MIKE DUFFY'S PERSONAL TRAINING

14 Day





FAT FURNACE



Instruction Manual

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A Rapid, 14 Day Fat Loss Program

MikeDuffysPT.com

"Even though we were a beta group, the new diet did help and change my body image in a week . . . I'm fortunate for the experience and new recipes. Thanks!" KR Oceanport, NJ

A Note From My Favorite Nutritionist . . .

"Exercise is king. Nutrition is queen. Put them together and you've got a kingdom."—Jack LaLanne

Our bodies' nutritional needs are not static; your body is a dynamic homeostatic system that always is in flux, attempting to heal and regulate itself, while trying to achieve a healthy balance and adjust to your emotional, physical and environmental conditions. At the end of the day nutrition is a science so if you aren't working with someone who understands how to get to the root cause of your hormonal imbalances, as well as your nutritional deficiencies and individual needs, you will just stay on the diet merry go round for another few years, feel tired and stay fat and unhealthy.
All of the nutrition coaches working with you through this program have been trained to assess underlying lifestyle factors, biochemical individual needs, metabolic type, blood type, stress levels, digestive health, sleep patterns and overall nutritional goals.
Weight gain is a gradual process as is fat loss….Consider fat loss to be a side effect or extra bonus for being healthy. If you want to achieve lifestyle changes and keep that weight that you lost well lost for a good portion of your life then ALL aspects of health must be addressed: this includes digestion, hormonal balance, nutritional status, food allergies, emotional issues and genetic tendencies.
Macro-nutrients : calories represent the amount of energy that is found in food. Caloric needs can change day to day, depending on your activity level, age, gender and fitness goal.
Calories are mainly broken up into 3 main groups or MACRONUTRIENTS:
Proteins: protein helps to build and repair muscle tissue, as well as make hormones, enzymes and act as transporters in the body. 4 calories per gram. Main sources include meat, fish, poultry, full fat dairy products (goat or sheep only!), eggs and nuts.

Fats: fats are important for brain health (in fact 70% of our brain is made up of fat) blood sugar regulation, hormone creation and cell membrane health. Every single cell in our bodies are made up of fat, or phospholipids. 9 calories per gram. Main sources include olive oil, nuts, avocados, nut and seed butters, grass-fed butter, coconut oil, ghee, and whole eggs.

Carbohydrates: carbs are made up sugars, which provide a main source of energy to your body. Your brain runs almost exclusively on glucose or sugar. Carbohydrates are mainly broken up into two categories, simple carbs (made of just one or two sugar molecules) or complex carbs (made up of sugar molecules strung together). Complex carbs will generally have more fiber, but most carb sources should come from low sugar fruits, such as berries (once the program is over), or vegetables. If you are more in a maintenance phase you can add in gluten free grains such as quinoa, rice, teff, paleo breads made from coconut flour, sweet potatoes and tubers

Why your diet is making you fat—
Let's be clear, we don't have a problem with weight loss! People lose weight all the time, they diet, they drop 20 pounds in a month, they get shredded for a show, wedding, vacation etc…**losing the weight isn't the hard part necessarily….our problem is actually keeping the weight off!**
Weight loss is a byproduct of being healthy—
It will come eventually, but first you must heal from a cellular and hormonal level. Bouts of yo-yo dieting or conventional dieting philosophies might make you *look* good for some short time, but looking, feeling and being physically (and even mentally) healthy are completely different things. It is also important to note that depending on the source of the calorie and the type of calorie (100 calories of eggs vs 100 calories of whole wheat bread) vary in how likely they are to be stored as body fat.

