

**Metabolic Reset: for Better Energy, Metabolism, Sleep,
Fat loss, Detoxification support, Radiant Skin and
Hormone Balancing**

Live longer, younger and with more vitality.



Vitality and Maximum Health: 28 Day Reset and Restore Program

Health span is how WELL you live. When we attend to cellular health and optimizing the function of each body system, symptoms resolve.

This is Functional Medicine: attending to the root cause, not just treating symptoms.

All diseases have an underlying cause and contributing factors, even dementia, high blood pressure, diabetes, allergies and cancer. One critical factor affecting cellular health and function is TOXIC MOLECULES.

These exist everywhere around you. They accumulate in your cells and stop all body systems from working efficiently to some degree. For each person, which cells and which systems are affected differs, because you are biochemically and genetically unique.

Once you reset your body systems and clean out your cellular machinery, you feel and look better



Before



After

"My skin looks younger and healthier. It is no longer red and patchy. My adult acne has cleared. I have been around 200lb since I was in my teens, and went up to 265lb at my heaviest no matter what I tried to lose weight. I have lost over 30 pounds in my first 4 months. My energy is better, my hair is stronger, and I am getting compliments from people I don't even know that well"

Andrea F. Sept 2022

KEY BENEFITS OF THE METABOLIC OPTIMIZER (A cellular cleanse and detox).:

- Bioavailable nutrients absorb easily regardless of digestive health
- Helps heal 'leaky gut'
- Liver support to remove toxins
- Key nutrients to support glutathione (the master antioxidant) and detoxification.
- Fat burning cofactors
- Energy cycle (mitochondrial) cofactors.
- Antioxidants
- Anti-inflammatory herbs and nutrients, including Quercetin and EGCG
- Bioavailable protein
- Multivitamins, including methylated B vitamins
- Multimineral
- Nutrients to support immune system function
- MSM for healthy collagen, glucosamine
- Prebiotics to optimize your microbiome

THE METABOLIC OPTIMISER IS NOT INTERCHANGEABLE WITH A PROTEIN POWDER.

It is a medical food and by far the most comprehensive one available. Other 'medical foods' do not contain the large number of nutrients in this product. The other difference is how many areas of nutrient repletion are addressed through this one product.

You are rewarded with rapid results when we combine the Elimination Diet with cellular cleansing and toxin removal.

- Your waist and belly start to flatten and narrow.
- Your sleep and energy start to improve
- Your hair and nails grow stronger and your skin looks brighter and younger.
- Anxiety and mood improve
- Brain fog lifts
- Allergy symptoms, itchiness, stuffy nose and sinuses improve.
- Joint pain and muscle aches improve

FAT BURNING:

One of the biggest problems solved by the Metabolic Optimizer and the 28-day reset program is FAT BURNING. Dieting and exercising more don't give results. Many people are frustrated with their inability to lose weight. They give up trying, like Andrea above, who couldn't 'lose weight' her whole life.



This picture demonstrates fat loss. Looking at pictures of bellies would be misleading as they look smaller when the person isn't bloated.

Common metabolic blockers that stop you from weight loss include:

- poor sleep
- irritability, anxiety and stress
- inflammation
- food sensitivities
- nutrient deficiencies
- poor methylation and detoxification
- leaky gut

The Metabolic Optimizer combined with the Elimination diet and lowering your toxic burden address all of the things that block your metabolism and stop you from losing weight and feeling great.

BEAUTIFUL SKIN

As you age, your skin gets thinner and lacks brightness. you develop sun and age spots. You lose collagen and sagging at the jowls begins to take hold. Thin and saggy skin wrinkles more easily. Your gut health affects your skin. It is now proven that dysbiosis (an imbalance in gut bacteria) causes rosacea and acne.

The Metabolic Optimizer addresses gut health, provides critical ingredients to brighten and rejuvenate skin cells, rebuild collagen and improve hormone balance. All of which lead to younger looking, brighter skin. It decreases the damage caused to your skin from sun, toxins and radiation by providing antioxidants and anti-inflammatory nutrients.

Hair grows faster and thicker, nails are thick and strong and your skin looks like you invested a lot in skin treatments.

Patients report results within 3 weeks on the program.

WHY ELIMINATE FOODS?

'Leaky Gut' is a condition that leads to far reaching health issues, including inflammation, allergies, and immune system dysfunction. Inflammation is the driver of all chronic disease you want to avoid, including dementia, cancer and heart disease.

The cells that line your digestive system have tight junctions. This prevents foreign substances from entering through these junctions get 'loose' and make your gut 'leaky'. Foreign substances and molecules enter your blood stream and your immune system is the first system that sees these. It creates a type of immune reaction. It is not an allergy, but a sensitivity and immune reaction.

Leaky gut is caused by many, many things. (The medical term is called intestinal permeability) Some of the most common causes include:

- gluten, dairy, eggs, corn, soy, peanuts, tomatoes and many grains are the most common food triggers
- glyphosate
- toxins
- alcohol
- medications
- foods
- chemicals and additives
- poor diet
- dysbiosis

Removing foods that contribute to leaky gut and inflammation allow your body to heal and your immune system to strengthen. The Metabolic Optimizer contains key nutrients that help heal a leaky gut, while you have removed the triggers.

You cannot achieve this component of the process if you do not follow the elimination of foods.

Paleo = Grain free, legume free and dairy free.

Although you will need to avoid many foods and beverages you are accustomed to eating daily, you will likely discover palate-pleasing flavors and textures among alternate foods. Be sure to carefully follow the guide and consume the shakes and supplements as recommended. If you do so, you will join the many people who report feeling better, have more energy, lose weight and look healthier and younger*

Removing alcohol and caffeine are more important for the actual detoxification process. These 2 slow down or block important enzyme systems in your liver which are involved in the removal of the more damaging toxins

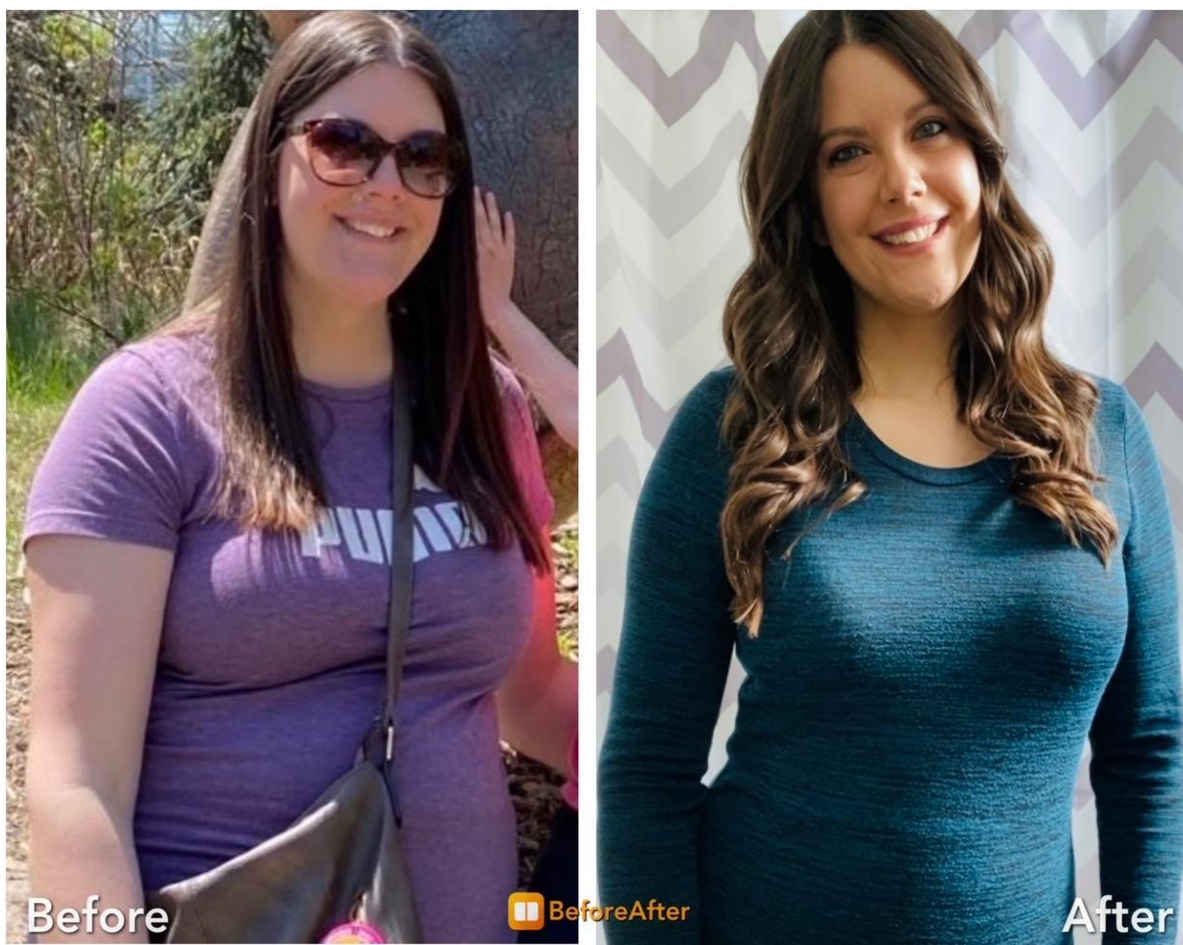
and those that get in the way of hormone metabolism and balance.

