

21 Day Spring

MELTDOWN

RESULTS
TRANSFORMATION CENTER





21 Day Spring MELTDOWN

THE SPRING MELTDOWN PROGRAM!

Welcome to our new Spring Meltdown Challenge! 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.

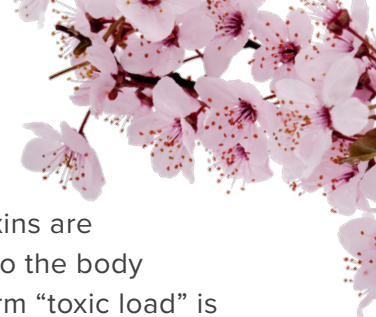
Not only will you gain more energy and achieve significant weight loss, this program contains tools to improve your mood and sleep patterns and decrease gastrointestinal distress. During this program, you may notice certain symptoms beginning to improve, including bad breath, bloating, gas, constipation, 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, auto-immune 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 Spring Meltdown Challenge. 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!

WHY THE SPRING MELTDOWN CHALLENGE?

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.

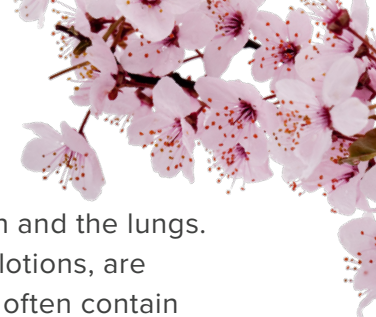
Anything can be toxic at high enough levels. People have actually died from drinking too much water, although this requires several liters to be consumed in just a few hours. At the other extreme, a single atom of radioactive material will continue to do damage until it is removed. Most toxins fall between 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? (CONTINUED)

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 stress and hidden infections.

This chronic inflammation that you cannot see or feel leads to every one of the major chronic diseases: heart disease, cancer, type II diabetes, dementia, etc. The goal of a program 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 congestion, joint pains, acne, eczema, and more.

We develop food allergies when the lining of our gut and the balance of normal gut flora get damaged from poor diet, stress, medications, infections, or toxins. This is referred to as “leaky gut”. Partially digested food particles then enter our blood stream 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, and minimize inflammation.”

-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 as 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.

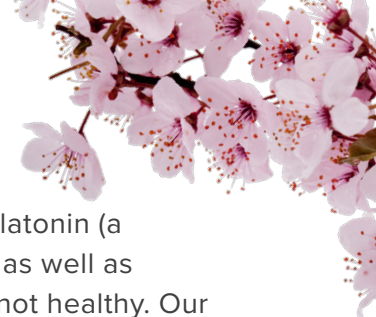
Hormonal imbalance starts when you over consume carbohydrates. Overconsumption of carbohydrates also leads to excess glucose and triglycerides in the blood stream, promoting leptin resistance in the brain. Leptin and ghrelin are important hormones that tell your brain you are full. Leptin resistance 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 like 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.

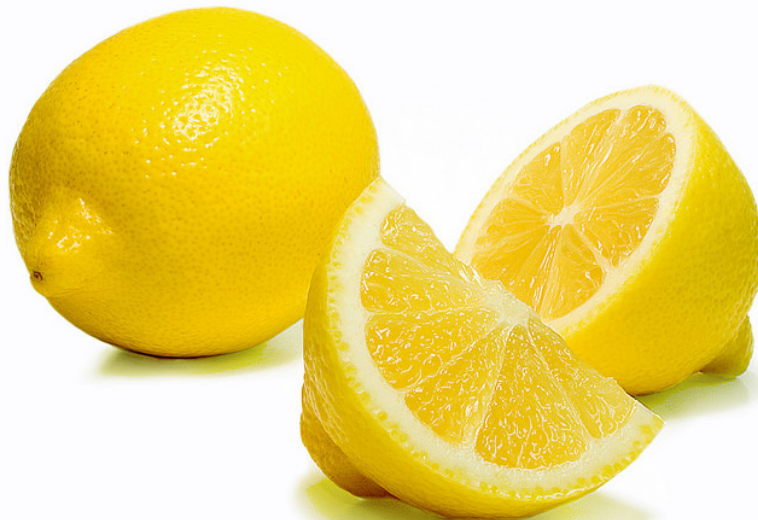
The balance --or lack of balance-- between the good and bad bacteria in our gut affects our metabolism, psychological well-being, and immunity. I mentioned earlier several external factors that can compromise and damage our gut. Abdominal (visceral) fat is one of the direct effects of increased gut permeability. 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 tendinitis, 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





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 loss! Continue (or begin) team training with Results Transformation Center during your Summer Shred. However, intensity is to be slightly lower than normal depending on each individual's response to the 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, in turn, creates a toxic breathing exchange instead of a balanced exchange between oxygen and carbon dioxide. This creates more stress in the body and mind, a weakened energetic state, a cloudy mind and a host of other problems, including fat storage from elevated cortisol levels.

An important part of the 21 Day Spring Meltdown 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 program. Journaling can be a powerful technique for identifying what is important to you and 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 Epson 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 Epson 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 non-toxic cleaning products.



FOOD GUIDELINES WHAT TO EAT?

BROWN RICE, QUINOA, SWEET POTATOES: These three foods will be the bulk of your complex carbohydrates during your 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, brussels 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, 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), grass-fed 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. We don't go into juicing details here because it's not for everybody. A great resource for juicing is Chef V, who can deliver straight to your door.



FOOD GUIDELINES WHAT TO EAT?



BEVERAGES: DRINK LOTS OF WATER! Consume half 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 adding Vitamin C, milk thistle, PhysX Multi-Vitamin, PhysX EFA, Alpha lipoic acid, probiotics, digestive enzymes (from plant sources) or PhysX Glutamine.

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





FOOD GUIDELINES

WHEN TO EAT?

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 (can't have 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

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

1IZT9 PhysX Protein (or VeggiePro) Shake: add 2 scoops of 1IZT9 PhysX protein and water then shake it up in a mixer cup

1IZT9 PhysX Super-Smoothie: add 2 scoops of 1IZT9 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 to desirable 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.