Different types of food (different source of calories) elicit different hormonal responses in the body. Hormones, at the end of the day, function (and dysfunction) together—so weight gain or chronic feelings of tiredness, or constant hunger—are often a sign of hormonal dysfunction and miscommunication. Some foods tell your body to store

fat, some foods tell your body to burn fat, some foods tell your body to keep eating etc….we want to eat foods that send out fat burning, energy making, feel good hormones!
The key is to eat smarter, not necessarily less all of the time. Through this program we intend to teach you the principles of becoming more of an educated eater and well informed consumer of all things nutrition and wellness.
Take home tips:

Eat whole real foods in their most natural state…you should be able to identify where things came from on your plate most of the time

If it's made in a processing plant try and keep it to a minimum

If it comes from a plant or the ground go at it

If you can't pronounce it your body can't digest it

You should be able to list the ingredients from your meal….what's the ingredient in rice…*rice*….what's the ingredient in turkey breast..*turkey*….what ingredients are in your hundred calorie snack??? Uhhh???

If you eat something and it makes you feel like crap chances are it doesn't sit well with your body so maybe don't eat it all the time and see if it's an underlying food intolerance

How do you feel after you eat…better or worse? Food is information for your cells and energy for your body… food should make you feel energized and satisfied, not bloated, tired and sick

What's the difference between a diet and a meal plan?
A *diet* is designed for a short term goal to be reached….*example*- I want to lose 20 pounds by June 1st for a wedding. This isn't necessarily a bad thing, but you should understand that this is intended to focus solely on short term goals, and often many people don't keep up with the nutritional an lifestyle practices that they followed so strictly for X amount of time.
a meal plan is designed to keep your lifestyle and nutrition goals in mind for the long run! A meal plan is based off your individual biochemistry, needs and goals. Building a meal plan tailored specifically for you will help address factors such as toxic load, stress levels, sleep patterns, dietary preferences, hormonal dysfunction, digestive health and health history. This is something you might want to consider after this challenge is over so you can continue to learn about your body's individual needs and continue to tweak your goals.
No two people will need the same exact amount nor prefer the same types of foods. You and your nutritional, caloric and hormonal needs are unique, can and most likely will change, even on a day-to-day basis. Nutrition is not static, have you ever stayed on the same exact workout routine for 16 weeks straight…negative so why would your nutritional needs be any different? Talk to your nutrition coach to find out how you can take your nutrition, health and lifestyle to the absolute zenith and look and feel better than you ever have!



Brianna Diorio
Clinical Nutritionist
Holistic Lifestyle Coach
Certified Personal Trainer

IMPORTANT! Please Read Before Continuing

This manual is for Mike Duffy's Personal Training **14 Day Fat Furnace Participants** only. Please do not share this manual or any part of it with anyone. It is part of a complete program that includes personal training, boot camp classes, cardiovascular training, email and text correspondence, educational emails and most importantly our Nutrition Plan. In order to be able to understand and use this manual properly you will have needed to attend the seminar(s) that correspond with this program or meet with one of our Nutrition Counselors. These seminars and nutrition counselor meetings are for the sole purpose of instructing participants on how to use this manual properly. We value our proprietary information and have worked very hard over the years formulating it.

All rights reserved. No portion of this program manual may be reproduced or transmitted in any form or by any means, electronic or mechanical including fax, photocopy, recording, or any information storage and retrieval.

DO NOT FOLLOW THIS PROGRAM IF YOU ARE PREGNANT OR BREASTFEEDING. If you are pregnant or breastfeeding please consult with us for a more appropriate nutrition plan.

Disclaimer

This program manual is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions. The author shall not be held liable or responsible for any misunderstanding or misuse of the information contained in this program manual or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any food or food source discussed in this program manual. The statements in this program manual have not been evaluated by the U.S. Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Beginner Workouts:

If you are a beginner or have not exercised consistently over the past 6 weeks you will need to take a slower approach to working out. Beginners who workout too often or too intensely right off the bat will most likely incur a "too much - too soon" overuse injury or worse. That old back, knee or shoulder injury will reassert itself and that is not what we want to see happen to you. Start slowly, take your time and let the nutrition plan do the bulk of the work for you at the start. As you begin attending classes consistently you will build up your stamina and will be able to increase the amount of days and the intensity in which you workout. Over time your workout intensity and frequency will increase in a safe manner. Here are some suggestions on how to ease into an exercise program:

When participating in a boot camp class, exercise at your own pace, don't try to keep up with more experienced exercisers. For example, our instructors might ask you to do jumping jacks for 1 minute. Our experienced exercisers might do 100 jumping jacks in a minute while you might only do 10-that is fine, you will eventually do more and more each class. In addition, you might do jumping jacks for only 20 seconds and stop-that is also fine. Eventually you will be able to do 30, 40, 50 and 60 seconds. Just work at your own pace and build up at a rate you can handle.