With both the elimination diet and the Metabolic Optimizer: stick to the plan as much as possible. Never stop your shakes or supplements even if you are going to eat out or have a few drinks.

Your response to this plan is based upon your individual biochemical makeup, medical history, and health status at the time you begin. Should any troublesome symptoms occur while using the plan, discontinue the functional food or supplement and contact your healthcare practitioner for guidance.

Doing the elimination diet plus the cellular detoxification accelerates your results. You will also discover what foods work best for your body and your metabolism. You will now have a customized food plan that works for you.

Unlike diets that assume everyone is the same



Although I only lost 11 pounds, I have lost 2.5 inches off my lower belly, 1.5 inches off my waist, 1 inch each off my hips, thighs and bust. I fall asleep easier and stay asleep longer. My breakouts, spots and acne cysts are gone. I can exercise daily now because the soreness after exercise is gone. My anxiety and mood are getting better. All this in 26 days on the program..

What is all this talk about toxins?

Being bombarded with more and more toxins, from plastics and preservatives to chemicals and building materials, your body is less and less able to cope with the increasing exposures; no matter how healthy you are.:

- > Lower exposure
- > Increase elimination

Your genetics determine how able to accumulate toxins you are. However, with optimal genes that regulate detoxification pathways, you will still accumulate toxic molecules in your body, block your cellular machinery and suppress your immune system over time because of the sheer volume of toxins you are exposed to.

The first weeks of your 28-Day Cleanse may be challenging. You must look at your home, lifestyle, products, and exposures to start decreasing your toxic exposure. The Metabolic Optimizer helps you lower the amount of toxins in your body.

It is important to continue the Metabolic Optimizer even if you fall off the food plan/ elimination diet or you are not able to decrease your toxic exposures. It helps you lower the toxic burden, which allows cellular hormone receptors to function.

It prepares your body for optimal and safe hormone therapy.

You live in a toxic world. Chemicals are being created almost daily to improve convenience. You live in a germaphobic world too.

Molecules that your body and genetics have never had to deal with. Your genes have not evolved to handle them. These include antibacterial home cleaners and hand sanitizers, in addition to the numerous preservatives, pesticides, home fragrance, perfume, deodorants, body care products for every part of your body, your vehicle gasoline and emissions...

Your biochemistry is that fluid inside your cells and around your cells from which you make hormones and in which you use them.

Without optimal 'cleaning systems' you begin to increase the 'toxic burden' of your body. **FAT** is a protective mechanism that will form to store these chemical compounds that would otherwise interfere with how your cells function.

Your LIVER is the most important 'detoxification' organ. It has 'phase 1' and 'phase 2' detoxification systems. If there are far more toxins coming in than phase 1 can handle, there is a backing up of the system. And your body creates FAT to store these substances.

Understanding and coping with the Elimination Diet.

EXCLUDE FROM YOUR DIET: Phase 1 (28 days)

- All grain
- All legumes (peas, chickpeas, beans, edamame, etc)
- All forms of dairy
- Eggs
- Alcohol
- Caffeine

REINTRODUCTION PHASE:

- introduce ONE gluten free grain per week (rice, GF Oats, quinoa, etc)
- When re-introducing eggs, start with the yolk first and then the yolk 4-7 days later.
- Start with goat and sheep dairy products before cow milk. Cow milk products, especially cow milk protein (CMP) are one of the most allergenic foods. Most people are unaware that this CMP is the underlying cause of their post nasal drip, asthma, acne and skin redness.

Keep a journal when re-introducing foods. You have worked hard and you need to do this carefully or you will not find the foods that trigger your symptoms and will have to start all over again should symptoms recur.

"My sleep improved to where I was getting the deepest sleep in years, my mood was so stable and my irritability resolved. 3 weeks into maintenance, I lost those results. You told me to start eliminating the eggs and dairy and oats again and everything is back to being better.

I guess I am just going to stay off them all since I feel so good. I don't want to try introducing things one at a time, I just want to stay off them all!"
Stephanie (April 2023)

Make a food list. Rather than all the foods you CANNOT eat, start with all that you can. Get excited about FEEDING your body and FUELLING fat burning rather than upset about giving things up and changing your habits.

There is no calorie restriction so seeds and nuts are quick and easy to pack. At the end of the booklet is a 28 day cleanse calendar to follow a complete DETOX program, which will help you burn at least 8-12 pounds of fat in those days.

Take a weekend to PLAN your food and meals. Paleo and Vegetarian and Raw food vegan cookbooks provide wonderful and tasty new meals to try.

(The BETTER METABOLISM FaceBook page has numerous recipes and shopping lists and information on FAT BURNING to help you. You will need to scroll down a fair bit.)

Do the best you can. Sometimes it takes time to get started based on your life. Carry a list of NOT allowed foods on your phone so that eating out is easier if you have to. The best option is to plan a 28 day period of eating your own meals and carrying simple foods with you.

"My knee pain was gone in 4 days. It's not that hard a plan to follow"

Lindi G. Cold Lake AB

USING THE TOXIC SCREEN TO UNDERSTAND YOUR BODY BURDEN AND STARTING THE 28 DAY CLEANSE FOR FAT BURNING:

If your score is between 1 and 59: You are likely to tolerate the Metabolic Optimizer well and can get started with 2 scoops as a serving.

If your score is above 60: **Start 'low and go slow'.**

Start with 1/4 scoop Metabolic Optimizer powder mixed with water or almond milk to desired consistency. If you experience any adverse effects eg. nausea or fatigue or flu-like symptoms, your next test dose will be even lower.

Once you find a test dose you feel well with, continue to increase from this test dose every 6 hours. For example: 1/4 scoop -> 6 hours later : half scoop (feel well) -> 6 hours later : 1 scoop.

Next day 1.5 scoops -> 6 hours later 2 scoops.

If at any time you feel unwell, simply return to the lower dose you tolerated and stay there for 24 hours, then attempt to increase.

For most people, staying at 2 scoops 2 x day is ideal for long term weight management; with 2 meals a day, 1 snack if needed.

- * If you are insulin resistant, we do not recommend snacking or 5 small meals a day. Intermittent fasting or 3 meals a day might be best for you..

[Intermittent fasting: This practice has been shown to improve insulin resistance and help with weight loss.

The fasting period starts with 12 hours and gradually increases to 14-16 and 18 hours. Only non caloric beverages like black coffee, black tea and water are consumed during the fasting period.

Your meals and snacks are to be consumed within your eating window. Ideally, you will not eat or consume caloric containing beverages within 3 hours of bedtime.]

- Intermittent fasting (IF) has become very popular. While we have strongly recommended this as a strategy until 2021, we now do so with caution since consuming adequate protein has been shown to be of much higher importance.

- When you consume adequate protein (1g/lb of body weight) you optimise muscle, hormones, and metabolism. Combine a strong focus on protein with good fats and fibre is the priority for optimal metabolism and healthy aging.

- On the 28 day Re-set, we do not recommend IF for the following reasons:

- Removing toxins requires energy and nutrients. You require increased energy to manage this process.

- IF leaves little room for adequate consumption of protein.

- You cannot compromise on the servings of the Metabolic Optimizer in order to achieve adequate mobilization and excretion of toxins.

Metabolic Optimizer

What is a functional food?

The term “functional food” refers to any food or food ingredients that may provide an identified health value. It provides specific nutrients to target specific functions in your body that assist you with improved health and metabolism.