TIMING YOUR MEALS AND YOUR SNACKS: 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.



FOOD GUIDELINES WHEN TO EAT?



TIMING YOUR MEALS AND YOUR SNACKS: (continued) 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 Spring Meltdown Challenge Program.

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 that 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.





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, agave nectar, Splenda, Equal, Nutrasweet, xylitol, etc. 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, 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 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, cream cheese, half & half, and sour cream. The exception is ghee (clarified butter), and PhysX Whey ISOLATE.

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.”



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QUICK START GUIDE





QUICK START GUIDE

HOW DO I GET STARTED?

CLEAN OUT YOUR PANTRY AND FRIDGE: 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 21 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!

PLAN ONE WEEK OF MEALS: “If you fail to plan, you plan to fail:” Figure out which nights you will 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.

GROCERY SHOP: Stock your fridge with lean proteins, eggs, and fresh fruits and vegetables. You may need to shop more often to ensure that your meat and produce are fresh. Fill your pantry with cooking staples such as coconut oil, Stevia, and a variety of spices.

PUT TOGETHER A GAME PLAN: What situations will you face over the next 21 days? Traveling? Dinner parties? Family get-togethers? If you have a plan going into 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.

Offer to cook or at least bring one dish that you know you can eat. If you will be eating out, take charge 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/



QUICK START GUIDE HOW DO I GET STARTED?

events that are not centered around food. Meet a friend for tea, take a yoga class, or get outside for a walk.

ENLIST YOUR SUPPORT TEAM: Who will be your support system throughout this challenge? You always have Results Transformation Center’s team and members! Please utilize RTC’s Spring Meltdown Challenge Program 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.

ESTABLISH BASELINES: Fill out your symptom spreadsheet to establish a baseline. Complete your weigh-in, measurements and “before” photo 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 21 DAYS!**

*“There’s nothing more important than our good health
- That’s our principal capital asset.”*

- ARLEN SPECTER



QUICK START GUIDE THE NEXT 21 DAYS!

DAYS 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 cravings. Taking supplements such as PhysX Multi Vitamin and PhysX Glutamine can help with this.

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 bloated from the foods you are eating.

DAYS 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.

DAYS 15 -21: 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 21 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 21 days to see maximum results.



QUICK START GUIDE NOW WHAT?

FILL OUT THE SYMPTOM SPREADSHEET.

(A) Continue the program.

(B) End the program, slowly reintroduce foods, and keep your healthy lifestyle. We recommend seeing a nutrition specialist to help you better understand how you should formulate your diet moving forward. Contact Results Transformation Center coaches for recommendations and feedback for ongoing success plans.

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.



QUICK START GUIDE K.I.S.S. 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.
- Go home and cook some stuff.
- If you choose, buy some seafood, grass-fed beef, chicken and other meats.
- 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!!

21 Day Spring MELTDOWN



QUICK START GUIDE

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

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

21 Day Spring MELTDOWN



QUICK START GUIDE MEAL PLAN

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

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



GROCERY LIST

PROTEINS

Seafood

Salmon
Shrimp
Cod
Scallops
Crab
Tuna

Meats

Beef
Bufalo
Lamb
Elk
Venison

Poultry

Chicken
Turkey
Duck
Pheasant

Other Meats

Pork
Bacon

Eggs

free range eggs

VEGETABLES

Asparagus
Beets
Peppers
Pak choy
Broccoli/Broccolini
Brussels Sprouts
Buttercup Squash
Butternut Squash
Cabbage

Collard Greens
Carrots
Cauliflower
Celery
Courgette
Cucumber
Delicata Squash
Eggplant
Garlic
Green Beans

Greens (Beet,
Mustard, Turnip)
Kale
Leeks
Lettuce
Mushrooms
Onion/Shallots
Parsnips
Pumpkin

Radish
Rhubarb
Snow/Sugar
Snap Peas
Spaghetti Squash
Spinach
Sprouts
Summer Squash
Sweep Potato/

Sweet Potatoes
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
Macadamia Butter

Occasional

Almonds
Almond Butter
Brazil Nuts
Pecans
Pistachios

Limited

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

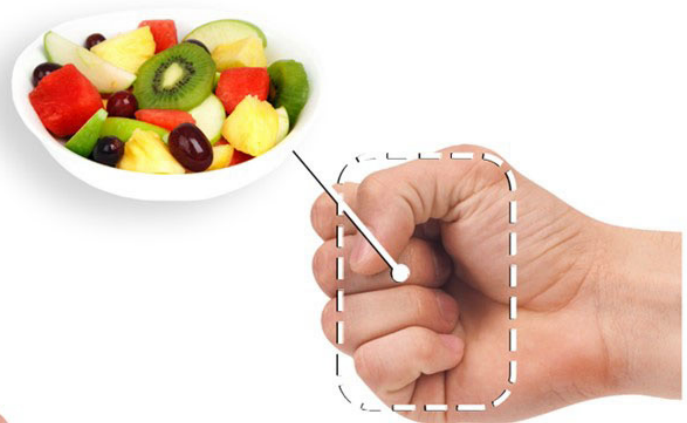


HAND GUIDE TO PORTION CONTROL

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).