Other options would be to attend the 60 minute boot camp class and to avoid over exerting yourself either:

- Leave the class early and try to stay a few minutes longer the next class. Keep doing this until you can last the whole 60 minute class.
- Leave the class early and jump on a treadmill and just walk until the class is over (or stop earlier if you are too tired).
- If boot camp classes are too intense you can use our treadmills, bikes, rowers and elliptical trainers anytime during the 14 day program. Start with 10-20 minutes and work up to 60 minutes over time.

WARNING: If at any time you become lightheaded, dizzy, nauseous or have difficulty breathing STOP IMMEDIATELY and alert your instructor.

Program Outline

	Meal Composition	Notes
Day 1	Proteins & Fats	1 Green Salad at Lunch
Day 2	Proteins & Fats	1 Green Salad at Lunch
Day 3	Proteins & Fats	1 Green Salad at Lunch
Day 4	Proteins & Veggies	No Fats
Day 5	Proteins & Fats	1 Green Salad at Lunch
Day 6	Proteins & Veggies	No Fats
Day 7	Proteins & Fats	1 Green Salad at Lunch
Day 8	Proteins & Veggies	No Fats
Day 9	Proteins & Fats	1 Green Salad at Lunch
Day 10	Proteins & Veggies	No Fats
Day 11	Proteins & Fats	1 Green Salad at Lunch
Day 12	Proteins & Veggies	No Fats
Day 13	Proteins & Fats	1 Green Salad at Lunch
Day 14	Proteins & Fats	1 Green Salad at Lunch

Workouts:

- Personal Training Classes 3-4 per week or Cardio 3-4 (30-60 minute sessions) per week
- One on One Personal Training Sessions 2 x per week (30 or 60 minutes)
- Perform Cardio for 20-30 minutes directly after your one on one Personal Training session

Protein & Fat Days:

	Protein & Fat Meal Examples
Breakfast	Eggs cooked in butter with Goat Cheese (or 1-2 selections from the Protein List and 1-2 selection from the Fats List)
Snack # 1 (optional)	Protein Shake with Almond Butter, or 2-3 hard boiled eggs, or 1 can Tuna Fish with Apple Cider or Unseasoned Rice Vinegar, 1 serving of Nuts or Nut Butter. Keto Coffee, **Fat Bombs, Low Carb Cereal**
Lunch	Beef Burgers with Sliced Avocado over a Baby Spinach Salad with Olive Oil & Apple Cider or Unseasoned Rice Vinegar (or 1-2 selections from the Protein List and 1-2 selections from the Fats List)
Snack # 2 (optional)	Protein Shake with Almond Butter, or 1-3 hard boiled eggs, or 1 can Tuna Fish with Apple Cider or Unseasoned Rice Wine Vinegar, 1 serving of Nuts or Nut Butter. **Fat Bombs, Low Carb Cereal**
Dinner	Pecan encrusted Grouper sautéed in Coconut Oil (or 1 selection from the Protein List and one selection from the Fats List)

Serving Sizes:

When it comes to protein serving sizes your hand is your guide. All proteins (except eggs) are measured as the size and thickness of your palm. This would be approximately 3 ounces for a female palm size and 4 ounces for a male palm size. 1 palm of protein equals 1.5 eggs for females and 2 eggs for males.
With respect to Fats, serving sizes are measured in Tablespoons for oils, butter, ghee, seeds, goat cheese and nut butters. Serving sizes for Nuts are 1/2 a palm size. It is best to stick with dark meats such as red meat, bison, salmon and the dark meat of chicken and turkey on this day. However light meats are fine also.