Methylation:

Methylated vitamins assist with energy and detoxification since >47% of the population are unable to methylate. By-products of metabolism and toxins require this process of methylation to be converted into a form that can be eliminated from your body. Without this, you recirculate them and accumulate higher levels that block how your cells can work. It also damages DNA. Damaged DNA leads to unhealthy cells that can lead to chronic disease, inflammation and cancer. Poor methylation leads to many health conditions including heart attacks, cancer, strokes, dementia, osteoporosis. Damaged cells are reflected in your skin. It looks older, dull, and ages faster. Oxidative stress allows your skin to damage more easily from the sun and other environmental factors.

The Metabolic Optimizer:

is a comprehensive, fructose-free, low-allergy- potential dietary medical food designed to support gastrointestinal (GI) function, balanced detoxification, and a normal, healthy response to inflammation. It contains bio-available protein that is easily absorbed; phytonutrients; minerals; and activated B vitamins. In conjunction with a modified elimination diet the Metabolic Optimizer addresses GI and hepatic (liver) function as well as eicosanoid balance and cytokine metabolism. (inflammation). This formula is suitable for vegans.

- Do not consume if you have an allergy or intolerance to pea protein or any other ingredient.

The Elimination Diet Protocol

What To Eat

CATEGORY	FOODS TO EMBRACE	FOODS TO AVOID
Animal Protein	Organic or free-range beef, lamb, chicken, turkey, duck, wild game, and grass-fed beef. Organic free-run eggs (AFTER the elimination phase). If organic/free range proteins are unavailable, choose leaner cuts and add fats from the list below	Conventional factory-farmed meats, processed meats. (cold-cuts, canned meats, sausage, dogs). Commercial, low fat or skimmed dairy products.
Fish	Wild caught fish and seafood/shellfish. Small fish such as black cod, herring, sardines, trout.	Farmed fish and high-mercury fish. Avoid the large fish such as tuna and swordfish.
Fats and Oils	Coconut oil, avocado, extra virgin olive oil, coconut butter, almond butter, ghee, sesame, flax, duck fat, organic lard, tallow.	Processed seed and vegetable oils such as canola, sunflower, safflower, corn, soy, margarine or shortening.
Nuts & Seeds	Raw almonds, cashews, walnuts, hazelnuts, brazil nuts, sesame seeds, pumpkin seeds. Limit nuts and seeds to ¼ cup a day or 2 Tablespoons of nut butter	Peanuts, salted/roasted nuts.
Herbs, Spices & Condiments	All herbs and spices. Substitute coconut aminos for soy sauce.	Ketchup, relish, BBQ sauce, soy sauce, store bought mayonnaise.

CATEGORY	FOODS TO EMBRACE	FOODS TO AVOID
Vinegars	Apple cider, white wine, red wine, balsamic. Olive oil and fresh squeezed lemon is a great salad dressing.	Commercial salad dressings.
Other	Cocoa nibs, unsweetened cocoa powder, 100% raw cacao.	Candy, energy bars, protein bars, gluten-free junk food.
Fruits	1 small or medium fruit or 1 cup of low sugar fruit or frozen fruit per You best choices are berries which are the lowest in sugars.	High sugar fruits such as bananas, cherries, grapes, figs, lychees, mangoes, pineapple, pears, watermelon. Oranges Dried fruits, fruit juice.
Grains	Eliminate. <i>Vegetarians may have 1/2 cup of gluten free whole grains daily, such as brown rice, quinoa and wild rice.</i>	All gluten grains & flours including wheat, rice, quinoa, oats, couscous, bread, pasta, pizza, pastries, cereals.
	Kelp noodles are a good substitute for pasta/noodles. Almond flour and coconut flour are good baking substitutes.	
Beans	Eliminate. <i>Vegetarians may have 1 cup of beans/legumes daily.</i>	All beans & pulses (split peas, lentils, legumes). Soy (tofu, tempeh, miso,
Sweeteners	Small amounts of pure stevia and/ or monk fruit. Use only what you need to make food/ drink palatable. You are trying to REDUCE your tolerance for sweet foods.	Refined sugars, added sugars, artificial and natural sweeteners including agave, honey and maple syrup. Sugar alcohol, erythritol, xylitol and blends with sugar
Beverages	Non-caffeinated herbal teas, spring and sparkling water, bone broth.	Caffeine and all caffeinated drinks. Alcohol, soda, fruit juices, energy drinks. All dairy and dairy products.

The Metabolic Optimizer Schedule

Shake Schedule

Day	Number of Metabolic Optimizer Shakes
Day 1	1 shake
Day 2	1 shake
Day 3	1 shake
Day 4	2-3 shakes
Day 5	2-3 shakes
Day 6	2-3 shakes
Day 7	2-3 shakes
Day 8	2-3 shakes
Day 9	2-3 shakes
Day 10	3 shakes
Day 11	4 shakes
Day 12	4 shakes
Day 13	4 shakes
Day 14	6 shakes, no meals
Day 15	6 shakes, no meals
Day 16	6 shakes, no meals
Day 17	4 shakes
Day 18	3 shakes
Day 19	3 shakes
Day 20	2 shakes
Day 21	2 shakes
Day 22	2 shakes
Day 23	2 shakes
Day 24	2 shakes
Day 25	2 shakes
Day 26-27-28	1 shake

Notes:

Notes

When building a plate or choosing something to eat use the principles

- **Protein** – always ensure you have an animal product (occasionally nuts are acceptable)
- **Fat** – add a little extra good fat
- **Fiber** – fill you plate with as many non-starchy vegetables as you wish, starchy vegetable and fruit allotments may be included here (these are always optional)

Vegetarians: Choose **EITHER** a starchy vegetable **OR** a grain (not both on the same day). You can consume up to 1 cup legumes every day.

Use a non sweetened, pure vegan protein powder in addition to the Metabolic Optimizer to reach your protein goals for the day.

The Elimination Diet is a highly effective method to begin reducing your toxic load, encouraging the body to heal, burn fat and restore balance. This protocol will help you push the “reset” button with your metabolism, systemic inflammation, and further downstream effects of your current food choices. This is an opportunity to learn how the foods you have been eating are actually affecting your day to day life, and your long-term health.

This will change your life, & has the potential to change the way you eat for the rest of your life.

Please monitor how you look (waist measurement and scale are objective measures), feel and perform. You may want to take a waist measurement before you begin as this will be your best subjective assessment of size loss.

You will begin by **eliminating** the following:

(Always read ingredient lists on food labels to determine whether you can or cannot have it)

Added sugar of any kind, real or artificial. No maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, etc. Read labels as food companies sneak sugar into even the most innocent looking foods. Small amounts of stevia, monkfruit and erythritol are allowed.

Grains. This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, sprouted grains and quinoa. For the purposes of elimination, gluten free pseudo-grains and corn are included on this list. Furthermore, be aware of how we add wheat, corn and rice into our foods in the form of bran, germ and starch. I cannot stress the importance of reading labels.

Nuts & Seeds.(if you have autoimmune disease, markers, high levels of inflammation).This includes almonds, cashews, walnuts, hazelnuts, brazil nuts, sesame seeds, pumpkin seeds, chia seeds and nut butters. Peanuts (technically a legume),must always be avoided on this program. Avoid salted/roasted nuts.

Legumes. This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava), peas, chickpeas, lentils, and peanuts (and peanut butter). This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin). You can use coconut seasoning or coconut aminos (available at most health food stores) instead of soy sauce. You can, if vegetarian, have up to 1/4 cup of home-made hummus a day (recipe attached includes chickpeas and sesame)

Eggs

Vegetable Oils. Canola, Soybean, Corn, Sesame, Grapeseed, Peanut, Sunflower and products made with these oils including fast foods, margarine and commercial salad dressings, mayonnaise and sauces. Choose avocado oil based dressings (Primal Kitchen brand) and avocado oil mayonnaise (Chosen Foods brands)

Dairy. Milk, Yogurt, Hard Cheese, Soft Cheese, Cottage Cheese, Cream Cheese, Buttermilk, Heavy Cream, Sour Cream, Kefir. You can use butter and ghee

Alcohol. Avoid for now, that includes in cooking. Can have 1-2 glasses of wine socially on the odd occasion if accompanied by a protein meal.

Caffeine.

The Food List provided will give you general guidelines

Please keep a food log of all meals and foods eaten along with any symptoms accompanying these meals - this will prove invaluable later. This will also allow us to monitor and assess your protein consumption.