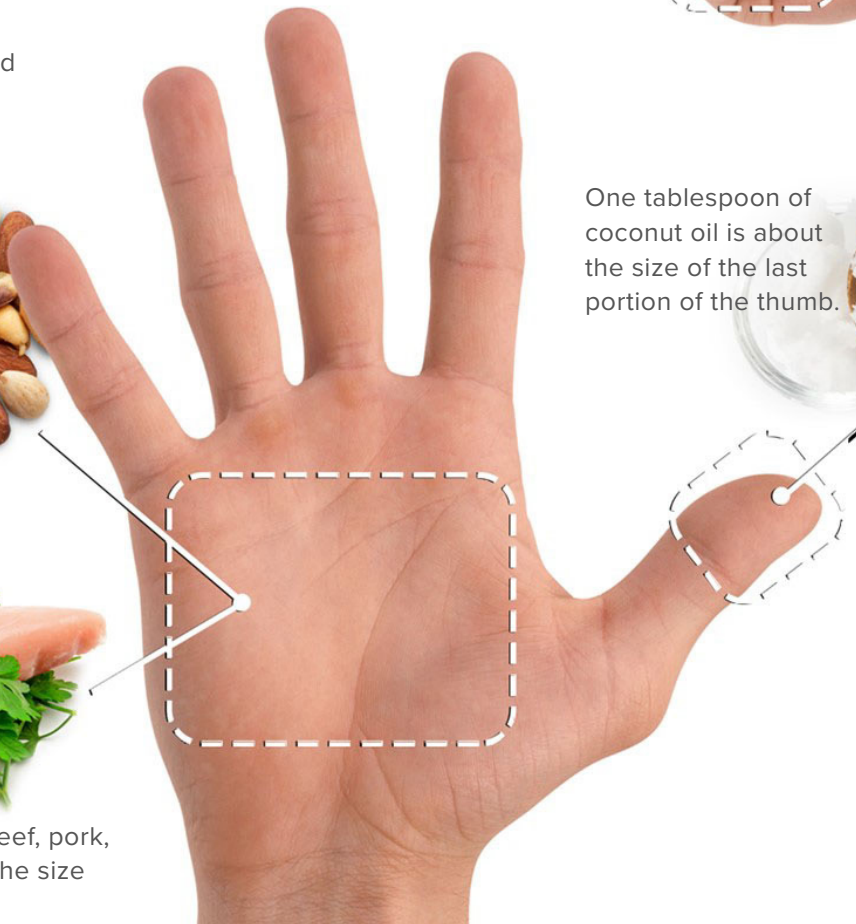
One ounce of nuts should barely cover the palm.



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



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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

21 Day Spring
MELTDOWN



CLEAN EATING RECIPES





RECIPES

BANANA NUT PORRIDGE

Original Recipe from Against All Grain

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 & adds a little more sweetness)
 - 2 cups coconut milk
 - 2 teaspoons cinnamon
- Dash of sea salt for soaking water



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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



RECIPES

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 (*note they're 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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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.



RECIPES

AVOCADO CHORIZO SWEET POTATO SKINS

Original Recipe from Paleo Plan

Prep Time: 40 min.

Serves: 3-6

Oven Temp: 425°F

Cook Time 20 min.

Ingredients:

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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Preheat oven to 425°F

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 cool, cut in half, scoop out insides (leaving about $\frac{1}{2}$ -1 inch of sweet potato still inside) of sweet potato, and use a pastry brush to brush on coconut oil on the inside and all around the sweet potato. 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.



RECIPES

AVOCADO DRESSING

Original Recipe from Eat, Lift, and Be Happy

Makes: 8 Muffins Serving Size: 2 Muffins
Oven Temp: 350°F

Ingredients:

- 2 ripe avocados
- Juice of 1.5 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 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

Makes: 8 Muffins Serving Size: 2 Muffins
Oven Temp: 350°F

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



RECIPES

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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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.



RECIPES

VEGETABLE SOUP

*Original Recipe from Maria's Nutritious and
Delicious Journal*

Serves: 6

Ingredients:

- 1 Tbsp avocado oil
- 1 onion, chopped
- 3-4 garlic gloves
- 2-3 large carrots, chopped
- 1 cup celery, chopped
- can 28 oz. whole peeled tomatoes, drained
- 6-8 cups vegetable and chicken broth
- 2 zucchini, chopped
- 1 tsp oregano
- 1 tsp basil
- 1 tsp chives
- 1 tsp marjoram
- Himalayan sea salt to taste
- 4 cups of kale, chopped



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Sauté onion, garlic cloves, carrots, and celery in avocado oil until vegetables are soft. Add tomatoes and vegetable and chicken broth. Simmer 15-20 minutes.

Add diced zucchini and spices. Add kale and cook for 10 additional minutes.



RECIPES

SLOW COOKER CHILI

Original Recipe from Fast Paleo

Ingredients:

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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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.



RECIPES

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 tablespoon salt
- 1 tablespoon Penzeys Italian Herb Mix (or 1 teaspoon each dried oregano, dried basil and dried rosemary)



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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.



RECIPES

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 parsley, fresh
- 1/4 tsp. paprika
- 1 tsp thyme, fresh
- 1 Tbsp onion finely chopped

Directions:

Preheat oven to 350°F

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°F on the thickest part of the chicken.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

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 ½ lbs. cod fillet
- 1 tsp. fresh thyme
- ½ tsp. sea salt
- ¼ tsp. onion powder
- 1 Tbsp avocado oil

Directions:

Pre-heat oven to 375°F

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 15°F.

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.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

RECIBEEFY 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
- 14.5 oz. can of Organic Garlic & Onion Tomatoes
- 1 Heaping Tbsp. Chili Powder Garlic Salt to Taste
- 1 Medium Avocado



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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.



RECIPES

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
- ½ cup canned coconut milk
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- Salt and pepper, to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Preheat your 425°F.

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



RECIPES

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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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



RECIPES 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



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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!



RECIPES

LEMON DILL WILD SALMON

Original Recipe from Ultra Simple Slimdown

Oven Temp: 375°F

Serves: 4

Ingredients:

- 1-pound 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:

Pre-heat oven to 375°F

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°F.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

LOW CARB POT ROAST W/ GARLIC MASHED CAULIFLOWER

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

Ingredients:

- 1 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)



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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 crock-pot. 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.



RECIPES

MEXICAN MEATZA

Original Recipe from The Clothes Make the Girl

Oven Temp: 400°F

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.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

PALEO SHEPHERD'S PIE

Original Recipe from Edible Harmony

Oven Temp: 350°F

Cook Time: 40min.

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) $\frac{3}{4}$ cup of broth
- $\frac{3}{4}$ 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°F for 40 minutes.

Sprinkle with black pepper and parsley flakes. Let stand 5 minutes and serve.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

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 tablespoons ghee (or coconut oil)
- ½ teaspoon caraway seeds
- ½ teaspoon paprika
- Fresh ground black pepper and sea salt to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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!