	Protein & Fat Serving Sizes
Breakfast	2-3 Palms Protein + 1-2 Fat Servings
Snack # 1 (optional)	1 Palm Protein + 1 Fat Serving, 2 Palms Proteins, 2 Fats Or Protein Shake,
Lunch	1-2 Palms Protein + 1-2 Fat Servings **+ 1 Hand of Green Salad**
Snack # 2 (optional)	1 Palm Protein + 1 Fat Serving, 2 Palms Proteins, 2 Fats Or Protein Shake
Dinner	1-2 Palms Protein + 1 Fat Serving

Notes for Protein & Fat Day:

Food Preparation: You can use butter or oil to cook your eggs. You will need to sauté, grill, broil, poach, roast or bake your proteins. Use spices to season your foods.

One Salad a Day: You are allowed one hand size serving (almost unlimited height) of salad (lettuce greens only, ie., baby spinach, romaine, arugula, mesclun or kale) for lunch only on this day. Use an olive oil based dressing with apple cider or unseasoned rice vinegar, salt, pepper and dried herbs.

Protein Shakes: Food is always the best choice but we understand that not all of our clients can eat 5 meals a day because of work situations. If this is the case, instead of skipping important snacks, we want you to have protein shakes in between meals. Blend them both up the night before, put them in a thermos and drink them between meals the following day. Anyone can take 2 minutes out of their day to drink their shakes-DO NOT SKIP MEALS OR SNACKS!

Basic Protein Shake Recipe (1 shake): 1 –1.5 scoops of approved protein powder, 1 tablespoon of almond butter, peanut butter or flaxseed oil, 8-16 ounces or more of water and ice.

Fluids: We would like you to drink about 1/2 your body weight in ounces of fluids a day with most of it coming from spring water. You can have unsweetened herbal teas (hot or cold), black or green tea (hot or cold) and unflavored club soda or sparkling water. Hint Water and Hint Fizz are also allowed. You can also have no more than one cup of coffee per day. You could put heavy cream in your coffee or even use "Keto" Coffee on this day.

You should try to stick to darker meats these days such as Buffalo (Bison), Beef, dark meat of chicken, dark meat of turkey, Salmon, etc. Yes you can have the lighter fish or white meat of poultry but darker meats are better for Protein & Fat days.

14 Day Fat Furnace
Protein Fat Day Food List

Allowed Proteins	Allowed Proteins	Allowed Fats	Allowed Fibrous Carbs (Vegetables)
Beef		**Fats**	***LUNCH ONLY***
Filet Mignon	Branzino	Butter	***SALAD GREENS***
Flank Steak	Catfish	Ghee	
Ground Beef	Clam	**Oils**	Arugula
Hanger Steak	Crab	Almond	Baby Spinach
London Broil	Eel	Avocado	Mesclun
Porterhouse	Grouper	Coconut	Romaine
Rib Eye	Lobster	Cod Liver	Mixed Field Greens
Skirt Steak	Mussels	Flaxseed	Kale
Strip Steak	Orange Roughy	Olive	Dandelion Greens
etc.	Oyster	Peanut	Water Cress
	Sardines	Sesame	
Bison	Scallop	Sunflower	
Bison Burgers	Shark	Walnut	
Bison Steaks	Shrimp		
	Snail	**Nuts and Seeds**	
Poultry	Squid	Almond	
Chicken	[illegible]	Brazil	
Ground, Sliced, All Parts		Cashew	
	Other Proteins	Chestnut	
Turkey	Eggs	Flaxseed	
Ground, Sliced, All Parts	Goat	Hazelnut	
	Lamb	Macadamia	
Cornish Hen	Liver	Peanut	
Duck	Veal	Pecan	
Ostrich	Venison	Pine	
		Pumpkin	
Fish & Seafood	**Protein Powders**	Sesame	
Anchovy		Sunflower	
Bass	Egg White	Walnut	
Bluefish	Pea	etc.	
Carp	Rice		
Cod	Whey	**Nut Butters**	
Halibut		Almond	
Mahi Mahi	**Approved Brands**	Cashew	
Perch		Macadamia	
Pike	Dream Protein	Peanut	
Salmon	Jay Robb Protein	Pecan	
Scrod	Plant Fusion	Sunflower	
Snapper	Pure Green Protein	Tahini (Sesame)	
Sole	Raw Organic Vegan		
Swordfish	Sun Warrior Protein	**Other Fats**	
Trout	Vega	Avocado	
Tunafish			