Try to Eat

Protein at every meal

- Keep starchy **carbohydrates to your limited amounts.**
- Add **fats as necessary** to your meals for taste and texture. Use good fats comfortably - do not fear fat and saturated, it is your energy source and transports nutrients from your digestive tract to your bloodstream.
- **2 or 3 meals a day**, no snacking. If you are hungry, eat larger meals if you really need a snack, you can have cured meat or another small amount of protein/fat combo
- Keep a minimum of **12 hours** between your last bite of dinner and your first morning meal (the longer you can go, the better, try to build up slowly if you can)
- Keep a minimum of **5 hours** between meals wherever possible
- **Salt** your meals liberally. Use Sea salt crystals or Himalayan Pink salt. Not table salt.
- Water, coffee and tea are permitted as well as sparkling, unflavored water
- Include the **Metabolic Optimizer** as per the schedule provided

Foods to Avoid (Again)

- All flours made from grains or beans
- Refined carbohydrates and wheat products (breads, wraps, pasta, cereal etc)
- Barley, Kamut, Rye, Soy, Spelt, Wheat
- Corn, Polenta, Tapioca, Edamame
- Nuts and seeds as well as nut butters and seed-based spices
- Fruit, other than berries
- Artificial Sweeteners
- Supplements that include sugars, sweeteners or sugar alcohols
- Supplements that contain soy, corn or wheat

ALL dairy except butter and ghee

- Skim, low fat or 2% milk
- Soy, Rice & Oat milk
- Soy sauce, tamari

A few **replacements** for conventional products which are all made with soybean and/or canola oils with added sugars

- Primal Kitchen - salad dressings and sauces available at Community Natural Foods or online
- Coconut Seasoning or Coconut Aminos (soy sauce replacement) - available at Superstore
- Beef/bison/ turkey sticks - available at Community Natural Foods
- Beef Jerky from the Farmer's Market as opposed to store bought
- Good Earth Stevia-Erythritol or Sweetleaf Stevia

Meals

- Protein
 - Add fats, butter, olive oil, avocado oil etc
 - Eat enough that you are satisfied, less is not better - your body will very quickly determine how much it needs and let you know
- When in doubt, prioritize protein
- If you are truly not hungry, do not eat - natural fasting is perfectly fine
- No snacking!!! (These warrants repeating)

Read Labels

Look for additives, colorings, preservatives, MSG, sugar, and

other chemicals. Pesticides

The EWG publishes a list of the 12 most toxic vegetables and fruit (highest in pesticides and herbicides). It changes year to year. Search 'EWG Dirty Dozen'

Detox other areas: Other sources of chemical exposures:

Try to classify in the following way:

- **Home:** Consider each area of your home and the things you use to clean. Kitchen, Bathroom, general areas. Think about the specialty cleaners you might use like glass cleaner, Tub and Tile, Toilet Bowl, etc. Remember things like candles, air fresheners, incense sticks.
- **Laundry:** VOC's are found in dryer sheets. These chemicals block important enzyme pathways in your liver. Dry cleaning chemicals are high in toxins. Air in your garage for 2-3 days before bringing into your home.
- **Food:** Cans are lined with BPA. BPA is a well known 'endocrine disrupting chemical' (EDC). These chemicals affect how your hormones work and cause 'estrogen dominance' in both men and women.
 - Herbicides and pesticides used in farming disrupt hormones and liver enzyme pathways.
 - Additives: read labels note the numerous additives man has created to make food look more appealing and more addictive.
 - Hidden sugars and chemicals by different names. Take your own stainless steel cup to the store for your favourite brew.
- **Kitchen:** Consider the coating on your cookware. Non stick coating, Teflon in particular, is harmful to health. It is called a forever chemical because it does not degrade in the landfills. Plastic storage and wrappings for food: plastics have been proven to be terrible for health. In one community that had high use of plastic wrap, girls entered puberty before age 11 because of the effect of plastic as an EDC. Boys grow breast tissue and have an increased risk of low sperm production, and breast cancer. Never heat food in plastic. If you must store in plastic, place cold food or beverages in plastic containers. Also bear in mind coffee cups and water bottles. When you purchase coffee, the lining of the paper cup and the lid contain plastic..
- **Habits:** Hair colour, perms, hair treatments all use chemicals. Having your nails painted, or gel nails use many chemicals that promote fat storage and block liver enzyme pathways, Makeup: unless you choose a completely natural line, makeup is a very large source of toxins for women. This combined with the many skin care products increase EDC's in your body. Don't be fooled by Vegan, it can still contain chemicals. Read the labels and ingredients carefully. Use this website <https://www.ewg.org/skindeep/> Smoking and vaping, regular alcohol intake (more than 3 drinks/week equal to 5oz wine or 1 ounce spirit)
- **Hobbies:** Consider your hobbies. Are there chemicals?
- **Environment:**
 - Inside your home: Do you renovate, update your paint, make changes that involve chemicals? Glues, paint, varnish, polymers, sealants. These all are chemicals. New furniture, mattresses and couches in particular, are significant sources of chemical exposure. Flame retardants are known to affect your liver and fat storage.
 - Outside: do you use weedkillers in your garden? You cannot control the air above and around you, so lowering your toxic exposure in the areas you can control will help reduce the impact of the things you cannot control.
- **Travel:** Airplanes and hotels are a brew of toxins and chemicals. You cannot control these, but you can take a good detox support that includes glutathione prior to and during travel. Inform your hotel that you have chemical sensitivities. Ask for a deionizer to be run in your room for 4 hours prior to arrival.

If you are a known 'poor methylator' or poor detoxifier (Your MSQ and XTT are elevated), making extra effort to reduce your exposures are well worth your time.

Glutathione is the master anti-oxidant in your body. It is synthesized by your liver. It gets depleted when your liver has to deal with excess toxins and you have a high body burden of toxins. The Metabolic Optimiser contains precursors for your body to make Glutathione. It is recommended that you take additional Glutathione if your scores are > 60 and > 6 (MSQ/XTT). Some people have a genetic aberration that makes it more difficult to synthesize glutathione in your liver.

- Household cleaning products
- Body care products: Hair to toes
- Laundry detergents
- Nail polish and nail treatments
- Dry Cleaning
- Habits like smoking, drugs and alcohol
- Medications and supplements: all go through your liver. Many have lactose or dyes/colourants.
- Hobbies involving chemicals and solvents and paints
- Household renovations
- Mould after water leaks in your home
- Other chemicals/ biohazards in carpets and old homes.
- PLASTICS!

Read about Xeno-estrogens, where they are and why you need to eliminate them

What do I do after the 28-Day Cleanse?

Maintenance: Reintroducing Foods After the Modified Elimination Diet

Once you have completed the 28-Day Cleanse, PLAN A RE-INTRODUCTION, ONE FOOD AT A TIME...

Typically, you will re-introduce foods from the least allergenic to most, prior to your visit with your doctor.

Start with nightshades, then citrus, then peanuts, then eggs, dairy and gluten. (Corn and soy are not recommended as part of your diet). Add one food, wait 2-4 days and then the next and so on and so forth. Journal your reactions carefully. It may be headaches or tummy aches, it may be weight gain out of proportion to the calories and quantity of food you consume, it may be heartburn or constipation or diarrhea. It is very important that you note any symptom and use this to decide if you should continue to include that food as part of your diet.

At this time, re-evaluate the diet/supplement program that you followed prior to the cleanse to decide where modification may be needed. What worked? Which days and with which meals-food types did you feel best?

You may continue using a functional food (the Metabolic Optimizer) in order to provide high-quality protein and an array of nutrients vital for:

- healthy blood sugar levels,
- a healthy gut mucosa,
- effective liver detoxification function,
- and hormone balance.

Many people find using a Functional Food (the Metabolic Optimizer) for breakfast or snack, health protective and convenient. *

You should continue on the modified elimination dietary plan based on your reaction to re-introduction. This is why it is imperative you add back foods one at a time, instead of a large mixed meal. Should you react, you will have no idea what caused it. Your only option after that is to start again with the Elimination Diet.

If you have identified multiple food sensitivities, it is advisable to wait at least three months before reintroducing these foods again after continuing with the elimination diet and Metabolic Optimizer (2 shakes a day minimum) for further calming of your gut and immune system...

"In my first few days, my brain fog started to settle."

Tanya T, Calgary AB. Feb 2023

DO NOT reintroduce obviously reactive foods

DO NOT attempt to reintroduce them all at once.

This modified elimination diet and 28-day cleanse will reveal a wealth of information to you provided you paid attention.

This is why careful journaling throughout the process is vital.