RECIPES

FRIED APPLES

Serves: 2

Ingredients:

- 3-4 small organic apples, thinly sliced (about 3 cups)
- 2 tablespoons coconut oil
- ¼ cup raisins
- ½ tablespoon cinnamon
- 2 tablespoons 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.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

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)
- 1 pound skinless boneless chicken breasts, cut into chunks or ground chicken
- 1/2 teaspoon sea salt 1 garlic clove, minced
- 1 teaspoon paprika
- 1 teaspoon Dijon mustard
- tablespoon fresh rosemary, finely chopped
- 1 egg
- 2 tablespoons coconut flour



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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!



RECIPES

BRUSSEL SPROUT, KALE AND BACON SALAD

Original Recipe from Multiply Delicious

Serves: 6

Ingredients:

- 5 to 6 slices nitrate-free bacon
- 1 pound brussel sprout, trimmed and shredded
- 1 bunch of kale (about 3 cups), stems removed and shredded
- 1 teaspoon garlic, minced
- Juice of ½ of lemon
- Dash or two of red pepper flakes



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

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!



RECIPES

RECIPE RESOURCES:

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21 Day Spring
MELTDOWN



VEGETARIAN RECIPES





RECIPES

MUSHROOM FRITTATA WITH YAM AND ONION HASH

Makes: 8

Ingredients:

- 3 tbsp avocado oil
- 3 yams, peeled and diced
- 1 onion, chopped
- 4 cloves garlic, minced
- 5 eggs
- 2 cups cremini mushrooms
- 1 tsp dried thyme
- Himalayan sea salt and freshly ground pepper to taste
- 1 avocado, sliced for garnish



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Peel the yams and dice into bite sized pieces. Skin the onion and chop. Add 2 tsp. avocado oil to an electric skillet set at 350 F, or a large sauté pan and heat until oil shimmers. Add the yams, garlic, onion and seasoning. Stir well and cover to steam for 5-8 minutes, checking to make sure the garlic and onion don't burn.

Once the yams are softened, remove cover and cook until the yams are browned and the onions caramelized. Brush off any dirt from the mushrooms, cut off the hard end of the stem and discard. Chop the mushrooms into quarters. In another skillet, heat one tsp of avocado oil on medium heat and add the mushrooms. Season to taste and stir. Cover and let simmer, stirring occasionally.

Once they release their liquid, after cooking for about 15 minutes, remove the cover and let them re-absorb their liquid. Tasty!

While the mushrooms cook, beat the eggs with seasoning and add to the pan of mushrooms once all of their liquid has been absorbed. Let the eggs cook until the bottom is slightly browned, then put the pan under the broiler to cook the top. Make sure your pan is oven proof!

Serve with the yam and onion hash and sliced avocado.



RECIPES

QUICKIE VEGGIE EGG MUFFINS



Oven Temp: 350°F

Ingredients:

- 8 eggs
- 1 cup diced red bell pepper
- 1 cup diced onion
- 1 cup chopped broccoli
- Himalayan sea salt and fresh ground pepper to taste

Directions:

Preheat the oven to 350°F.
Line an 8-muffin tin with paper liners.

Chop pepper, onion and broccoli into small pieces. Add 1 tbsp avocado oil to a sauté pan and sauté the onion, pepper and broccoli with seasoning until they are lightly browned. Set aside. Beat the 8 eggs with salt and pepper in a bowl or measuring cup with a pouring lip – you will appreciate the convenience when pouring later!

Using a spoon, divide the browned veggies evenly into the 8 paper cups. Pour the egg mixture over the veggies, making sure you have enough for each cup. Cook in the oven for 18-20 minutes or until the egg sets in the middle.

This is a very versatile recipe. You can use your favorite veggies. Just remember, water-dense vegetables like tomatoes have a tendency to make your muffins soggy. Try sun-dried tomatoes as an alternative option. You don't like broccoli? Substitute kale leaves – grab a handful, cut out the center stem, blanch and dice up!

You can really switch up the flavor if your start getting bored of plain seasoning. Experiment with spices like turmeric, which is mildly aromatic, has scents of orange or ginger and is good for fighting inflammation. Sauté with veggies.

Don't get it on your clothes! Thyme is my go to for egg dishes. It is more flavorful if it is fresh, and you only use the tiny leaves.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



RECIPES

MUSHROOM & BROWN RICE KALE ENCHILADAS IN RED SAUCE

Original Recipe from Sunny Side Up Nutrition

Servings: 4

Oven Temp: 350°F

Ingredients:

- 3 tbsp olive oil or avocado oil
- 1 tbsp ground chia seeds**
- 1/4 cup chili powder
- 2 cups vegetable stock
- 2 of each dried chilies – pasilla and California, soaked and deseeded
- 1 8 oz can of tomato paste
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- Himalayan sea salt and freshly ground pepper to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Soak the chilies in hot water until they soften, about 20 minutes. Deseed them and process them with 1/4 cup of the vegetable stock in a blender or food processor.

Heat oil until it is shimmering, about 2 minutes. Add the chili powder, stir with a wooden spoon and cook for a minute, then pour in the remaining vegetable stock, chili bend, tomato paste, cumin, oregano, salt and pepper. Stir well to combine.

Bring to a simmer and cook for 15 minutes. Add the ground chia seeds and stir for another 2-5 minutes until the sauce has thickened a bit. Pour the sauce into a large, deep sided baking dish and set aside.



RECIPES



MUSHROOM & BROWN RICE KALE ENCHILADAS IN RED SAUCE (CONTINUED)

Original Recipe from Sunny Side Up Nutrition

FOR ENCHILADAS

Ingredients:

- 2 tbsp olive or avocado oil
- 1 bunch large flat leaf Italian (lacinato) kale 8-10 leaves
- 1 lb cremini (brown) mushrooms, chopped
- 1 medium onion, diced
- 1 bunch cilantro, chopped
- 1 cup cooked brown rice, in a large bowl
- 3 cloves garlic, minced
- egg, beaten
- Himalayan sea salt and freshly ground pepper to taste

Directions:

Add the kale to a pot of boiling water and blanch for about 2 minutes.

