston butt, ribs would work too)

5-7 cloves garlic, cut into slivers

1 tbsp salt

1 tbsp Penzeys Italian Herb Mix (or 1 tsp each dried oregano, dried basil, and dried rosemary)



## **Directions:**

Pat the pork roast dry with paper towels. Use a small sharp knife to make slits all over the pork, and then insert the garlic slivers into the slits. In a small bowl, mix the salt and dried herbs, using your fingers to crush the leaves and mix them with the salt. Rub the mixture all over the pork roast, working into the nooks and crannies.

Place the pork roast in the slow cooker and cook on low for 14-16 hours. As the pork roasts, the pan of the slow cooker will fill with liquid. You have two choices: (1) Let it go and pour off the liquid when the meat is finished cooking; or (2) halfway through cooking, remove the lid and carefully pour off the liquid. Put the lid back on the pork and let it continue roasting; refrigerate the liquid in a glass bowl/jar or BPA-free container so the grease can separate from the luscious juice. I like to pour off the liquid so the outside of the roast gets crispier.

When the meat is finished roasting, it's fall-apart tender. You can either shred it with forks, mixing the crusty bits with the interior, tender bits — or break it into serving-size hunks. It's crazy-good either way.

Remember the juice you put in the fridge? Now you can easily skim off the excess fat, reheat the juice in a pan on the stove, and use it as a sauce for the cooked meat.



# *Almond Flax Chicken*

Original Recipe from "Ultra Simple Slimdown"

**Oven Temp: 350 F**  
**Serving: 4**

## **Ingredients:**

- 4- 5 oz. chicken breasts
- 3 tbsp ground flax
- 1/2 cup almond meal
- 1 tbsp olive oil
- 1 tbsp almond butter
- 1 tsp lemon juice
- 1 tsp sea salt
- 1 pinch cayenne pepper
- 1 tsp fresh parsley
- 1/4 tsp paprika
- 1 tsp fresh thyme
- 1 tbsp onion finely chopped

## **Directions:**

Preheat oven to 350 degrees.

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly and flat across the breast using a kitchen mallet or other heavy kitchen utensil.

Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl, combine the olive oil, almond butter, lemon juice, and all spices and herbs. Mix in a small food processor or by hand. Once combined, add the chicken breasts to this mixture (if time, allow the chicken to marinate with the mixture for 10-15 minutes to further enhance the flavor but the taste will still be great if you don't have an extra 10-15 minutes).

Remove chicken breasts from marinade bowl and place on baking tray. Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the "crust" to the chicken. Carefully turn over each chicken piece and repeat the process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20-30 minutes or until an instant thermometer reaches 168 degrees on the thickest part of the chicken.





# Baked Cod with Thyme

Original Recipe from "Ultra Simple Slimdown"

**Prep Time: 5 min.**  
**Cook Time: 15 min.**  
**Oven Temp: 375 F**  
**Serving: 4**

## Ingredients:

1 lb cod fillet  
1 tsp fresh thyme  
1 tsp sea salt  
1 tsp onion powder  
1 tbsp avocado oil



## Directions:

Preheat oven to 375 degrees.

Cut the cod into 5 oz pieces. Combine the avocado oil, thyme, salt, and onion powder in a bowl. Mix.

Cover cookie sheet or baking dish with parchment paper. Place cod fillets on baking pan. Evenly spread the herb and oil mixture over the cod.

Bake for approximately 12-15 minutes or until fish flakes easily with a fork; internal temperature of the cod should be 155 degrees Fahrenheit.

**Note:** Fresh cod is the best but not always available. When substituting with frozen fish, let the fish thaw completely in your refrigerator before cooking it.



# Beefy Mexi "Cauli" Rice

Original Recipe from "Healthy Living How to"

**Prep Time: 5 min.**  
**Cook Time: 15 min.**  
**Oven Temp: 375 F**  
**Serving: 3-4**

## Ingredients:

- 1 medium to large head of cauliflower (grated with a cheese grater)
- 1 lb grass fed ground beef
- 14 1/2 oz can of organic garlic & onion tomatoes
- 1 heaping tbsp chili powder
- garlic salt (to taste)
- 1 medium avocado



## Directions:

In a skillet, add grated cauliflower, ground beef & tomatoes. Cook on medium-high heat until beef is no longer pink.

Add chili powder and garlic salt to taste.

Turn heat to high to cook off liquid (optional).  
Top with avocado and serve.



# Chicken Bacon Alfredo

Original Recipe from "Paleo OMG"

**Prep Time: 25 min.**  
**Cook Time: 10 min.**  
**Oven Temp: 425 F**  
**Serves: 4**

## Ingredients:

1 spaghetti squash cut in half lengthwise,  
seeds removed  
1 larger delicata squash cut in half lengthwise,  
seeds removed  
1 lb chicken tenders  
4-6 slices bacon, diced  
1 cup canned coconut milk  
1 tsp dried basil  
1 tsp dried parsley  
1 tsp garlic powder  
1 tsp dried oregano  
1 tsp dried thyme  
salt and pepper (to taste)



## Directions:

Preheat your 425 degrees.

Cut spaghetti squash delicata squash in half and use a spoon to scoop out the seeds and excess threads. Don't be dainty. Place open-side down on a baking sheet (use aluminum foil or parchment paper for easy clean up) and cook for 20-25 minutes. You will know when they are done cooking when you can poke the outside skin and it "gives" a bit.

Now you can either cook your chicken at the same time or after the squash is done cooking. Whatever you'd like. Just place chicken on a foil or parchment paper lined baking sheet, sprinkle some olive oil over the chicken (or other kind of fat), salt and pepper it, and sprinkle just a bit of basil on top. I cooked my tenders for around 15-20 minutes, or until cooked through.

Once your squash is done cooking, pull it out of the oven; de-thread the spaghetti squash into a large bowl with a fork. (Go against the grain, if spaghetti squash had grain.) Now throw your diced bacon into a skillet and cook until done. Use a slotted spoon to pull out your cooked bacon, but leave behind the grease.

Take your delicata squash and hollow it out. Use the insides and dump them into your warm skillet filled with bacon grease. Then add your coconut milk. You may need to add a little bit more coconut milk depending on how runny you like your sauce. Mix thoroughly with a ladle to break up the squash a bit. Add seasonings to the mix and salt and pepper as needed. Mix thoroughly and cook on low for about 5 minutes to simmer. Now dice up your cooked chicken. Pour sauce over spaghetti squash and add your chicken to the mix. Mix well & top with bacon.



# *Creamy Zucchini Pasta with Shrimp*

Original Recipe from "Livin Paleo"

**Prep Time: 10 min.**  
**Cook Time: 10 min.**

**Serves: 2**

## **Ingredients:**

4 zucchini, julienne peeled  
9 ounces shrimp  
1 can diced tomatoes  
1 avocado  
1/4 cup fresh basil  
2 tbsp water  
salt and pepper



## **Directions:**

In a pan, sauté the shrimp

In a separate, skillet cook the zucchini

In a food processor, blend the tomatoes, avocado, basil, water, salt, and pepper

Once everything is done cooking, add the zucchini and sauce to the shrimp and mix until the sauce is heated



# Lamb Burgers

Original Recipe from "Healthy Living How To"

## Lamb Burgers

Original Recipe from "Healthy Living How To"

**Prep Time: 5 min.**

**Cook Time: 15 min.**

**Serves: 4**

### Ingredients:

- 1 lb New Zealand grass-fed ground lamb
- 1 tsp dried parsley
- 1 tsp dried dill
- 1 tsp dried oregano
- 1 tsp Celtic sea salt
- 1 tsp coarse ground black pepper
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- salad greens



### Directions:

In a mixing bowl, add ground lamb and all spices. Mix with hands and form into 4 equal size patties.

Pan fry in cast-iron skillet over medium-high heat, about 4 minutes per side. Let cooked patties rest and juices redistribute for 5 minutes.

Serve over a pile of mixed salad greens.  
Enjoy!



# *Lemon Dill Wild Salmon*

Original Recipe from “Ultra Simple Slimdown”

**Oven Temp: 375 F**

**Serves: 4**

## **Ingredients:**

1 lb wild salmon  
3 cloves fresh garlic  
1 tbsp olive oil  
2 tbsp lemon juice  
½ tsp fresh dill weed  
½ tsp fresh parsley  
½ tsp fresh tarragon



## **Directions:**

Preheat oven to 375 degrees.

Mince the garlic. Combine the garlic, olive oil, lemon juice, and herbs in a bowl. Mix.

Rub a cookie sheet or spray with olive oil to prevent sticking, or cover the pan with parchment paper.

Place salmon skin side-down on the sheet pan. Evenly spread the herb mixture over the salmon.

Bake for approximately 15-20 minutes or until fish flakes easily when tested with a fork; internal temperature of the salmon should be 155 degrees Fahrenheit.



# *Low Carb Pot Roast with Garlic Mashed Cauliflower*

Original Recipe from "Living Low Carb, One Day at a Time"

## Ingredients:

- 3 lb chuck roast
- 2 cups broth (beef or vegetable)
- 1/2 cup coconut aminos (soy sauce substitute)
- 2 tsp red wine vinegar
- 1/2 tsp crushed rosemary
- 1/2 tsp dried basil
- 1 onion, peeled and quartered
- 2 garlic cloves, smashed
- 2 cups sliced carrots
- 1 medium head cauliflower, cut into florets
- 3-4 cloves minced garlic (or more if you like garlic)
- salt and pepper (to taste)



## Directions:

Season the chuck roast with salt and pepper. Heat 1 tbsp of oil in a Dutch oven over medium high heat. Add the roast and sear for 3-4 minutes on both sides.

Transfer to a crockpot. Add the liquid and spices. Stir to incorporate. Next, add the onion and garlic. Cover and cook on low for 4-5 hours. Add the carrots and cook for another hour or until the meat shreds easily.

For the garlic mashed cauliflower, steam the cauliflower until very tender. Add the garlic cloves. Using an immersion blender, food processor, or countertop blender, puree the cauliflower and garlic together. Season with salt and pepper, to taste.

Serve pot roast with vegetables and mashed cauliflower.



# Mexican Meatza

Original Recipe from “The Clothes Make the Girl”

## Ingredients:

### Meat Crust:

1 lb ground beef  
2 tsp chili powder  
1/2 tsp cumin  
1/2 tsp paprika  
1/2 tsp salt  
2 cloves garlic, crushed

### Toppings:

1/2 to 3/4 cup of your favorite salsa green  
bell pepper, cut into thin strips red onion,  
cut into thin strips  
avocado, diced  
garnish: fresh lime, chopped fresh cilantro

## Directions:

Preheat the oven to 400 F.

In a large bowl, mix the ground beef with the crust seasonings until combined.

**Make the crust.** Divide the meat in half, roll into a ball, and press evenly into an 8 or 9 inch round pie pan. Cover only the bottom of the pan and smooth the meat with damp hands until it's an even thickness. Repeat with the other piece of "crust." Bake for 10-15 minutes, until the meat is cooked through and the edges are brown. Leaving the oven on, remove the meat crusts from the oven and allow them to cool in the pan.

**Assemble your meatza.** Cover a large baking sheet with parchment paper or aluminum foil and place the meat crusts on the baking sheet. Spread about 1/4 cup salsa on each meat crust, leaving a 1/2-inch border around the edges. Arrange the peppers and onions on top, pressing them gently into the salsa. Pop the pizza back into the oven for 10-15 minutes, until hot and browned to your liking. Garnish your meatza. Remove from the oven and sprinkle with diced avocado, then squeeze a little fresh lime juice over the top and sprinkle with chopped cilantro.





# Paleo Shepherd's Pie

Original Recipe from "Edible Harmony"

**Oven Temp: 350 F**  
**Cook Time: 40 min.**

## Ingredients:

### For the Filling:

- 1 lb of ground grass-fed beef
- 1 lb of ground lamb or more ground beef
- 5 thick slices of nitrate-free bacon, sliced
- 1 tbsp coconut oil
- 4 cups of diced vegetables (carrots, celery, zucchini, mushroom)
- 1 diced onion
- 1 tsp of ground black pepper
- 1 tsp of dried thyme leaves
- 1 tbsp of smoked paprika
- 1 tbsp of arrowroot powder (dissolved in the broth)
- 3/4 cup of broth
- 3/4 cup of red wine or more broth
- salt (to taste)

### For the top:

- 2 cauliflower heads, steamed until very soft
- 2 tbsp of ghee or bacon fat
- salt (to taste)
- 1 tsp of garlic powder

## Directions:

In a large saucepan, brown the onion until tender with the oil and bacon. Add the meat and vegetables. Continue to cook until the meat is done. Mix in the rest of the ingredients and cook uncovered over medium-low heat. Stir occasionally for about 20 minutes or until most of the broth has evaporated.

Transfer meat filling to a 10 x 15 baking dish, and using a large spoon, flatten out to form an even layer. Using a blender, food processor, or electric mixer puree all the ingredients for the top layer and spread evenly over the meat. Bake at 350 degrees for 40 minutes. Sprinkle with black pepper and parsley flakes. Let stand 5 minutes and serve.





# Sausage N' Cabbage "Noodles"

Original Recipe from "Everyday Paleo"

**Serves: 4**

## Ingredients:

1 lb mild Italian pork sausage (or other ground meat of your choice)  
1 red onion, thinly sliced  
½ head or 5 cups thinly sliced green cabbage  
2 tbsp ghee (or coconut oil)  
½ tsp caraway seeds  
½ tsp paprika  
fresh ground black pepper and sea salt (to taste)



## Directions:

In a large skillet, brown the sausage. Once the sausage is fully cooked, remove it from the pan and set aside.

Add the ghee to the same pan with the sausage drippings, and add the onions, and cook for about 5 minutes or until the onions start to brown a bit.

Add the cabbage and cook for another 7-10 minutes, or until the cabbage is soft and "noodle-y."

Add the sausage back to the pan, add the spices, mix well and serve!



# *Fried Apples*

## **Fried Apples**

**Serves: 2**

### **Ingredients:**

3-4 small organic apples, thinly sliced (about 3 cups)  
2 tbsp coconut oil  
¼ cup raisins  
½ tbsp cinnamon  
2 tbsp canned full fat coconut milk



### **Directions:**

In a medium sized sauté pan, heat the coconut oil over medium heat.

Add the apples and sauté for about 5 minutes or until they start to soften.

Add the raisins and cook for 2-3 more minutes.

Add the cinnamon, mix well and add the coconut milk.

Stir the coconut milk in with the apples just until warm and serve.



# *Sweet Potato and Kale Chicken Patties*

Original Recipe from "Multiply Delicious"

## **Ingredients:**

2 green onions, finely chopped  
1/2 medium sweet potato, peeled and cut into tiny little cubes  
2 1/2 cups kale, finely chopped (leaves only)  
1lb skinless boneless chicken breasts, cut into chunks or ground chicken  
1/2 tsp sea salt  
1 garlic clove, minced  
1 tsp paprika  
1 tsp Dijon mustard  
1 tbsp fresh rosemary, finely chopped  
1 egg  
2 tsp coconut flour



## **Directions:**

Heat a large skillet over medium high heat with 1 teaspoon coconut oil (or bacon grease), add green onions and cook until tender, about 3 to 5 minutes. Add sweet potatoes and cook for 4 to 5 more minutes, until barely tender. Add kale and cook until wilted, about 2 to 3 minutes. Set aside.

Add chicken to a food processor and process on pulse until ground. Transfer meat to a large mixing bowl. Add salt, garlic, paprika, Dijon mustard, rosemary, egg, coconut flour, and sweet potato mix.

Mix together with hands until well combined. Cover with plastic wrap and refrigerate for at least 4 hours or even better overnight. Divide your chicken mixture into 6 to 7 even patties.

Coat a large non-stick pan with coconut oil or even better bacon grease to just coat the bottom (not a lot).

Add patties and cook until golden crust forms, about 5 to 6 minutes, then flip to the other side and cook until golden and cooked through. Serve as is or with a side salad. I used a little guacamole, which was delicious!



# *Brussel Sprout Kale and Bacon Salad*

Original Recipe from "Multiply Delicious"

**Serves: 6**

## **Ingredients:**

5 to 6 slices nitrate-free bacon  
1 lb brussel sprouts, trimmed and shredded  
1 bunch of kale (about 3 cups), stems removed and shredded  
1 tsp garlic, minced  
juice of ½ of lemon  
dash or two of red pepper flakes



## **Directions:**

In a large non-stick skillet, cook bacon a few slices at a time until cooked through. Once cooked, set aside on paper towel. Do not disregard the nice bacon grease you have in your skillet.

Heat the same skillet you cooked the bacon with (and still has the bacon grease) over medium high heat. Add garlic and cook for about 30 seconds, then add shredded brussel sprouts and kale and continue to toss the two until it's slightly wilted.

Remove from heat and add lemon juice and red pepper flakes (to taste) and mix together.

Cut the cooked bacon into bite-sized pieces and add to the greens and toss to combine. Serve warm as a side dish and enjoy!

**Note:** Using a food processor to chop/shred the kale and brussels sprouts will make it super easy!



# RESOURCES

## Recipe Resources:

<http://drhyman.com/downloads/UltraSimpleCompanion.pdf>

<http://www.negharfonooni.com/2013/01/07/tangy-avocado-dressing/>

<http://www.againstallgrain.com/2013/01/04/banana-nut-porridge/>

<http://healthylivinghowto.com/1/post/2012/06/how-to-eat-mexican-food-and-still-fit-into-your-skinny-jeans.html>

<http://www.multiplydelicious.com/thefood/2012/01/brussel-sprout-kale-and-bacon-salad/>

<http://paleomg.com/leftovers-chicken-bacon-alfredo/>

<http://mariahealth.blogspot.com/2010/09/chicken-noodle-soup.html>

<http://livinpaleocuisine.com/2012/07/22/creamy-zucchini-pasta-with-prawns/>

<http://healthylivinghowto.com/1/post/2012/08/the-end-of-our-lamb.html>

<http://lowcarboday.com/2012/10/low-carb-pot-roast-with-roasted-garlic.html>

<http://www.theclothesmakethegirl.com/2012/01/19/mexican-meatza-ole/>

<http://www.paleoplan.com/2009/12-03/omelet-muffins/>

<http://www.edibleharmony.com/paleo-shepherds-pie/>

<http://everydaypaleo.com/sausage-n-cabbage-noodles-with-fried-apples/>

<http://fastpaleo.com/slow-cooker-chili/>

<http://www.theclothesmakethegirl.com/2012/10/16/slow-cooker-italian-pork-roast/>

<http://paleomg.com/superbowl-snacks-avocado-chorizo-sweet-potato-skins/>

<http://www.multiplydelicious.com/thefood/2012/06/sweet-potato-and-kale-chicken-patties/>

## RESULTS TRANSFORMATION CENTER



*Let food be thy medicine and medicine be thy food*  
-Hippocrates



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