Mike Duffy's Personal Training 2015

Protein & Veggie Days:

	Protein & Veggie Meal Examples
Breakfast	Hard boiled egg whites over a chicken burger with grilled peppers, tomatoes & onions. (or 1-2 selections from the Protein List and 1-2 selections from the Veggies List)
Snack # 1 (optional)	Protein Shake with water & ice, you can add greens if you want. Or a can of tuna, chicken or turkey over small salad (Apple Cider or unseasoned rice vinegar only). Juiced Veggies w/green protein.
Lunch	Grilled Turkey Burgers with Grilled Asparagus (or 1-2 selections from the Protein List and 1-2 selections from the Veggies List)
Snack # 2 (optional)	Protein Shake with water & ice, you can add greens if you want. Or Juiced Veggies with Green Protein or a can of tuna, chicken or turkey over small salad (Apple Cider or unseasoned rice vinegar only).
Dinner	Broiled Blackened Halibut with Steamed Broccoli. (or 1-2 selections from the Protein List and 1-2 selections from the Veggies List)

Serving Sizes:

When it comes to protein serving sizes, your hand is your guide. All proteins (except eggs) are measured as the size and thickness of your palm. This would be approximately 3 ounces for a female palm size and 4 ounces for a male palm size. 1 palm of protein equals 5 Egg Whites for females and 7 Egg Whites for males. With respect to veggies, serving sizes are measured in fists. ***You can "trade in" a fist of veggies for a Hand of Salad anytime. Salad Hands are of almost unlimited height.***

	Protein & Veggie Serving Sizes
Breakfast	1 Palm Protein + 3 Fists of Veggies **OR** 2 Palms Protein + 2 Fists Veggies **OR** 3 Palms Protein + 1 Fist Veggies
Snack # 1 (optional)	1 Palm Protein + 1 Fist of Veggies or 1 Hand Salad Or Protein Shake
Lunch	1 Palm Protein + 2 Fists of Veggies **OR** 2 Palms Protein + 1 Fist of Veggies
Snack # 2 (optional)	1 Palm Protein + 1 Fist of Veggies or 1 Hand Salad Or Protein Shake
Dinner	1 Palm Protein + 2 Fists of Veggies **OR** 2 Palms Protein + 1 Fist of Veggies

Notes for Protein & Veggie Day:

Food Preparation: You will need to grill, broil, poach, roast or bake your proteins on this day. Use spices to season your foods. Eggs will have to be hard boiled, soft boiled or poached and you will only be able to eat the whites. Your veggies should be eaten raw, baked, roasted or steamed. Salad dressings can be made with fresh lemon, apple cider or unseasoned rice vinegar, mustard, salt, pepper and dried herbs.

Protein Shakes: Food is always the best choice but we understand that not all of our clients can eat 5 meals a day because of work situations. If this is the case, instead of skipping important snacks, we want you to have protein shakes in between meals. If you are super busy blend them both up the night before, put them in a thermos and drink them between meals the following day. Anyone can take 2 minutes out of their day to drink their shakes-DO NOT SKIP MEALS OR SNACKS!

Basic Protein Shake (Protein Only -1 shake): 1 –1.5 scoops of approved protein powder, 8-16 ounces or more of water and ice Or
Basic Protein/Veggie Drink - 1/2—1 scoop green protein powder, 2-3 hands of veggies, 1/2—1 cup of water. This is basically juiced veggies with green protein powder added.