While the leaves are softening, fill a large bowl with cold water. When the leaves are just soft enough to drape over a spatula, put them into the bowl of cold water to stop the cooking. Pat them dry with paper towels or a dish towel.

Heat the oil in a large frying pan and add the mushrooms and garlic, season with salt and pepper. Stir occasionally until the mushrooms release their liquid, then add the diced onions and cook until the onions are transparent and the liquid has been re-absorbed. Add the mushroom mixture to the bowl of rice. Add cilantro and mix thoroughly. Add the beaten egg and mix again.

Set up your enchilada rolling station – mixture to your left, kale front and center and baking dish of sauce to your right. Spoon 1-2 tbsp of mixture onto one end of a kale leaf, roll and fold in the sides as you go. Place the roll in the baking tray on the bed of enchilada sauce. Repeat until you have used all of your filling. Cover the baking dish with foil and bake for 35 minutes. Remove the foil and bake an additional 10 minutes.

*Chia seeds gel up just like gelatin so you can use them anywhere gelatin is called for. You can also use milled chia, which is also known as chia flour, in place of cornstarch in any recipe. You can add the whole seeds or the milled version to smoothies, oatmeal, bread, granola, or any other baked good or dessert.

Since chia is tasteless, it is versatile and easy to use anywhere, not to mention incredibly nutritious for you! If you don't like chia in a recipe, flax seeds work just as well.



RECIPES

SPAGHETTI SQUASH WITH MARINARA SAUCE

Original Recipe by Dave Burns

Servings: 4

Oven Temp: 400°F

Ingredients:

- 2 spaghetti squash
- 1 onion, diced
- 1 carrot, finely diced
- 1 stalk celery, finely diced
- 2 cloves garlic, finely diced
- 3 oz organic tomato paste
- 1 15 oz can organic tomato sauce
- 1 15 oz can organic diced tomatoes
- 1/2 tsp dried parsley
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/2 tsp dried sage
- 1/2 tsp dried oregano
- 1 bay leaf
- 1 tbsp olive oil
- Himalayan sea salt and freshly ground pepper to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

In a large pan, heat the oil over high heat until it starts to shimmer. Add the onions and reduce the heat to medium high. Sautee the onions until they start to turn translucent, about 5 minutes. Add the garlic, carrot and celery. Sautee for 5 minutes more. Add the tomato paste, tomato sauce, diced tomatoes and all of the herbs. Stir well to combine.

Bring to a boil then reduce heat to a simmer. Cover and let simmer for at least 30 minutes. I like to leave the sauce for an hour.

Once the sauce has been simmering for 30 minutes, taste it and season as necessary. You can also add some liquid, water or vegetable stock, at this point if you feel that the sauce is too thick.

While the sauce is simmering, prepare the spaghetti squash.



RECIPES

SPAGHETTI SQUASH WITH MARINARA SAUCE (CONTINUED)

Original Recipe by Dave Burns



FOR THE SPAGHETTI SQUASH

Preheat the oven to 400°F while you prepare the squash.

Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth on your counter to keep it steady as you cut.

Use a soup spoon to scrape out the seeds and just the stringy bits from inside the squash. The flesh is what we want to cook. The inside should look clean and fairly smooth. Discard the seeds, or save them and roast them for a snack!

Place the squash halves cut-side down in a roasting pan. Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking. The squash is done when tender and you can easily pierce a fork through the flesh all the way to the peel. The flesh will separate easily into spaghetti-like strands. Taste it for doneness – if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.

Use a fork to gently pull the squash flesh from the peel and separate the flesh into strands. The strands wrap around the squash horizontally. Rake your fork in the same direction to make the longest “noodles.”

Serve the squash immediately with the marinara sauce.



RECIPES

ZUCCHINI PASTA PUTTANESCA

Original Recipe by Dave Burns

Servings: 4

Ingredients:

- 1 tbsp olive oil
- 4 cloves garlic, finely chopped
- 5-6 Roma tomatoes, chopped
- 20 Kalamata olives, chopped
- 1/2 tsp red pepper flakes
- 3 tbsp capers (with their brine)
- Himalayan sea salt and freshly ground pepper
- 1/4 cup flat leaf parsley
- 2 large zucchini, cut into 'noodles' (use the julienne setting on a mandolin, a spiralizer, or a box grater if you don't want to cut them by hand)



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Puttanesca is a tangy, somewhat salty Italian pasta dish invented in the mid-20th century. This version isn't nearly as salty as we are omitting the anchovies to make this dish vegetarian.

Add the olive oil to a large skillet and heat over medium high until the oil starts to shimmer. Reduce the heat to medium and add the garlic and pepper flakes and cook until the garlic just starts to brown, don't let it burn! Garlic becomes very bitter tasting when it turns too brown.

Add the olives, capers (with brine) and tomatoes to the pan and stir to ensure that nothing stick to the bottom of the pan. Allow to cook through for about 5 minutes, just until the tomatoes start to break down.

Season to taste with salt and pepper. Remember, Puttanesca sauce usually uses anchovies for seasoning, so feel free to go a bit heavy on the salt, although it's not recommended on the Spring Meltdown program.

Add the zucchini 'noodles' and allow to heat through for another 5 minutes. Stir in the chopped parsley and serve.



RECIPES

CAULIFLOWER CRUST PIZZA

Original Recipe by joeandsue.blogspot.ca and
nutritionstripped.com

Servings: 2

Oven Temp: 400°F

Ingredients:

- 4 tsp olive or avocado oil
- 2 cups cooked, riced cauliflower (1 head)
- 2 eggs, beaten
- 1 tbsp ground chia seeds
- 1 tbsp coconut flour
- 1 tsp dried oregano
- 1/2 tsp dried basil, crushed garlic & , garlic salt



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Preheat oven to 400°F and line a cookie sheet with parchment paper then spread with a thin coat of olive or avocado oil.

Remove the leaves and stems from 1 medium head of cauliflower, chop the florets into chunks, then grate the cauliflower with a cheese grater or add to a food processor and pulse just until it looks like rice. Don't over-process it!