From what you ate to every symptom: mood, appetite, sleep quality, hunger, cravings, heartburn, pain, joint pain, skin health, bowel movements... everything you can think of should be carefully recorded.

Your journal will serve you well when you are trying to avoid certain symptoms and also to replicate results like good weight loss.

(There will be weeks you lost a good amount of weight, and other weeks where you gain - without explanation. Reviewing your journal will give you hints to added food sensitivities and also what to eat to successfully trim off a few pounds when needed.)

FIND A NOTEBOOK THAT WILL BE YOUR JOURNAL.

- **WEIGHING YOURSELF:** This can be difficult for many people who have been yo-yo diets or have eating disorders/ disordered eating. The reason to weigh yourself regularly through the reintroduction phase is that sometimes 'weight gain' is the only clue that a food is not good for you. This is not actual FAT, but fluid retention resulting from inflammation.

Symptoms of negative reactions to food: Can take 4 days to reveal itself.

Digestive system: Gas, bloating, constipation, heartburn, indigestion, diarrhea, abdominal pain, cramping.

Poor sleep.

Brain fog.

Irritable Mood.

Joint and/ or muscle aches and pain.

Feeling stiff and achy

Headaches

Weight gain (even 2-4 pounds in 1 day which is fluid retention and the inflammatory reaction)

Acne

Redness to cheeks/ Rosacea

Hair loss

Allergy symptoms (nose, sinuses, airways/ chest)

Hives

Fluid retention and puffiness

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Basic Guidelines to Reintroducing Foods

1. If you have EVER experienced an anaphylactic reaction (including throat swelling) to any particular food(s) in your lifetime, DO NOT attempt to reintroduce that food without medical supervision.
2. Only return one food to your diet at a time and wait at least 4 days (or until all symptoms are gone if you experience a reaction) before trying any other "new" food. If you do react or if you are not sure whether you reacted, try the same food again.
3. Use an organic source of the food that you are trying to reintroduce. This will help ensure that a reaction to pesticides or other contaminants will not be misinterpreted as a reaction to the food itself.
4. In the morning, start with a very small amount of the food that you are adding
(e.g., 1/4 cup milk). If you do not notice any symptoms, increase the portion (e.g., 1/2 cup milk) at lunchtime. If you still do not notice any symptoms, consume a larger portion (e.g., 1 cup milk) at dinner. Even if you do not experience symptoms, rotate the foods that you reintroduce.
5. Keep a Food/Symptom Diary to track your responses. Food reactions are sometimes delayed up to 72 hours from the time the food is consumed, and it is easy to forget what you have eaten. Be sure to record everything that you eat and drink for meals and snacks. Include all ingredients in mixed dishes, such as casseroles

Vitality Max 1

Lifestyle & Wellness



Vitality Max 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Breakfast Stack	Raspberry Chia Protein Cup	Brussel's Sprout, Sausage & Sweet Potato Hash	Breakfast Stack	Brussel's Sprout, Sausage & Sweet Potato Hash	Breakfast Burger Recipe	Raspberry Tart Smoothie
						Roasted Low Carbohydrate Vegetables	
Lunch	Egg Roll Bowl	Salmon and Vegetable Bake	Thai Chicken & Mushroom Soup	Egg Roll Bowl	Mongolian Beef	Salmon with Zoodles	Cauliflower Shepherd's Pie
					Basic Cauliflower Rice		
Dinner	Salmon and Vegetable Bake	Thai Chicken & Mushroom Soup	Mongolian Beef	Chicken Thighs with Citrus Braised Fennel	Zucchini Alfredo with Turmeric Chicken	Cauliflower Shepherd's Pie	Quarter Chicken with Mushrooms & Kale
			Basic Cauliflower Rice				
Snack 3	Apple and Coconut 2-Bite Treats	Almond Butter Fudge	Low Carb Protein Power Cereal	Apple and Coconut 2-Bite Treats	Almond Butter Fudge	Low Carb Protein Power Cereal	Coconut Chocolate Pudding

Vitality Max 1

87 items

Fruits

- ☐ 2 Avocado
- ☐ 2 Green Apple
- ☐ 3 1/2 Lemon
- ☐ 1/2 tsp Lemon Juice
- ☐ 2 tbsps Lime Juice
- ☐ 1/2 cup Raspberries

Breakfast

- ☐ 3 1/8 cups Almond Butter
- ☐ 1/2 cup Butter

Seeds, Nuts & Spices

- ☐ 3 cups Almonds
- ☐ 1 tsp Black Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 3 2/3 tbsps Cinnamon
- ☐ 1/4 tsp Crushed Red Pepper Flakes
- ☐ 1 3/4 tpsps Dried Thyme
- ☐ 1/4 tsp Garlic Powder
- ☐ 3/4 tsp Ground Sage
- ☐ 1 1/3 tbsps Italian Seasoning
- ☐ 1/4 tsp Oregano
- ☐ 3 cups Pecans
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 3 Sea Salt & Black Pepper
- ☐ 1/2 cup Sunflower Seeds
- ☐ 1 tsp Turmeric

Frozen

- ☐ 1 cup Frozen Cauliflower
- ☐ 1 cup Frozen Raspberries

Vegetables

- ☐ 3 cups Arugula
- ☐ 2 cups Asparagus
- ☐ 1 1/8 cups Basil Leaves
- ☐ 2 cups Bean Sprouts
- ☐ 1 bunch Broccoli
- ☐ 6 cups Brussels Sprouts
- ☐ 2 Carrot
- ☐ 3 heads Cauliflower
- ☐ 2 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 3 Cremini Mushrooms
- ☐ 1 bulb Fennel
- ☐ 1/2 tsp Fennel Seed
- ☐ 16 Garlic
- ☐ 2 2/3 tbsps Ginger
- ☐ 6 cups Green Cabbage
- ☐ 7 stalks Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 1/2 oz Lemongrass
- ☐ 5 cups Mushrooms
- ☐ 4 Portobello Mushroom Caps
- ☐ 1 Sweet Potato
- ☐ 1/2 cup Thai Basil
- ☐ 1/4 tsp Thyme
- ☐ 10 White Button Mushrooms
- ☐ 3 1/2 Yellow Onion
- ☐ 5 Zucchini

Boxed & Canned

- ☐ 1 Anchovy
- ☐ 2 1/8 cups Full Fat Coconut Milk
- ☐ 6 cups Organic Chicken Broth
- ☐ 3 cups Organic Coconut Milk

Baking

- ☐ 3 tbsps Cocoa Powder
- ☐ 1/4 oz Gelatin

Bread, Fish, Meat & Cheese

- ☐ 1 3/4 lbs Chicken Breast
- ☐ 1 1/4 lbs Chicken Leg, Bone In
- ☐ 1 lb Chicken Thighs With Skin
- ☐ 8 ozs Extra Lean Ground Beef
- ☐ 2 lbs Extra Lean Ground Turkey
- ☐ 1 1/2 lbs Flank Steak
- ☐ 1 lb Ground Pork
- ☐ 8 ozs Lean Ground Pork
- ☐ 4 slices Organic Bacon
- ☐ 1 lb Organic Chicken Sausage
- ☐ 1 3/4 lbs Salmon Fillet

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 1/2 cup Coconut Aminos
- ☐ 2 cups Coconut Oil
- ☐ 1 1/2 cups Extra Virgin Olive Oil
- ☐ 1 tbsp Fish Sauce
- ☐ 2 tbsps Toasted Sesame Oil

Cold

- ☐ 1 cup Coconut Butter
- ☐ 1/4 cup Orange Juice
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 11 1/2 servings Collagen Peptides
- ☐ 1 1/2 tpsps Maca Powder
- ☐ 2/3 cup Water

- ☐ **3 1/2 tbsps** Monk Fruit Sweetener
- ☐ **1 cup** Unsweetened Applesauce
- ☐ **2 tbsps** Unsweetened Coconut Flakes
- ☐ **6 cups** Unsweetened Shredded Coconut
- ☐ **1 3/4 tbsps** Vanilla Extract

Breakfast Stack

9 ingredients · 20 minutes · 4 servings



Directions

1. Cook bacon in a dry skillet until crispy. Set aside. Leave fat in the pan.
2. Combine turkey, zucchini and sage. Season with salt and pepper. Form into 4 patties.
3. Cook patties in the bacon fat for 5-6 minutes per side or until cooked through. Remove and set aside.
4. Add mushrooms to the skillet along with a splash of water and cook on both sides until golden and fragrant. Turn off burner.
5. Mash the avocado with the lemon juice. Season to taste.
6. Place upturned mushroom on plate. Top with 1/4 of the arugula, then add the sausage patty. Finish with 1/4 of the avocado and a slice of bacon. Eat hot.