Fluids: We would like you to drink about 1/2 your body weight in ounces of fluids a day with most of it coming from spring water. You can have unsweetened herbal teas (hot or cold), black or green tea (hot or cold) and unflavored club soda or sparkling water. You can also have no more than one black coffee per day. Hint Water and Hint Fizz are also allowed.

It is best to stick with lean protein sources such as egg whites, chicken breast, turkey breast and white fish such as tuna, flounder, halibut, cod, sole, orange roughy, etc. on this day.

14 Day Fat Furnace
Protein eggie Day Food List

Allowed Proteins	Allowed Proteins	Allowed Fibrous Carbs (Vegetables)
Beef		Artichoke
Filet Mignon	Branzino	Arugula
Flank Steak	Catfish	Asparagus
Ground Beef	Clam	Bamboo Shoot
Hanger Steak	Crab	Beets
London Broil	Eel	Beet Greens
Porterhouse	Grouper	Bok Choy
Rib Eye	Lobster	Broccoli
Skirt Steak	Mussels	Broccoli Rabe
Strip Steak	Orange Roughy	Carrot
etc.	Oyster	Celeraic
	Sardines	Celery
Bison	Scallop	Chervil
Bison Burgers	Shark	Chicory
Bison Steaks	Shrimp	Collard Greens
	Snail	Dandelion Greens
Poultry	Squid	Eggplant
Chicken		Endive
Ground, Sliced, All Parts		Escarole
	Other Proteins	Fennel
Turkey	Egg Whites	Kale
Ground, Sliced, All Parts	Goat	Kelp
	Lamb	Kohlrabi
Cornish Hen	Liver	Lettuce (no Iceberg)
Duck	Veal	Mushroom
Ostrich	Venison	Okra
		Onion
Fish & Seafood	**Protein Powders**	Parsnip
Anchovy		Peppers
Bass	Egg White	Pumpkin
Bluefish	Pea	Radicchio
Carp	Rice	Radish
Cod	Whey	Seaweed
Halibut		Spinach
Mahi Mahi	**Approved Brands**	Swiss Chard
Perch		Turnip
Pike	Dream Protein	Rutabaga
Salmon	Jay Robb Protein	Scallions
Scrod	Plant Fusion	Shallot
Snapper	Pure Green Protein	Squash
Sole	Raw Organic Vegan	Tomato
Swordfish	Sun Warrior Protein	Water Chestnut
Trout	Vega	Water Cress
Tunafish		Zucchini

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14 Day Fat Furnace
Sample Daily Menus

Meal	Proteins & Fats	Proteins & Fats	Proteins & Veggies	Proteins & Veggies
Breakfast	Eggs Scrambled 1 T Butter 1 T Goat Cheese	Skirt Steak with Guacamole	Grilled Turkey Burger Grilled Peppers, Tomatos, Onions	Baked Egg Whites with Chopped, Peppers, Tomatoes, Onions, Garlic, Paprika, Sea Salt
Snack	**Protein Shake** 1 Scoop Protein Powder 1 T Almond Butter Blended with water & ice	**Faux Deviled Eggs** 2-3 Hard Boiled Eggs (mash yolks with mustard &/or avocado & re-stuff, sprinkle with Paprika)	**Protein Shake** 1 Scoop Protein Powder 1 fist Greens Blended with water & ice	Chicken Burger over Romaine Lettuce Unseasoned Rice Vinegar, Spices
Lunch	Beef Burger 1/4 Avocado Served over Baby Spinach with apple cider vinegrette	Dark Chicken Meat w/skin over Mesclun greens with mustard vinegrette	Roasted Chicken Breast Roasted Asparagus	Ground Turkey & Chicken Sauted in Tomato Sauce, Chili Powder, Spices served in a Yellow Pepper (stuffed)
Snack	2-3 hard boiled eggs	**Protein Shake** 1 Scoop Protein Powder 1 T Peanut Butter Blended with water & ice	Tuna over Small Arugula Salad Apple Cider Vinegar, Sea Salt, Pepper, Fresh Lemon & mustard	**Protein Shake** 1 Scoop Protein Powder 1 fist Greens Blended with water & ice
Dinner	Pecan encrusted Grouper sauted in 1 T coconut oil	Baked Salmon with Pesto Sauce	Grilled Shrimp & Scallop Kabobs (shrimp, scallops, peppers, onions, mushrooms, cherry tomatoes)	Grilled Grouper Grilled Yellow & Green Zucchini

Approved Salad Dressings



A Salad Dressing for ALL Blood Types

Creamy Lemon Garlic Salad Dressing
(2 Tablespoons = 1 Fat Serving)

- 1 Large Garlic Clove
- 3/4 Cup Olive Oil
- 3 Tablespoons Fresh Lemon Juice

** Combine all ingredients in a blender*

A Salad Dressing for ALL Blood Types

Horseradish Dressing
(2.5 Tablespoons = 1 Fat Serving)

- 1/4 Cup Fresh Finely Grated Horseradish
- 1/4 Cup Olive Oil
- 2 Tablespoons Fresh Lemon Juice
- 1 Tablespoon Fresh Basil
- Sea Salt to Taste

Italian Garden Herb Dressing

- ¼ cup fresh chopped oregano & basil
- ½ cup olive oil
- ½ cup ACV or Juice of 2 Lemons
- Sea salt & pepper to taste

Tex-Mex Garden Herb Dressing

- ¼ cup fresh chopped Cilantro
- ½ cup olive oil
- ½ cup ACV or Juice of 2 Lemons
- Sea salt & pepper to taste

French Dressing

. ⅓ cup vegan or no--sugar ketchup
. 2 tsp paprika
. ½ cup liquid coconut oil
. ½ cup ACV or Juice of 2 Lemons
. Sea salt & pepper to taste

French Bistro Garden Herb Dressing

- ¼ cup fresh chopped Thyme & Basil
- ½ cup olive oil
- ½ cup ACV or Juice of 2 Lemons
- Sea salt & pepper to taste

Basic Apple Cider Vinaigrette

- ½ cup ACV or Juice of 2 lemons
- ½ cup olive oil
- 2 cloves garlic, very finely chopped
- Sea salt and pepper to taste

Ginger Sesame Dressing

. 1-2 tbsp fresh grated ginger
. 2 cloves fresh chopped ginger
. 1 tbsp sesame seeds
. ¼ cup olive oil
. ¼ cup sesame oil
. ½ cup ACV or Juice of 2 Lemons
. 3 tbsp Braggs Amino Acids

Dijon Vinaigrette Dressing

- ¼ cup ACV or Juice of 1 Lemon
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped shallot
- ¼ teaspoon sea salt
- Pinch pepper
- ½ cup extra virgin olive oil

Coconut Ranch Dressing

- ½ cup coconut cream
- ½ cup fresh chopped herbs (garlic, dill, parsley, chives)
- ¼ cup liquid coconut oil
- ½ cup ACV or Juice of 2 Lemons
- Sea salt & pepper to taste

Protein/Fat Day– All Salad Dressings above are ok
Protein/Veggie Day– You must substitute fresh lemon juice for Olive oil and keep the ACV in on all recipes

**** Serving sizes are 3 Tablespoons = 1 fat serving***

Healthy Fats- Oils, Butter, Alternative Dairy etc.	Serving Size
Coconut Butter	1 T
Coconut Oil	1 T
Olives	4 Large or 6 small
Olive Oil	1 T
Avocados	1/2
Avocado Oil	1 T
Butter-grass fed, Irish or organic	1 T
Ghee	1 T
Mayonaise-Paleo, Primal, Soy Free Veganaise, Avocado or olive oil mayo)	1 T
Primal Salad Dressings	2 T
MCT Oil	1 T
Flax Oil	1 T
Goat, Sheep or Buffalo Cheeses	1-2 oz
Heavy Cream	2 T
Coconut Milk (full fat)	1/4 Cup
Organic Bacon	2 Slices
Organic chicken, turkey or regular sausage	2 Links



This is a list of healthy fats that can be used on a Ketogenic eating program. An individual serving size is listed for each food.

Healthy Fats- Raw Nuts & Seeds.	Serving Size
Brazil Nuts	3-4
Walnuts	5-6 Whole
Walnut Butter	1 T
Almonds	15-20
Almond Butter	1 T
Pecans	10-15
Pecan Nut Butter	1 T
Pistachios	30
Macadamia Nuts	5-6
Macadamia Nut Butter	1 T
Cashews	9-10
Cashew Nut Butter	1 T
Peanuts	17
Peanut Butter	1 T
Pine Nuts	77
Hazelnuts	10
Tahini	1 T
Sunflower Seeds	2 T
Chia Seeds	2 T
Pumpkin Seeds	2 T
Flax Seeds	2 T
Ground Flax	3 T

Our Trump Card!
"The 2 Hour Rule"



This is how you should feel within 2 hours of a meal:

- Appetite feels satisfied (not hungry or stuffed)
- Feel emotionally balanced
- Have good mental focus
- Normal level of energy
- No cravings for sweets
- No cravings for more food

This is how you SHOULD NOT feel within 2 hours of a meal:

- Bloated
- Headache
- Anxiety
- Jittery/wired energy
- Difficulty concentrating
- Hunger is not satisfied
- Crave sweets
- Crave protein or fats
- Lethargic
- Mentally sluggish
- Heavy gut
- Feel full yet still hungry
- Crave caffeine
- Skin rash or hives
- Runny nose, itchy throat or loose cough

Text your Nutrition Counselor with any of these negative responses to the 2 Hour Rule

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Approved Protein Powders

Approved Protein Powders do not contain Casein or Soy. Some protein powders upset people's stomachs. The 2 main reasons for this is they are taking the WRONG protein powder for their blood type or they have a food sensitivity. Sensitivities can be found via the "2-Hour Rule." Try a protein powder for your blood type and then use the "2 Hour-Rule" to make sure it is good for you. Contact your nutrition counselor with any negative reaction to a protein powder. Remember, forget the experts, your body knows best!

A Blood Type:

Rice Protein, Egg White Protein, Pea Protein, Bone Broth Protein or any plant based protein powders that DO NOT contain Soy such as Marine Collagen Peptides, Plant Fusion, Vega, Vega Proteins and Greens or Natural Factors Raw Organic Vegan Protein

















B Blood Type:

Whey Protein, Egg White Protein, Rice Protein, Beef Protein or Grass Fed Beef Collagen Peptides











AB Blood Type:

Whey Protein, Egg White Protein Rice Protein or Marine Collagen Peptides









O Blood Type:

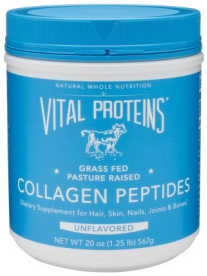
Egg White Protein, Rice Protein, Bone Broth Protein, Beef Protein or Grass Fed Beef Collagen Peptides











How do I eat once the 14 Day Program is over?

You have worked so hard to implement new nutritional habits during the past 14 days and you want to keep those new hard earned habits, you don't want go back to your old ways and wind up on another nutrition plan weeks, months or years from now. Keep in mind the reason why to started this program, set new goals and stay healthy, stay lean and continue the journey.

How you continue to eat once the 14 Day Program is over depends on what your new goals are. There are really only one of two goals to choose from:

Goal #1- I want to lose more weight– if this is the case then you should transition into our 21 Day Rapid Fat Loss Plan. This is a different nutrition plan than the 14 day Program and it will allow you to continue to lose weight. You would want to meet with a nutrition counselor to discuss the 21 Day Rapid Fat Loss Plan.

Goal #2– I am happy where I am, I feel healthy and I want to maintain my results - if this is where you are at you would want to consult with one of our nutrition coaches to discuss the Maintenance Phase of our Nutrition Plan.

Remember why you initially began this journey and make sure you continue!

"Losing weight is easy, it's keeping it off that is the hard part!"