Add the riced cauliflower to a microwave safe bowl and microwave on high for 6-8 minutes, stirring halfway through. If you don't like using microwaves or don't have one, you can steam the cauliflower in a pan with a little water.

If the mix is too moist, put it into cheesecloth and squeeze out the excess moisture, then let cool.

While the cauliflower mix is cooling, combine the remaining ingredients and whisk well. Stir in the cooled cauliflower mixture. (continued)



RECIPES

CAULIFLOWER CRUST PIZZA (CONTINUED)

*Original Recipe by joeandsue.blogspot.ca and
nutritionstripped.com*

Directions:

Form into a loose ball and transfer the mixture to the oiled parchment paper-lined pan.

Form the mixture into a flattened pizza pie shape, the thinner the pie the crispier the crust will be, but don't go less than 1/2 inch thick or the crust may crack and pull away from the rest of the dough.

Brush with olive oil so it will brown.

Bake at 400°F for 10-15 minutes or until golden brown and firm, then carefully flip the pie using two spatulas if you have to, and brown for another 10-15 minutes.

Remove from oven, top with your favorite toppings and bake for another 10-15 minutes. Please note some toppings are more moist than others and may need additional cooking time.

Variations:

For a fun change for the kids, try using a purple cauliflower!

Experiment with the consistence and try making smaller pies to use as sandwich wraps! Can you picture their little faces when they open their lunch and find a purple sandwich?!

Some sauces and toppings to try:

- Spinach pesto with sundried tomatoes, garlic and olives
- Roasted beet spread with sautéed mushrooms and basil leaves
- Roasted curried butternut squash spread with caramelized onions and thinly sliced apple
- Roasted eggplant spread (everything tastes better roasted!) with asparagus and red peppers



RECIPES

JICAMA APPLE SLAW



Servings: 6

Ingredients:

- 2 navel oranges
- 1/4 cup fruity olive oil
- 1/4 cup lime juice
- 1/2 bunch cilantro, stems removed
- 2 large Granny Smith apples cut into match sticks (julienned) 1 medium jicama, peeled and julienned
- 2 plums, julienned
- 1-2 tbsp minced jalapeño
- 1/2 bunch mint leaves, sliced finely
- orange-infused olive oil (see recipe below)
- 2 avocados



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Jicama*, pronounced “hee-ka-ma,” is a root vegetable native to Mexico. It is a member of the morning glory family and is related to the sweet potato, but it more closely resembles water chestnuts in color, texture and flavor. The soluble fiber found in jicama, inulin, is a beneficial prebiotic food that stimulates the activity of the healthy bacteria growth in the digestive system.

Take a zester and shave the skin from the navel oranges. Put the zest in a mason jar with 1/4 cup fruity olive oil. Secure the lid firmly and give it a good shake. Set aside.

For the slaw:

Wash the cilantro, dry it with paper towels and chop it up, discarding the stems. Mix the lime juice and cilantro in a large bowl. Julienne the apples and toss in the lime juice.

Give the orange infused olive oil another shake. Using a small, sharp knife, peel the jicama, making sure to remove the papery brown skin and the thick flesh just underneath.

Julienne the jicama and add to the apple mixture. Give the orange infused olive oil another good shake. (continued)



RECIPES

JICAMA APPLE SLAW



Servings: 6

Directions:

Julienne the plums and add to the apple jicama mixture. Give the orange infused olive oil another good shake.

Mince the jalapeño and add according to preference.

Give the orange infused olive oil another good shake

then pour over the slaw and toss to mix well. Wash and dry the mint in paper towels, the slice finely and add to the bowl. Mix everything together.

Place the salad onto a serving plate, and then add a little more shredded mint leaves for garnish.

Serve with sliced avocado.

When purchasing jicama, choose one that is firm and heavy for its size. Jicama that is soft or shriveled or very large is likely to be tough and woody. Whole, uncut jicama can be kept in a cool, dark place for up to two weeks, or up to three weeks in the refrigerator. If you do not use all of the jicama, peel it and store it tightly wrapped in the refrigerator crisper, where they will keep for up to one week. Enjoy jicama sliced and baked, julienned in a salad, chopped in stir-fries and soups, and mixed with other veggies and fruits to emphasize its sweetness or starchy texture.

A favorite Mexican recipe is chilled jicama slices sprinkled with chili powder, salt and lime juice. Try getting the kids on board with jicama and make jicama tater tots! Note: Make sure to use a silicone pan for this recipe, it will be worth the cost and these tots will be so popular with the kids you'll be making them over and over! You can use a 12 count silicone muffin pan or try a 24 count for mini-tots.

Preheat the oven to 325°F. In a large bowl, combine 3 1/2 cups shredded jicama, squeezed dry in a towel first, 2 beaten eggs, 1 tbsp ground chia seeds, 2 tbsp olive oil, 3 minced green onions, 1 tsp Himalayan sea salt and 1/2 tsp fresh ground pepper. Spoon into silicone muffin pan and gently pack down with the back of a spoon or spatula. Bake 12 count pan for 50-60 minutes and 24 count mini's for 30-40 minutes. Let them rest for 5 minutes then run a spatula around the edge of each cup to free the edges.

Pop out onto their tops so they are bottoms up and enjoy!



RECIPES

BROWN RICE RISOTTO

Original Recipe by Dave Burns



Ingredients:

- 2 shallots
- 2 cloves garlic
- 1/2 cup brown rice (medium grain sprouted brown rice, short grain is the best)
- 4 cups vegetable stock
- 1 tbsp avocado oil
- Juice and zest from 1 lemon
- 1 tsp dried thyme
- Himalayan sea salt and freshly ground pepper to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Heat the vegetable stock in the microwave and pour into a saucepan. Alternatively, heat vegetable stock in a saucepan on high until it comes to simmer, then turn the heat down to medium-low. Keep the stock warm on the stove top over medium-low heat.

Finely chop the shallots and garlic. Sauté the shallots in oil over high heat until translucent. Add garlic and sauté for an additional minute. Add rice and sauté until rice begins to look translucent.