Ingredients

- 4 slices** Organic Bacon
- 1 lb** Extra Lean Ground Turkey
- 1** Zucchini (Grated)
- 1/4 tsp** Ground Sage
- 4** Portobello Mushroom Caps
- 1** Avocado
- 1** Lemon (Juiced)
- 1 cup** Arugula
- 1** Sea Salt & Black Pepper (To taste)

Raspberry Chia Protein Cup

6 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the water, coconut milk and collagen peptides. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use coconut milk instead of almond milk.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1/4 cup Chia Seeds

1/2 cup Water

1/2 cup Full Fat Coconut Milk

2 servings Collagen Peptides

1/2 cup Raspberries (divided)

2 tbsps Unsweetened Coconut Flakes

Brussel's Sprout, Sausage & Sweet Potato Hash

7 ingredients · 35 minutes · 4 servings



Directions

1. Heat coconut oil in a skillet. Brown sausage in a skillet on medium high heat, about 10 minutes. Once cooked through, transfer to a plate and cover.
2. In the same skillet on medium heat, add sweet potatoes and Brussels sprouts. Cover and cook for 5 minutes then uncover and cook for another 5 minutes stirring occasionally throughout the entire time. If veggies begin to stick, add a little more coconut oil to grease the skillet. Season to taste
3. Add onion, and garlic to the skillet and cooked uncovered for 8-10 minutes.
4. Lastly stir in the sausage, heat through, adjust seasoning if necessary and serve.

Notes

Variation

If not egg-free, you can top with an egg or 2 cooked to your liking.

Ingredients

- 1 lb Organic Chicken Sausage
- 1 Sweet Potato (Cubed)
- 2 cups Brussels Sprouts (Quatered)
- 1/2 Yellow Onion (Diced)
- 2 Garlic (Crushed)
- 2 tbsps Coconut Oil
- 1 Sea Salt & Black Pepper (To taste)

Breakfast Burger Recipe

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix well.
2. Form into small patties.
3. Cook over medium heat in a skillet for about 4 minutes on each side until center is no longer pink.

Notes

Tip

Brown the burger on one side, flip, and add 1/2 cup of water to the skillet. The steam helps cook the burger all the way through and prevents sticking.

Ingredients

- 8 ozs** Lean Ground Pork
- 8 ozs** Extra Lean Ground Beef
- 1/2 tsp** Sea Salt
- 1/2 tsp** Black Pepper (omit on autoimmune program)
- 1/2 tsp** Ground Sage
- 1/2 tsp** Dried Thyme
- 1/4 tsp** Red Pepper Flakes (omit on autoimmune program)
- 1/2 tsp** Fennel Seed (chopped)
- 1 1/2 tsps** Maca Powder
- 1/2 serving** Collagen Peptides

Roasted Low Carbohydrate Vegetables

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F. Rinse the vegetables and peel the outer layer of the Brussels sprouts if needed.
2. Cut the vegetables so they're roughly the same size and place them in a baking dish.
3. Add seasonings and olive oil. Mix gently,
4. Bake for 20 minutes or until the vegetables have turned a nice color.
5. Serve as a side dish to your favorite protein.

Notes

Variation

Switch up the vegetables. Try any or all including asparagus, cauliflower, broccoli and peppers.

Ingredients

- 2 cups** Brussels Sprouts
- 1 cup** Cherry Tomatoes (Or grape tomatoes)
- 2 cups** Mushrooms
- 1** Zucchini
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 1 tsp** Dried Thyme (Or rosemary, or a combination)
- 1/4 cup** Extra Virgin Olive Oil

Raspberry Tart Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1 serving** Collagen Peptides
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk
- 1/2 tsp** Vanilla Extract

Egg Roll Bowl

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

Meat-Free

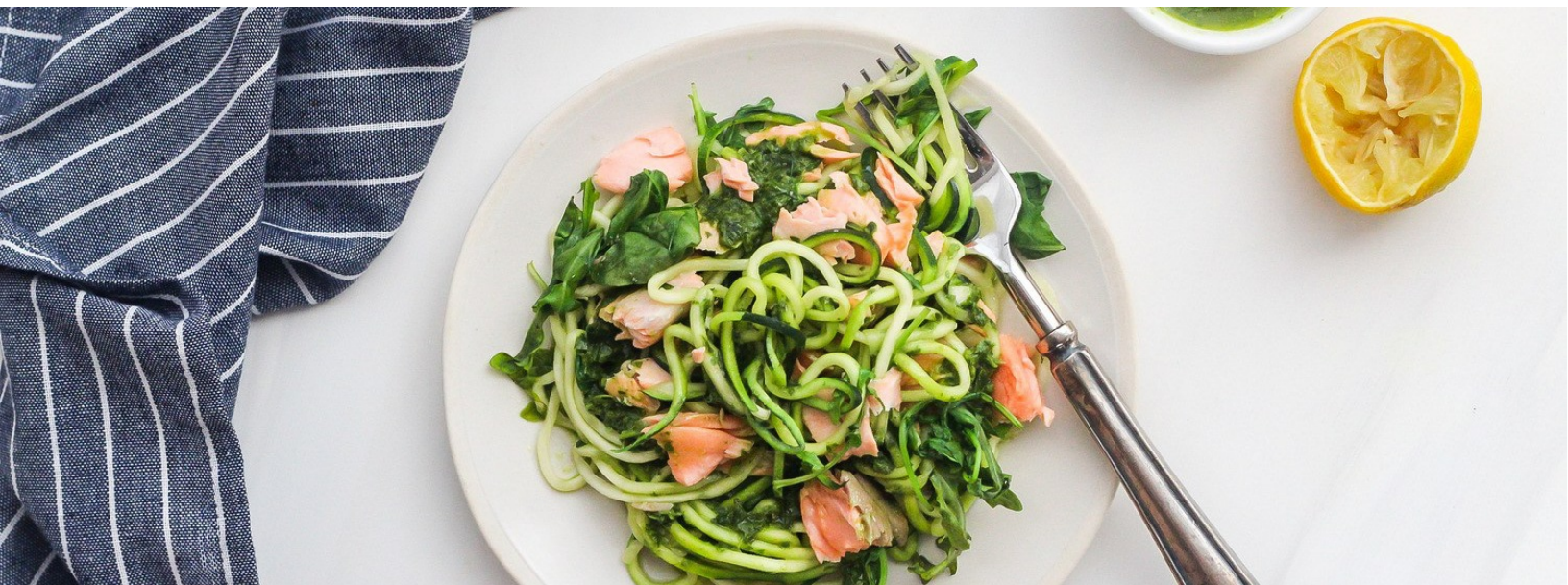
Replace the ground meat with scrambled eggs.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 5 **stalks** Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 **lb** Ground Pork
- 6 **cups** Green Cabbage (Shredded)
- 2 **cups** Bean Sprouts
- 1/4 **cup** Coconut Aminos

Salmon with Zoodles

9 ingredients · 20 minutes · 2 servings



Directions

1. Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
2. In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
3. In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

More Flavor

Add nutritional yeast or chili flakes.

Additional Toppings

Add extra sliced basil leaves on top.

No Anchovy

Omit.

Ingredients

- 8 ozs Salmon Fillet
- 1 cup Basil Leaves
- 1/4 cup Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 Anchovy
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt
- 2 cups Arugula
- 1 Zucchini (large, spiralized into noodles)

Salmon and Vegetable Bake

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400F
2. Combine first 6 ingredients to make a sauce
3. Grease a large sheet pan or flat-ish baking tray with about a tablespoon of coconut oil and place the salmon fillets in the middle, leaving about an inch of space in between. Spread even amounts of the sauce over the top of each salmon fillet.
4. Scatter the green vegetables around and in between the fillets, overlapping each other is fine. Drizzle the vegetables lightly with olive oil (about 2 tablespoons) and the juice of half of the remaining lemon. Sprinkle with a few pinches of sea salt and pepper.
5. Place the tray in the oven for 15 minutes, rotating half way if your oven is slightly uneven in temperature
6. Serve while hot with any additional vegetables, salads, or starchy carbs

Ingredients

- 2 Garlic (Cloves, crushed)
- 3 **tbps** Basil Leaves (Chopped)
- 1 Lemon (Juice and zest)
- 3 **tbps** Extra Virgin Olive Oil
- 1 Sea Salt & Black Pepper (1 Teaspoon or to taste)
- 1 **tbsp** Coconut Oil
- 1 **1/4 lbs** Salmon Fillet
- 2 **cups** Asparagus (about 16 spears)
- 2 **cups** Brussels Sprouts (Trimmed and halved)
- 1 **bunch** Broccolini (Can use 2 cups broccoli)
- Sea Salt & Black Pepper (To taste)
- 2 **tbps** Extra Virgin Olive Oil (For drizzling)

Thai Chicken & Mushroom Soup

11 ingredients · 40 minutes · 4 servings



Directions

1. In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
2. Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
3. Divide into bowls and garnish with basil. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add leafy greens such as spinach or kale.

No Lemongrass

Use extra lime juice instead.

No Thai Basil

Use regular basil, cilantro or mint instead.

Ingredients

- 1 **tbsp** Coconut Oil
- 2 **Garlic** (clove, minced)
- 2 **tsp**s Ginger (minced)
- 6 **cups** Organic Chicken Broth
- 2 **tbsps** Coconut Aminos
- 1/2 **oz** Lemongrass (peeled, chopped into large pieces)
- 1 1/4 **lbs** Chicken Breast (skinless, boneless, chopped into cubes)
- 3 **Cremini Mushrooms** (sliced)
- 2 **cups** Organic Coconut Milk (canned)
- 2 **tbsps** Lime Juice
- 1/2 **cup** Thai Basil (chopped)

Mongolian Beef

10 ingredients · 35 minutes · 4 servings



Directions

1. Cutting against the grain, slice steak into thin strips, then into 1 to 2 inch pieces. Set aside.
2. In a small bowl, whisk together the red pepper flakes, fish sauce, minced garlic, coconut aminos, sesame oil, and sweetener. To a large mixing bowl, add sliced steak and, using tongs, rotate steak strips until all meat is coated in marinade. Cover the bowl and transfer to the refrigerator to marinate for 30 minutes.
3. Once the steak has finished marinating, heat the avocado oil in a large pan over medium heat. Once the oil is hot, add the steak, marinade, and grated ginger to the pan. Cook the steak until browned, flipping as needed. Remove steak from pan and set aside.
4. Increase heat and reduce sauce until it coats the back of a spoon. Add beef back to pan and coat with sauce.
5. Serve beef in bowls on its own or atop cauliflower rice and garnish with sliced green onions.

Ingredients

- 1 **1/2 lbs** Flank Steak
- 1/4 **tsp** Crushed Red Pepper Flakes (optional)
- 1 **tbsp** Fish Sauce
- 3 **Garlic** (minced)
- 2 **tbsps** Coconut Aminos
- 2 **tbsps** Toasted Sesame Oil
- 1 **1/2 tsps** Monk Fruit Sweetener
- 1 **tbsp** Avocado Oil
- 1 **tbsp** Ginger (grated)
- 2 **stalks** Green Onion (thinly sliced)

Basic Cauliflower Rice

3 ingredients · 15 minutes · 4 servings



Directions

1. Shred the cauliflower using the coarse side of a grater. You can also pulse in a food processor, but watch carefully as you do not want it too finely shredded.
2. Heat up a large frying pan and add the extra virgin olive oil. Fry the riced cauliflower on high heat for a few minutes while stirring it. Salt and pepper to taste.
3. Add chopped herbs and/or spices if using a variation and mix before serving

Notes

Variations

The possibilities are endless. Stir in favorite herbs and/or spices when seasoning: Cilantro, Parsley and Cumin are popular.

Ingredients

2 heads Cauliflower

1/4 cup Extra Virgin Olive Oil

Sea Salt & Black Pepper (To taste)

Chicken Thighs with Citrus Braised Fennel

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Season the chicken thighs with garlic powder and half of the salt.
2. In a large cast-iron skillet or oven-safe pan, heat the oil over medium-high heat. Brown the seasoned chicken thighs starting with skin-side down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate. It won't be cooked through yet.
3. Reduce the heat to medium and to the same pan add the fennel and onion. Cook, stirring frequently, for about 5 minutes or until the onion begins to soften. Add the thyme and remaining salt to the pan and stir to combine. Add the water to the pan and scrape any brown bits away from the bottom of the pan. Stir in the orange juice.
4. Place the browned chicken on top of the fennel and onions in the pan and bake in the oven for 10 to 15 minutes, or until the chicken is cooked through and the fennel and onions are tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one chicken thigh and approximately 3/4 cup of vegetables.

Additional Toppings

Garnish with fennel fronds or fresh chopped parsley.

No Extra Virgin Olive Oil

Use avocado or coconut oil instead.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil
- 1 **lb** Chicken Thighs with Skin (bone-in)
- 1/4 **tsp** Garlic Powder
- 1/2 **tsp** Sea Salt (divided)
- 1 **bulb** Fennel (small, cored and thinly sliced)
- 1 Yellow Onion (thinly sliced)
- 1/4 **tsp** Dried Thyme
- 2 **tbps** Water
- 1/4 **cup** Orange Juice (freshly squeezed)

Zucchini Alfredo with Turmeric Chicken

9 ingredients · 20 minutes · 2 servings



Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs

Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian

Use chickpeas or white beans instead of chicken.

Ingredients

2 Zucchini

1 tbsp Extra Virgin Olive Oil

8 ozs Chicken Breast (sliced)

1 tsp Turmeric

1 tsp Italian Seasoning

Sea Salt & Black Pepper (to taste)

1 Avocado (peeled and pit removed)

1 cup Organic Coconut Milk (canned, full-fat)

1/2 Lemon (juiced)

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

- 1 head** Cauliflower (chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1** Yellow Onion (diced)
- 2** Garlic (cloves, minced)
- 1 lb** Extra Lean Ground Turkey
- 3 cups** Mushrooms (sliced)
- 2** Carrot (diced)
- 2 stalks** Celery (diced)
- 1 tbsp** Italian Seasoning
- 1/4 tsp** Sea Salt

Quarter Chicken with Mushrooms & Kale

6 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with thyme, oregano and sea salt on all sides. Heat a cast iron skillet over medium heat. Once the skillet is hot, add the chicken skin side down. Cook for 12 to 15 minutes without moving the chicken.
3. Flip the chicken over and add the mushrooms. Place in the oven for 18 to 20 minutes or until the chicken is cooked through.
4. Remove the chicken and mushrooms from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and sauté over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, mushrooms and kale onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days.

No Kale

Use another green such as Swiss chard or spinach.

More Flavor

Add additional seasonings such as paprika or garlic.

Ingredients

- 1 1/4 lbs Chicken Leg, Bone-in (skin on)
- 1/4 tsp Thyme (dried)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 10 White Button Mushrooms (quartered)
- 4 cups Kale Leaves (roughly chopped)

Apple and Coconut 2-Bite Treats

5 ingredients · 10 minutes · 4 servings



Directions

1. Place a medium skillet over medium-high heat.
2. Add 2 tablespoons of coconut oil to the pan. Once hot, add diced apples and begin to cook down, making sure they do not burn.
3. Once apples are soft, add the cinnamon and a bit of salt.
4. Place coconut butter and coconut oil in a bowl and into the microwave for about 30 seconds, then mix with a spoon.
5. Then add the sautéed apples to the bowl with coconut butter and coconut oil and mix well, adding a bit more cinnamon.
6. Using a spoon to scoop out 1-2 tablespoons of your chunky mixture into a silicone liner in a muffin tin. Repeat until mixture is gone. If you do not have silicone liners, use parchment paper (they may just stick a little).
7. Place in fridge for at least 20 minutes before eating. Also store in the fridge because they may want to melt!
8. Makes about 8-10 discs.

Ingredients

- 1 Green Apple (cored and diced)
- 1/2 cup Coconut Butter
- 3 tbsps Coconut Oil
- 2 tsps Cinnamon (or more, if you'd like)
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil (for cooking)

Almond Butter Fudge

6 ingredients · 26 minutes · 16 servings



Directions

1. Line a standard 9x9" baking dish with parchment paper. Set aside.
2. Place shredded coconut in food processor and process for about 4 minutes until smooth. Scrape down the sides if needed.
3. Add in almond butter and coconut oil to processor and process until smooth; add in vanilla extract, cinnamon and sea salt and process until smooth.
4. Transfer mix to lined baking dish and freeze for 20 minutes.
5. Slice into 16 squares and enjoy!

Ingredients

- 2 cups** Unsweetened Shredded Coconut
- 1 1/4 cups** Almond Butter
- 1/2 cup** Coconut Oil (melted)
- 1 1/2 tsps** Vanilla Extract
- 1 tsp** Cinnamon
- 1/4 tsp** Sea Salt

Low Carb Protein Power Cereal

10 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 300F and line a large rimmed baking sheet with parchment paper.
2. In a food processor, process almonds and pecans until they resemble coarse crumbs with some larger pieces. Transfer to a large bowl and stir in shredded coconut, sunflower seeds, vanilla extract, cinnamon, applesauce and collagen peptides.
3. Melt the almond butter and butter together.
4. Pour melted almond butter mixture over nut mixture and stir well, tossing lightly. Stir in water. Mixture will clump together.
5. Spread mixture evenly on prepared baking sheet and bake 30 minutes, stirring halfway through. Remove and let cool completely.

Notes

Cereal To-Go

Form mixture into bars and bake without turning for a low carb on-the-go snack

Ingredients

- 1 1/2 cups** Almonds
- 1 1/2 cups** Pecans
- 1 cup** Unsweetened Shredded Coconut
- 1/4 cup** Sunflower Seeds
- 1 tsp** Vanilla Extract
- 2 tsps** Cinnamon
- 1/2 cup** Unsweetened Applesauce
- 4 servings** Collagen Peptides (or unflavored protein powder of choice)
- 1/3 cup** Almond Butter
- 1/4 cup** Butter

Coconut Chocolate Pudding

6 ingredients · 3 hours · 3 servings



Directions

1. In a small pot over medium-low heat, add the coconut milk and monk fruit sweetener and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
2. In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
3. Add the gelatin mixture along with the remaining coconut milk mixture, cocoa powder, cinnamon and sea salt to a blender and blend on high until smooth.
4. Place a sieve over the top of your jars and pour the pudding mixture into the jars through the sieve, ensuring that no clumps of gelatin remain. Store the jars in the fridge for two hours to set. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Monk Fruit Sweetener

Use low carbohydrate sweetener of choice

More Flavor

Add additional spices such as ginger or cardamom.

Additional Toppings

Top with berries, roasted pumpkin seeds and/or coconut yogurt.

Ingredients

1 2/3 cups Full Fat Coconut Milk (full fat, from the can)

3 tbsps Monk Fruit Sweetener

1/4 oz Gelatin

3 tbsps Cocoa Powder

1 tsp Cinnamon

1/8 tsp Sea Salt

Spinach & Feta Shakshuka

14 ingredients · 20 minutes · 2 servings



Directions

1. If you're using regular spinach, chard or collards, wash, drain and cut the crunchy stalks off. Roughly chop the spinach leaves and finely chop the stalks. Set aside. If you're using baby spinach you won't need to do this.
2. Heat a skillet greased with ghee or avocado oil over a medium-high heat. Add the onion and cook for 3 minutes. Add the garlic and cook for 1 minute.
3. Add the sliced bell pepper and the spinach stalks, and cook for 3 to 5 minutes, until crisp tender.
4. Add the tomato paste and water (or chicken stock) and cook until it starts simmering.
5. Add the cumin, turmeric, salt and pepper. Add the chopped spinach leaves and cook for about a minute.
6. Mix to move it around until it's wilted. Using a spatula, create 4 small wells. Crack one egg into each one of them. (It's better if you crack the eggs one by one into a small bowl rather than directly into the skillet as you don't want any egg shells of bad eggs.)
7. Reduce the heat to medium and cover with a lid. Cook for about 5 minutes or until the egg whites are just about set and the egg yolks are still runny. Instead of the lid you could even place it under a broiler and cook for a few minutes.
8. Remove the lid and crumble the feta on top. Cook for one more minute just to heat through.
9. Drizzle with extra virgin olive oil and optionally sprinkle with fresh herbs such as parsley, cilantro or spring onions.
10. Serve immediately while still warm.

Ingredients

- 1 **tbsp** Ghee (or avocado oil)
- 1/2 Yellow Onion (chopped or sliced)
- 1 Garlic (minced)
- 1 Red Bell Pepper (sliced)
- 3/4 **tsp** Tomato Paste
- 1/2 **cup** Chicken Broth (or water)
- 1 **tsp** Cumin
- 1/2 **tsp** Turmeric
- Sea Salt And Black Pepper (to taste)
- 6 **ozs** Baby Spinach (or use chard or collards)
- 4 Egg
- 1/2 **cup** Feta Cheese (crumbled)
- 2 **tbsps** Extra Virgin Olive Oil
- Mixed Herbs (such as parsley cilantro or spring onion to taste)

Keto Mini Quick Bread

4 ingredients · 10 minutes · 1 serving



Directions

1. Add a couple drops of oil to a round ramekin to grease the bottom and sides.
2. In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
3. Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
4. Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
5. Bread can be served as is or toasted. Enjoy!

Notes

Leftovers

Store in an airtight container for up to one day. Freeze for up to two months.

More Flavor

For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

How to Serve

Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

Thinner Slices

Cut into 3 or 4 slices instead.

Ramekin

A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

Oven-Baked

Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

Serving Size

One serving is equal to one piece of bread.

Ingredients




1 tbsp Avocado Oil (plus extra for greasing)

1 Egg

3 tbsps Almond Flour

1/2 tsp Baking Powder

Cinnamon Flax Muffins

 7 ingredients  30 minutes  12 servings

Directions

1. Preheat your oven to 350F and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Likes it Sweet If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Ingredients

2 cups	Ground Flax Seed
1 tbsp	Baking Powder
1/4 tsp	Sea Salt
2 tbsps	Cinnamon
6	Egg (room temperature)
1/3 cup	Coconut Oil (melted)
1/2 cup	Water (warm)

Cauliflower Egg Muffins

7 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (191°C) and lightly grease a muffin tin.
2. Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.
3. In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.
4. Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to two cauliflower egg bites.

More Flavor

Use parmesan or pecorino instead of nutritional yeast. Add chili flakes to the mix.

No Arugula

Use spinach.

Ingredients

4 ozs Prosciutto (roughly chopped)

5 cups Cauliflower Rice

6 Egg



1 cup Arugula (roughly chopped)

1/4 cup Parsley (finely chopped)

1/2 cup Nutritional Yeast

1 serving Sea Salt And Black Pepper (to taste)

Low Carb Apple Spice Muffins

 11 ingredients  40 minutes  12 servings

Directions

1. Preheat the oven to 350 and line a muffin tin with wrappers.
2. Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, maple syrup and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
3. Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples Use pears instead.

Storage Store at room temperature for 3 days, or freeze up to 3 months.

Ingredients

1 1/4 cups	Almond Flour
1/4 cup	Coconut Flour
1 tsp	Cinnamon
1/2 tsp	Nutmeg
1/2 tsp	Baking Soda
1/4 tsp	Sea Salt
2	Apple (cored and finely diced)
4	Egg (whisked)
1/4 cup	Coconut Oil
1 tbsp	Maple Syrup
1/3 cup	Unsweetened Almond Milk

Low Carb Lemon Raspberry Coconut Muffins

 6 ingredients  40 minutes  12 servings

Directions

1. Preheat oven to 350 and line a muffin tray with papers. (Note: The original recipe yields 12 snack size muffins or 6 - 8 breakfast size muffins.)
2. Mix all ingredients except the raspberries together in a large mixing bowl. Stir very well until combined.
3. Gently fold in the raspberries.
4. Divide batter evenly across the muffin tray. Press in some extra raspberries into the tops of the muffins (optional). Bake for 35 to 40 minutes.
5. Let cool and enjoy!

Notes

No Raspberries Use blueberries, blackberries or chopped strawberries.

Budget-Friendly Use frozen berries instead of fresh. The coconut oil will harden as you mix them in but will soften again when baked.

Serve it With A drizzle of raw honey, maple syrup or organic butter.

Storage Store in an air-tight container at room temperature for up to 3 days or freeze.

No Maple Syrup Sweeten with raw honey instead.

Short on Time Throw all ingredients into a blender and puree until smooth. Pour into muffin tin and bake.

Ingredients

1/2 cup	Coconut Flour
3 tbsps	Maple Syrup
6	Egg
1/3 cup	Coconut Oil (melted)
1	Lemon (zested then juiced)
1 cup	Raspberries (plus extra for garnish)

Not a Coconut Fan Swap out the coconut flour and coconut oil and use almond flour and extra virgin olive oil instead. Note: You may need to add more almond flour to reach a muffin batter consistency since the consistency of coconut flour is very dry and absorbent.