Add 1 ladle of stock, lemon zest, lemon juice and thyme and sauté until the stock is mostly absorbed. Reduce the heat to medium-high.

Keep adding stock and stirring. As stock is absorbed, add more. Don't allow to boil, just keep a good simmer. This will take some time, so be patient! Keep stirring the risotto to break down the rice so that you get the correct texture. It should be creamy and smooth.

Check for seasoning and adjust to taste.



RECIPES

ROASTED PUMPKIN OR SQUASH SEEDS

Original Recipe from Paleo Plan



Oven Temp: 300°F

Ingredients:

- A large winter squash, such as pumpkin, kabocha or spaghetti squash
- Neutral oil, such as avocado or coconut
- Himalayan sea salt

Optional additions – see recipe notes

Equipment:

- Baking sheet Parchment paper
- Spoon and spatula
- Airtight container

Directions:

Preheat oven to 300°F.

Cut the squash according to how you are going to use it. Scoop the seeds from the cavity and place in a bowl. Pinch away most of the large chunks of squash flesh and strings, but leave some intact. They taste really good too!

Drizzle the seed mixture with avocado, olive or coconut oil. Use approximately 1 tsp for $\frac{3}{4}$ cups of seeds. Place the seed mixture on a parchment lined baking tray. Spread out so they are in a single layer,

though some overlapping is fine. Roast until the seeds are just starting to brown, about 20 to 25 minutes, stirring after 10 minutes so they toast all over. Remove the tray from the oven and let the seeds cool on the tray. Use a spatula to scoop up the seeds and display in a favorite bowl. Enjoy right away or keep for a few days in an airtight container.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Recipe Notes:

Sweet Pumpkin Seeds – omit or reduce the salt and toss with cinnamon, allspice, nutmeg or other ‘sweet’ spices. Toss well to coat evenly then roast the seeds on a parchment-lined baking sheet for 10 to 15 minutes. Toss and cook for another 10 to 15 minutes.

Hot Pumpkin Seeds – Toss the seeds with a little siracha or chili flakes. A little cumin might be nice, or curry powder. Roast as with sweet seeds.

Savory Pumpkin Seeds – Add herbs, such as chopped rosemary, dried oregano, and/or spices such as smoked paprika, chili powder, or cumin to the seeds before roasting. Check carefully to be sure the herbs and spices aren’t browning too quickly. If so, roast at a slightly lower heat.

21 Day Spring
MELTDOWN



JUICE & SMOOTHIE RECIPES





TIPS FOR JUICING

WATCH THE SUGAR! We are trying to detox from sugar, so make your juices at least 70% low sugar vegetables and no more than 30% high sugar ingredients. Low sugar vegetables are leafy greens (like kale, spinach, arugula, beet greens, collard greens, herbs, etc.), cruciferous vegetables (such as broccoli, cauliflower, asparagus, cabbage, etc.), celery, cucumbers, bell peppers, onions, radishes, tomatoes and zucchini. High sugar ingredients are fruits (apples, oranges, grapefruit, melon, peaches, pears, etc.) and starchy vegetables (such as beets, carrots and sweet potatoes).

GO GREEN BABY! Green apples have less sugar than other varieties, so use these to sweeten your detox juices. If you have a favorite juice recipe that has several high-sugar ingredients (such as carrot-apple-ginger-beet), just balance it out with a green juice for the next choice!

BALANCE THE BITTER! Many ingredients in detox juices are highly alkaline (such as celery and kale), which can taste very bitter. Use small amounts of lemon juice, ginger or garlic to balance the bitter taste of alkaline vegetables. Don't use them all at once! Half of a lemon, an inch of garlic root OR a few cloves of garlic are generally all that is needed.

ORGANIC, PLEASE! Most of us are on a budget, and (hopefully!) part of that budget is reserved for organically grown foods. Here is the place to splurge on the organic varieties over the conventional. At the very least, it is strongly advised to buy organic leafy greens (kale, spinach, etc.) for juicing. These vegetables have a large surface area and can collect lots of pesticides if conventionally grown.

BENEFICIAL OILS OPTIONAL! For increased nutrient absorption and even more health benefits, consider adding a tablespoon of organic oil to your juice. Coconut oil, extra virgin olive oil and flaxseed oil are excellent choices. These oils help your body absorb nutrients from the juice while providing heart-healthy fatty acids. Don't overdo it! Limit this addition to no more than two juices per day. Rotate the oils – use coconut oil one day and olive oil the next!

EXPERIMENT, HAVE FUN! If you are new to juicing, green juices may be shocking to your palate. Do what you can, but don't force yourself to gulp down something you hate. Juicing should be an enjoyable way to enhance your health and experience foods and flavors in a new manner. Don't let any of these guidelines inhibit you from trying a new juice recipe – all juices containing a mix of fresh vegetables and fruits will provide healthful nutrients to your body!

• Juicing is an incredibly popular way to detox, and with good reason. Juices from fresh fruits and vegetables are rich in vitamins, minerals and nutrients and are easily digested by the body. Starting your 21 Day Spring Meltdown with a 3 day juice cleanse (one juice per day) will accelerate detoxification and prepare your digestive tract to absorb all of the beneficial nutrients to follow during your detox!



JUICING

PINK POM!

- 1 large apple
- 1/2 thumb ginger root
- 1/2 lemon
- 1 large orange
- 1 pomegranate

Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/pink-pom-118>

DETOX GREEN JUICE

- 2 stalks celery
- 1 bunch kale leaves (preferably lacinato)
- 1 green apple
- 1 big handful of flat leaf parsley
- 1 lime
- 1 lemon
- 1 inch of fresh ginger root
- 1 tbsp organic coconut oil (optional, for additional health benefit)

Directions:

Process all ingredients through juicer.
Pour in melted coconut oil, if using.

Shake or stir and serve.





JUICING

FENNELICIOUS

- 2 medium apples
- 1 fennel bulb (with fronds)
- 1/2 thumb ginger root
- 1/2 lemon
- 1 orange (peeled)
- 10 peppermint leaves

Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/fennelicious-103>



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

ORIGINAL V-8 RECIPE

- 1/2 medium bell pepper
- 2 large carrots
- 3 large celery stalks
- 1/2 cucumber
- 2 handfuls parsley
- 1 cup spinach
- 3 medium tomatoes

Directions:

Process all ingredients through juicer. Shake or stir. Serve over ice (if desired)

Recipe: <https://juicerecipes.com/recipes/original-v-8-recipe-17>



JUICING

THE FOG CUTTER

- 2 medium apples
- 1/4 head, small cabbage (red)
- 4 medium carrots
- 1/2 thumb ginger root
- 1 lemon
- 4 handfuls of spinach

Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/fog-cutter-81>



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



Recipe: <http://www.mindbodygreen.com/0-18335/13-detox-juices-to-drink-yourself-clean.html>

CARROT CLEANSER

- 4 carrots
 - 1 cm fresh ginger
 - 1 green apple
 - 1/2 lemon
- Green Treat:**
- 2 stalks celery
 - 1/2 cucumber
 - 1 kiwi fruit
 - 1/2 lemon
 - 1/2 cup parsley
 - 1/2 cup sprouts

Directions:

Process all ingredients through juicer. Shake or stir. Serve over ice (if desired)



TIPS FOR SMOOTHIES

Smoothies are incredibly easy to make and clean up, and modern products are making it even easier!

The modern kitchen is more likely to be equipped with one of these blending products than a juicer, making smoothies a very popular alternative to juicing. Unlike juices, smoothies contain all of the fiber from the fruits and vegetables from which they are made.

KEEP IT SIMPLE! There are three basic components to any detox smoothie:

- Greens (such as kale, spinach, chard, celery, cucumber, etc.) provide vitamins, minerals, fiber and chlorophyll, a powerful detoxifying component of plants.
- Liquid (such as water, green tea, coconut water, or almond milk) is used to thin out the smoothie.
- Fruit balances the greens, adds vitamins, minerals and fiber, and enhances the texture. Fruit may be fresh or frozen.

THE FREEZER IS YOUR FRIEND! You may find it convenient (and less expensive) to buy frozen fruits. A handful of frozen mixed berries, frozen diced mango or pineapple, or any other frozen chopped fruit is about half of a cup. The frozen fruit will be cooling and add a creamier texture to your smoothie!

ADD SOME PIZAZZ! There are many additions you may sneak into any smoothie to increase the nutrient content. Try one at a time to keep from getting overwhelmed!

- Half of an avocado will boost vitamins, minerals and healthy fats while providing a creamy texture.
- Nuts, such as almonds, almond butter, and flax meal will increase fiber, mineral and healthy fats in your smoothies.
- Cilantro, mint, fennel, watercress or arugula can add a little spice!
- Spirulina packs protein and chlorophyll, a powerful detoxification agent!
- Raw cacao powder adds a chocolaty flavor, plus essential minerals like magnesium. Try some with almond butter for a heavenly post-workout recovery shake!
- A tablespoon of organic oil, such as coconut, extra virgin olive oil or flaxseed oil, will provide healthy fats and help your body absorb more of the nutrients in the smoothie. This addition is most beneficial if you are using water or tea as your liquid, as almond milk already contains beneficial fats.
- PhysX Protein powder is an excellent addition to your post-workout recovery shake!

EXPERIMENT, HAVE FUN! Don't let these guidelines keep you from trying something new! As long as you make sure your smoothies contain some vegetables, some fruit, non-dairy base and no added sugar, you can't go wrong. If you do have a smoothie that doesn't comply, just have a green smoothie next time to balance out. Be realistic! Don't try to force yourself to drink a smoothie that you really don't like – this should be an enjoyable way to get your nutrients!



SMOOTHIES



KIWI APPLE

- 1 1/2 oz collard greens
- 1 kiwi - peeled
- 1 persian cucumber - chopped
- 1 apple - chopped
- 1 meyer lemon - peeled
- 1/2 inch ginger
- 1 cup water
- 1 cup ice

Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/kiwi-apple-detox-smoothie>



CRANBERRY ENERGY

- 1 & 1/2 oz swiss chard
- 1 apple – chopped
- 3 oz cranberries
- 1 tbsp hemp seed
- 1 tsp lucuma powder
- 1 cup almond milk
- 1 cup ice

Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/cranberry-energy>



SMOOTHIES



SPICED APPLE

- 1 & 1/2 oz baby spinach
- 1 apple – chopped
- 1 pear – chopped
- 1 tsp cinnamon
- 1 tbsp flax seed
- 1 cup water
- 1 cup ice

Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/spiced-apple>



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



BELLY SOOTHER

- 1 cup papaya
- 1 cup coconut kefir, coconut yogurt or cultured coconut milk Juice from ½ lime
- 1 tbsp raw honey

Directions:

Blend everything together until you reach a smoothie consistency.

Treat your tummy to a healthy dose of probiotics, found in tangy kefir.

Recipe: <http://www.prevention.com/food/25-delectable-detox-smoothies/slide/7>



SMOOTHIE

SPICY PINAPPLE DETOX

- 1+ cup water
- 1 banana (ideally frozen)
- 1 cup pineapple chunks
- 1 tablespoon fresh ginger
- 2 tablespoons lemon juice
- 1-2 dashes cayenne pepper
- 1 tablespoon flaxseed (optional)
- 1 teaspoon maca powder

Directions:

Start with 1 cup of water and add a little more if the smoothie is too thick.

Blend everything together until you reach a smoothie consistency.

Reserve 2 tablespoons of pineapple, diced, for a garnish. Ideally, start with frozen banana and frozen pineapple chunks. You can use fresh banana or pineapple, but the texture won't be quite as creamy as if frozen.

Top with the diced pineapple and a few pinches of cayenne pepper.



Recipe: <http://www.oneingredientchef.com/pineapple-detox-smoothie/>

21 Day Spring
MELTDOWN



SYMPTOM	DATE/BEFORE	DATE/AFTER	DIFFERENCE
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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

0 = Never

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

21 Day Spring
MELTDOWN



SYMPTOM	DATE/BEFORE	DATE/AFTER	DIFFERENCE
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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, gum, 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

0 = Never

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe