

EAT & BE LEAN (EBL)



How to Eat for Maximum Fat Loss

EAT & BE LEAN (EBL)

This book reveals the eating strategy for those looking to burn fat, have more energy, maximize performance, correct their health, and look and feel their best. It serves as an invaluable tool you can refer to at any time to ensure that you are carrying out your strategy correctly.

If you haven't attended an EBL workshop, you can still learn the method by watching the EBL workshop digital video which complements this book.

The *ideal* approach is to learn the method live at our training center *and* use this book and the video as "take home" versions to re-enforce what you learned.

Everyone will appreciate the "Menus & Recipes" section which gives you sample meals so you can start eating your way to fat loss right away.

PLEASE READ THIS FIRST:

This information is intended for individuals free of any health challenges or pathologies. If you are suffering from any health disorder(s) it is imperative that you check with your licensed physician **FIRST** before commencing this eating strategy. You should also check with your personal physician before starting any exercise program.

If you have been diagnosed with any health disorder and would like to follow the eating method contained in this manual, you may need to follow a more customized program. Please call me so that I can guide you with this. Also if you're thinking of starting a new "diet" you can call me **FREE** of charge for my professional feedback.

Lastly, make sure you keep in contact with me. I want to know how you're progressing. Call or send in your testimonials and any "before or after" photos. I love collecting success stories.

Also make sure to call me with any questions; I'm here to help.

Joe Robaina, N.D. LMT may be reached at:

C.O.B.R.A. Defense Miami

6262 S.W.8th Street

West Miami, Fl. 33144

Tel. 800-289-8188

E-mail: medicineman@mbfitness.com

Section 1: Basic Concepts

A. Why Follow a Customized Eating Strategy?

Simply stated: You will *never* achieve your fat loss goals, regardless of how much you exercise, without the correct food strategy. Food is a powerful mediator of the hormones responsible for determining how much fat and muscle you have on your body. By following the correct eating strategy you can have your body burn its own stored body fat for fuel, 24 hours a day, even while you sleep.

If you are already exercising, following the method in this manual will greatly accelerate your fat loss efforts. While exercise burns fuel, your eating is what determines the kind of fuel you will be burning. Is it going to burn sugar for fuel, or is it going to burn body fat? You can make it burn body fat for fuel all the time by eating correctly. If it's fat loss results you're after, nothing beats following a customized eating strategy.

B. How Long Will It Take To See Results?

If you follow your strategy with a 90-100% adherence rate, you will notice positive changes in your body in only 2 weeks. Positive changes include: looser fitting clothes, more energy, more mentally alert, less water retention and perhaps a few people asking if you've lost any weight. You may also notice some weight loss (nothing major) as well if you're not exercising. If you are exercising (and you should be for maximum results)

DO NOT WEIGH YOURSELF. The next section explains this concept.

C. Weight Loss vs. Fat Loss

How much you weigh on the scale has absolutely *nothing* to do with the problem. Please read that sentence again a couple of times.

There is a big difference between weight loss and fat loss. You may lose weight on the scale by: 1. Losing lean muscle, bone, and organ tissue 2. Losing water 3. Burning fat.

Unfortunately, whenever you go on a starvation diet, your scale weight loss comes from the first two components. The stored body fat remains on your body as a protective mechanism so that you may access this stored fuel when you run out of food. This is a survival mechanism. Although the scale may say you weigh less, you actually have more fat on your body. Along with it you've also lost muscle tone since your body has actually begun to cannibalize (eat itself) it's own muscle and organ tissue. This also leads to a compromised immune system leaving

you more susceptible to illness and disease among other undesirable side effects.

Losing fat on the other hand, requires following a specific eating method that allows you to burn this stored fuel while maintaining as much lean muscle as possible. The more lean muscle you keep the faster your metabolism stays. That's exactly what the program in this manual allows you to do. The best way to ensure you maintain or increase your lean muscle tissue so that your metabolism becomes more efficient is through resistance exercise. For every pound of muscle you gain, you burn an extra 75-100 calories at rest!

Now that's efficiency! Muscle also weighs more than fat which is why if you are exercising it makes no sense whatsoever to be weighing yourself for feedback on progress. The scale would be totally inaccurate and therefore useless. While muscle does weigh more than fat, it occupies a lot less space. As is often the case, you may look like you lost 20 pounds while the scale says you only dropped five. Why? Because the scale cannot tell you how much muscle you've gained or how much fat you've lost. The best and only way to keep track of how well you're progressing is to have a complete body composition assessment (body fat measurement) taken every 2-4 weeks. You should have a professional do this for you on a monthly basis. To receive a FREE report on the importance of body fat measurement or to set up an appointment to have yours measured please call us at (800) 289 8188.

D. How Fat Are You?

This should be your only real concern, not how much you weigh on the scale. Some people as a result of being over-fat are also overweight. The emphasis however is the same. Concentrate on burning fat, not on dipping the number on the scale. Let the number on the scale fall naturally on the figure that best represents your overall body composition. That is, a number that best reflects how much lean tissue and body fat you are carrying around. The chart below illustrates the different ratings based on body fat percentages according to gender. Use it as a guide to set up your own personal body fat goals. A 12-16% for males and 16-20% for females are good goals to strive for. Please understand that attaining a certain body fat goal may not automatically equate with the attainment of a cosmetic goal. There are other factors such as body shape and genetic trouble sites that may require incorporating additional technologies to reach your goal. To learn more about this concept call (800) 267 -1599.

BODY FAT VALUES

BODY FAT	MEN'S %	WOMEN'S %
Low (Very Lean)	Under 11 %	Under 19%
Low (Lean)	11-14%	19-22%
Average	15-17%	23-27%
Fair	18-22%	28-35%
UNHEALTHY	22+ %	35+ %

E. Before Starting Your Eating Strategy

Do the following:

1. Make sure you o.k. it with your physician.
2. If you have special needs beyond fat loss or suffer from any health challenge, call our training center and set up an appointment to have your program modified to meet your needs. Call: (800) 289 - 8188
3. Make the decision that you will follow the program *consistently*.
4. Know your blood type and you should have complete blood work done to compare before and after results.
5. **Know your body fat percentage.** Remember this is a fat loss program. This is the best way to assess your progress.
6. It's a great idea to take before/after photos. Although many choose to ignore this step, we have found it to be so rewarding for our private members, we automatically include it as part of the general assessment. Do it, in a couple of weeks you'll be glad you did.
7. Keep our training center number handy in case you have any questions at any time regarding your eating strategy. You may also e-mail me at medicineman@mbfitness.com.



Measuring Your Bodyfat As Part Of A Complete Fitness Assessment Is Essential Before Commencing The Eat & Be Lean Strategy And Any Exercise Program

Section 2: Your Current Eating Habits

If you haven't done an eating strategy consultation with me, you'll want to do this step before we get into the specifics of the program. It will allow you to come back after you learn how you should be eating for fat loss and pin point exactly where you may have been going wrong. It is a very valuable exercise, so do it now. In this section you write down what a typical day is like for you in terms of daily meals. Start by writing down the time you wake up and go through an entire day of eating. Write the time of day you have each meal including all snacks. Make a note of everything including water, coffee, and diet drinks or candy you may be having between meals. Write EVERYTHING down. Note the time you go to sleep as well. If you eat differently during the weekend, pick a day that best reflects your eating pattern and outline it as well. Once you learn the formula for putting your fat loss meals together, come back and rearrange your current menus to fit your new strategy.

Typical Weekday

Wake up time: _____

Time of day **Foods you ate**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Sleep time: _____

Typical Weekend

Wake up time: _____

Time of day **Foods you ate**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Sleep time: _____

Section 3: Understanding Why You Gain Fat

DO NOT SKIP THIS SECTION!

Some of you will be tempted to skip this section and just dig into the menus. Don't do it, unless you have done the consultation with me. Understanding the fat gain mechanism will explain what you may be doing wrong with your eating and why you may not be losing fat the way you would like to. If you have done the consultation with me, refer back to this section as needed to reinforce the concept.

The 3 Macro-Nutrients

The three macronutrients that have the greatest impact on your eating strategy are:

1. Carbohydrates 2. Proteins 3. Fats

Here's what you need to know regarding each one.

Carbohydrates: Your body uses these for energy. Breads, cereals, pastas, potatoes, fruits etc. are carbohydrates. We do not classify vegetables as carbohydrates on this program. They are simply classified as such. Basically, if it wasn't flying, walking, or swimming at some point, chances are it's a carbohydrate.

Proteins: Your body uses these for building and repair. Fish, chicken, beef, and turkey are proteins. Some derivatives like eggs and cottage cheese are considered proteins as well. Cottage cheese is the only "cheese" we consider a protein due to its high protein assimilation value. All other cheeses are considered fats.

Fats: Are essential for proper hormonal function. Oils, dressings, butter etc. are fats. Animal proteins usually contain fat. You may have heard of the "good fats" called omega 3 and omega 6 fatty acids. These can be found in cold-water fish such as salmon and tuna. These can actually assist you in burning fat. The "bad" fats are referred to as trans fats. They are found in partially hydrogenated oils such as baked goods and margarine. These fats are aggressive towards your health, promote inflammation, and may play a role in the development of certain pathologies such as cancer. They are to be avoided as much as possible.

Fats also play an important role in sending a signal to the brain (via the CCK hormone) that lets you know to stop eating, you're full. You may have noticed that the food industry went through a phase where many "fat free" products were introduced at your local supermarket. From fat free chips to pound cake, consumers delighted in eating entire bags and loaves with the idea that "no fat on my lips, means no fat on my hips."

Of course, they could eat large quantities of these foods especially since the lack of dietary fat interrupted the "stop eating" signal. As dieters all over the nation found out, excess calories do count and via the mechanism you will learn about in the following discussion, you can gain fat eating "fat free" foods.

Your Blood Sugar Scale

This is a hypothetical scale representing your blood sugar (glucose) levels as "high", "medium", or "low".

When you go 7 hours without eating you are in a hypoglycemic or "low" blood sugar state. An example of this is when you first wake up in the morning after having fasted for 6-8 hours. Since you were sleeping and not eating, you wake up with low blood sugar.

The first meal of the day, which breaks your fast (breakfast), will have a direct effect on your blood sugar. Depending on what that meal consists of in terms of the three macronutrients, you will get a corresponding effect on your blood sugar levels.

Of the three macronutrients, the one that has the greatest impact on blood sugar are the carbohydrates. Carbohydrates, regardless of whether they are sweet tasting or not, end up being converted to sugar in the body. When a meal consists mainly or exclusively of carbohydrate sources it raises your blood sugar to the "high" level. An example of this would be a breakfast consisting of cereal, milk and juice or toast, coffee, and juice.

Since these meals are void of any significant source of proteins or fats, there is nothing to prevent the blood sugar from escalating. *Proteins and fats slow down the rate at which carbohydrates are converted to sugar.* Hence, they prevent rapid rises in blood sugar.

So what's the problem with allowing the blood sugar to escalate to the "high" level?

Although there are several good health reasons why you want to avoid elevated glucose levels, for fat loss, you want to avoid it because:

1. Whenever your blood sugar escalates, your pancreas secretes a hormone called insulin, which I refer to as "Pac-Man" (yes, as in the one time mega-popular arcade game). Every time Pac-man (insulin) has to take a trip to the "high" levels of the scale to "gobble" up the sugar and bring it back down to more appropriate levels, you store fat. This happens due to the activation of lipogenic or fat storing enzymes, whose job is to facilitate fat storage. The second reason you want to avoid elevated blood sugar levels is...

2. Pac-Man tends to do his job very well and “gobbles” up your blood sugar to the “low” levels. When this happens, you experience hunger. If you ignore the hunger signal (i.e. you’re too busy to eat), you may find yourself in a “grouchy” or aggressive mood. Suddenly you find yourself “snapping” at people over things you normally wouldn’t. This aggressive state is Mother Nature’s way of preparing for hunting or food gathering. If you further ignore the hunger signal and your blood sugar continues to drop you make experience a headache, hand tremors, or break into a light sweat. All of these are indicators of low blood sugar. And the worst symptom of all is that in an attempt to bring your sugar levels back up, guess which of the three macronutrients your body will be craving the most?
Of course, carbohydrates (sugar)! And the vicious cycle starts all over again.

As long as you are caught in this cycle, your body will continue to burn the excessive sugar (carbohydrates) you are feeding it rather than your own stored body fat.

You may want to read #1 & #2 again so you fully understand the mechanism.

Now go back to Section 2 and get the sheet where you wrote down your typical day’s fare. The following section will show you how to analyze your current eating habits.

Analyzing Your Current Eating Habits

Write next to every food item you wrote down, a “C” for carbohydrates, “P” for proteins, or an “F” for fats depending on the type of food it is. For example, if your first meal of the day was coffee, toast with butter and juice. You would tag the foods with C, C, F, and C.

Count coffee and any artificial sweeteners as “C”. Some foods like beef are considered both “P” and “F” since they contain significant amounts of proteins and fats. Other foods like lasagna can be tagged “C” and “F” since the cheese contributes significant fat.

Once you’ve tagged all the foods, look at the ratios of C, P, and F on a meal per meal basis. If you are having more than two C per meal, especially if the meals are void of good protein sources, your blood sugar levels may be escalating to the “high” level and consequently facilitating fat storage.

I find this exercise to be very helpful in pin pointing to clients why they’re not losing fat the way they should. Most readily understand how their current eating habits are facilitating the fat gain process. The next section teaches you how to create your fat loss supportive meals.

HOW MUCH BODYFAT DO YOU BURN DURING THE DAY?



Typical American Diet



EAT & BE LEAN

Section 4: The “Eat & Be Lean” Fat Loss Strategy

A. Creating Your Fat Loss Meals

Every time you eat, you have the power to decide whether you will be burning sugar or fat for energy, for the next 4 hours of your life. To burn fat, use one of the two following strategies on a meal per meal basis.

Strategy # 1: Fat Burning Meals (FBM)

To create a fat burning meal, always choose a protein source first. Just by picking protein first, you have an 85% probability that the meal will be fat loss supportive. You can pick any protein source you like (i.e. fish, chicken, turkey, beef, protein powder, eggs, cottage cheese etc.) just make sure it is not fried or breaded. For best results it should be compatible with your blood type (see list). How big should the protein serving be?

Roughly: the amount of food that fits in the palm of your hand. This will equal about 3-4 ounces for smaller people, and about 5-6 ounces for bigger people. Remember, palms come in different sizes, make sure to measure with your own. If you use this “eyeball” method you will never have to count calories or weigh and measure your food.

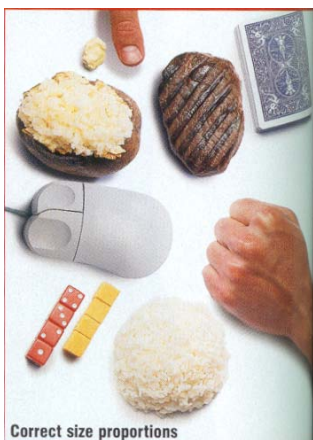
Once you have chosen your protein source, now select *one* starchy carbohydrate, equal to the portion size of the protein source (your palm size).

Is it going to be rice, bread, potatoes, pasta etc.? But you must choose only one!

This means that bread, rice, and plantains in one meal is out of the question since these are all carbohydrates. This also means that a sandwich consisting of two slices of bread also disrupts the ratio because each slice counts as one carbohydrate serving. So instead you would have an open face sandwich consisting of only one slice of bread.

Remember, you *must* maintain a one to one ratio of protein to carbohydrate.

Lastly, to complete your fat



burning meal, add a serving of vegetables.

I know that many people are not very fond of vegetables. However, their nutritive value is too high to ignore. Therefore, I ask clients to add vegetables to at least two meals per day. This could come in the way of a side salad or mushrooms with your chicken. It’s all up to you.

IMPORTANT: Please be very careful with any condiments added to the vegetables. Oils and dressings radically raise the fat and caloric content of a vegetable serving. I have witnessed many well-intentioned people ruin an otherwise fat loss supportive meal by adding toppings to vegetables. Most protein sources (unless you’re using protein powder) already contain enough dietary fat. The next section “The Principles of the Program” elaborates on this. As a general rule, use spices rather than dressings or oils on your vegetables. If using dressings on salads, make sure they are void of any sugar and you *must* keep it to a teaspoon.

So in summary, to create a Fat Burning Meal:

- 1) Choose one protein source first, about the size of the palm of *your* hand.
- 2) Choose only *one* starchy carbohydrate source, equal to the size of the protein source.
- 3) Add a serving of vegetables. Do this for at least two meals per day. You may add veggies to all of your meals if you like.

The ratio of a Fat Burning Meal then looks like this:

P: 1 C: 1 V: 1

This strategy works *fast*.

The following strategy works even *faster*!



Fat Burning Meal

Strategy #2: Fat Flush Meals (FFM)

To create a FFM, simply choose a serving of protein (you *always* do this first), about the size of the palm of your hand.

Then, bypass the starchy carbohydrates, and choose two servings of vegetables, OR one serving of vegetable and *one* serving of low sugar fruit, OR just one serving of low sugar fruit. Examples of low sugar fruit are apples, oranges, and peaches. High sugar fruits include bananas, mangoes, and raisins.

Pretty simple and a lot closer to the way Mother Nature intended for us to eat.

The ratios for Fat Flush Meals look like this:

P: 1 C: 0 V: 2
OR P: 1 C: 0 V: 1 F: 1
OR P: 1 C: 0 V: 0 F: 1

P=Protein
C=Carbohydrates
V=Vegetables
F=Fruits



Fat Flush Meal

This method works *very* fast in terms of fat loss. Many clients upon learning of the effectiveness of this strategy choose to use it almost exclusively for *all* their meals. Although this is perfectly fine, it is not *necessary* to do to experience good results. You may choose to use FBM and FFM to create a more varied program. Whenever you need to

accelerate the fat loss process, simply choose more FFM.

Please Note: Some clients may initially need to stick to FFM almost exclusively to achieve significant results. These types of clients include those who are morbidly obese, suffer from diabetes, chronic hyperlipidemia etc. This is why it is imperative that if you are suffering from any health disorder you contact me for a more customized approach. DO NOT try to do this on your own.

B. The Principles Of The Program

Now that you've learned how to eat to burn fat, let's look at the big picture, which contains the principles that will turn you into a 24-hour fat burning machine!

- 1) **Eat 5-6 mini-meals per day.** People, who are interested in fat loss and continue to sit down to 2-3 big meals per day, are shooting themselves in the foot. As a matter of fact, the fattest people that walk into my office eat only once or twice per day! Why is that? Because whenever you sit down to a big meal you are sending a signal to your body that says you are about to experience a food famine. If you just fed your body so much food in one sitting it must mean that you will not be eating for a while. Your body interprets this as not eating for days. Consequently, as a protective mechanism, your body becomes better at storing body fat that you can feed off of when food is scarce. This fat storing mechanism stems back to pre-historic times when hunters would sit down to big meals but wouldn't eat again for days. Now folks, we no longer need to hunt for food or farm for it. You just pick up the phone

and they'll deliver it to your doorstep. Fortunately, food here is abundant! That's exactly the message you want to send to your body. How do you do that? By having a fat loss supportive meal (FBM or FFM) every three hours that you are awake. Once you do that, your body begins to be more generous with the amount of fat it allows to be burned since it knows you will be feeding it again in three hours. At this point, you're probably wondering how you can possibly fit 5-6 meals into your busy schedule. That's what the next principle is for.

- 2) **Use high quality, fat loss supportive, shakes or bars to replace any meal.**

I don't know anyone who lives a busy lifestyle (myself included) who can actually sit down to 5-6 meals. Even if you do have the time, you may not have the inclination to eat this frequent. The solution: Use a meal replacement. Meal replacements count as meals and facilitate meal frequency. Today meal replacements come in ready to drink shakes or



Meal Replacement Shake

food bars. They don't require any messy blending or preparing. Just flip open the lid or remove the wrapper and fuel up. They are also very convenient since they fit in most purses, briefcases and pockets. Meal replacements should contain at least 16 grams of high quality protein and no more than 20 grams of carbohydrates. They should contain between 150-300 calories. Smaller people should choose replacements closer to 200 calories, while bigger people would choose those closer to 300 calories.

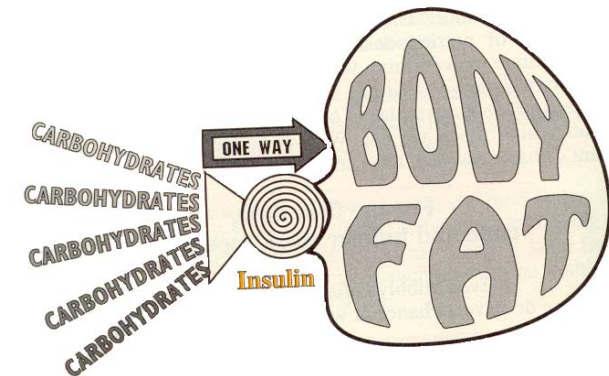
Alert: Not all meal replacements are the same! The popular sugar loaded, protein void variety you purchase at your local food store is NOT what you're looking for. Fat loss supportive meal replacements should contain certain ratios of nutrients. There are a lot of products out on the market, not just anyone will do. *To learn which ones are appropriate call (800) 267-1599.*

- 3) **Consume unsaturated oil daily.** As you already learned, not all fats are "bad" for you. Actually, the "good" fats can help you to burn fat. Good fats are found in cold-water fish like salmon and tuna. They can also be found in olive oil. Simply adding one tablespoon of olive oil to any one of your daily

meals will fulfill this principle. You may also eat three servings of cold water fish per week if you like.

- 4) **Drink at least 10 cups of water per day.** This is called super-hydration. This eating strategy will have your body burning maximum fat, which sometimes has a drying effect on the body. This can show up as constipation or dry skin. Keeping well hydrated helps to avoid this problem. Also, the body fat that you will be burning will contain many toxins, which can be flushed out by super-hydrating. The easiest way to meet your requirement for water is to have it handy at all times. I recommend drinking distilled or spring water as opposed to regular tap water. I have personally tested both spring water and tap water for chemicals and believe me tap water is a lot “harder” than spring. If using tap water always add a couple of drops of lemon juice to it.
- 5) **Follow a customized food supplement protocol daily.** The current state of our nutritionally depleted soils makes this a necessity. A good food supplement program can protect you against stress, pollution, nutritionally depleted foods, aid your digestion, and increase nutrient absorption from the foods you eat. In some cases, a properly designed supplementation program can improve your fat loss efforts by up to 25%. I recommend using whole food supplements (may be obtained from health professionals) whenever possible over synthetic vitamins. Synthetic vitamins lack the essential nutritive factors of the whole foods that cannot be duplicated in a laboratory. Consequently, taking isolated vitamin compounds can create other vitamin deficiencies in the body. Always seek professional guidance when starting a food supplement program.
- 6) **Once a week, you can enjoy a free day. Eat whatever you want!** No, this is not a joke. Members always do a double take when I inform them that this is a very important part of my programs. You see, it takes an excess of 3,500 calories beyond your metabolic requirements and activity level to store one pound of fat. That’s a lot of calories to blow in one day! You would have to be having a couple of lard shakes a day in order to do that. No one ever got fat based on the way they ate for one day. Please read that again and understand it. It’s what you do with your eating on a consistent basis that makes all the difference. Besides, you have to enjoy life! The free day allows you to be in control. You know you can still enjoy all your favorite foods and still look your best. You just have to do it on one day, not every day. Make your free day the same

day every week. **DO NOT** make two days in a row, free days (i.e. Sunday, Monday). If on any given week you choose to make your free day, any other day than what it normally is, do not include your regular free day. Only **ONE** free day per week. After your free day, it’s back to your fat loss eating strategy. Interestingly, after a while of following the program, you may find yourself cutting down from free days to free meals. In other words, rather than pigging out for a whole day, you choose only one or two free meals to enjoy. This happens because your body no longer craves the junk you used to feed it and prefers your new, “clean” foods. Yes, you actually get to a point where your body craves the good food. Once you reach this point, like all of my clients who have made the transition, you will be one happy, healthy, lean body!



**Excessive carbohydrates STOP you from burning
The best fuel available; the fat stored in
your own body.**

Section 5: Blood Type Food Lists & Fat Loss Fuel Charts

Blood type food lists – These are the food lists that allow you to customize the sample menus according to your blood type. If a sample meal contains a food that is not compatible with your blood type, simply make an appropriate substitution from these lists. I give these lists to clients, not so they can memorize them or carry them around every time they're going to eat. Instead, familiarize yourself with the foods and do not become obsessive about sticking to the lists, UNLESS you suffer from a chronic health challenge such as indigestion, migraines, arthritis, PMS, IBS etc. If you do have these types of challenges, then I recommend you do stick to the lists for 2-4 weeks and see if the symptoms don't improve. In my professional experience, they usually do.

The food lists are categorized as “highly beneficial” they're like good medicine for your body, “neutral” you can enjoy them for their nutritional value, and “avoid” which are best to stay away from. You may find foods that you are naturally attracted to as “highly beneficial” which is great. You may also find foods that you crave that may be on the avoid list. See if there is any food on the avoid list that you are consuming regularly and eliminate it for two weeks and see if you don't feel better.

A detailed discussion of the relationship between blood type, food and health is beyond the scope of this manual. You can learn more about this science by reading the best selling book “Eat Right For Your Type” by Dr. Peter D'Adamo. You should find it at your local bookstore.

Please, DO NOT make the mistake of confusing the Eat & Be Lean fat loss strategy with the popular “Blood Type” diet. Although they both contain the blood type technology, the blood type diet is concerned more with overall wellness than fat loss. Eat & Be Lean is a fat loss strategy, which contributes to wellness.

Fat loss fuel charts - These are a condensed version of the food lists with a summary of the Eat & Be Lean principles. My clients find it to be a very handy and practical sheet. This is the sheet you want to concentrate on, since it contains the “nutshell” version of the program. You are not limited to the protein, carbohydrate or vegetable sources on the charts. These are merely examples of each. Your food lists are more inclusive. Once you learn the principles on these charts and familiarize yourself with the foods, you are on your way to mastering the program.

You will be able to carry the program out anywhere. Whether traveling or eating at a restaurant, you will know how to do it.

Blood Type O **Grocery list of very beneficial foods**

(A) After foods designates which are anabolic - Higher in Protein than Carbohydrates.

Meats/Seafood (A) (All are anabolic)

Beef, ground beef, buffalo, heart, lamb, liver, mutton, veal, venison, Seafood - Bluefish, cod, hake, halibut, fresh herring, mackerel, pike, rainbow trout, red snapper, salmon, sardines, shad, snapper, sole, striped bass, sturgeon, swordfish, tilefish, white perch, whitefish, yellow perch, yellowtail (A)

Eggs/Dairy

Mozzarella cheese - non-fat, sour cream - non-fat, **Whey Protein**

Isolate (A)*

Oils/Fats/Nuts/Seeds

Linseed (flaxseed) oil, olive oil, macadamia nuts, pumpkin seeds, walnuts (A)

Beans

Aduke, azuki, black-eyed peas, pinto beans

Cereals/Breads/Grains/Pasta

Essene bread, ezekiel bread

Vegetables/Fruits/Juices

Domestic and Jerusalem artichoke, Florida avocado, beet leaves, broccoli, broccoli sprouts, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, onions (red, Spanish, yellow), parsley, parsnips, red peppers, sweet potatoes, pumpkin, seaweed, spinach, Swiss chard, turnips, **Fruits** - Dried and fresh figs, kiwi, plums (dark, green, red), prunes **Juices** - Black cherry, pineapple, prune

Spices/Condiments

Carob, curry dulse, kelp, parsley, cayenne pepper, Tabasco, turmeric

Beverages/Herbal Teas

Bottled water, seltzer water, soda water, red wine **Tea** - Cayenne, chickweed, dandelion, fenugreek, ginger, green tea, hops, linden milk thistle, mulberry, parsley, peppermint, rose hips, sarsaparilla, slippery elm

***NOTE: Whey Protein Isolate is extremely beneficial for all blood types. Medical research has shown Whey Protein Isolate boosts the immune systems of individuals whose immune systems are impaired or compromised.**

Grocery list of neutral foods

Meats/Seafood - all anabolic

Chicken, Cornish hens, duck, partridge, pheasant, quail, rabbit, turkey,
Seafood - Abalone, anchovy, beluga, bluegill bass, carp, clam, crab, crayfish, frog, gray sole, grouper, haddock, lobster, mahi-mahi, monkfish, mussels, ocean perch, oysters, pickerel, porgy, sailfish, scallop, sea bass, sea trout, shark, shrimp, silver perch, smelt, snail, squid, tuna, turtle (A)

Eggs/Dairy

Eggs (A), butter, farmer cheese (A), feta cheese (A), goat cheese (A) mozzarella (A), soy cheese (A) soymilk

Oils/Fats/Nuts/Seeds

Canola oil, cod liver oil, sesame oil, almond butter (A) chestnuts, filberts (A), Hickory (A), pecans, pine, sesame seeds, sunflower butter, sunflower seeds, tahini.

Beans

Black, broad, cannelloni, fava, garbanzo, green, jicama, lima, northern, red, soy (black, brown, green-edemame) (A), snap, string, white, peas (green, snow, pod)

Cereals/Bread/Grains/Pasta

Amaranth, barley, buckwheat, cream of rice, rice cakes, kamut, kasha, millet, rice, bran, puffed rice, rice (basmati, brown, white, wild), brown rice bread, spelt, spelt bread, gluten free bread, ideal flat bread, 100 % rye bread, soy flour bread, wasa, fin, crisp, millet, rye crisp, rye vita, flour (barley, buckwheat, rice, rye, spelt), artichoke pasta, quinoa

Vegetables

Arugula, asparagus, bamboo shoots, beets, bok choy, caraway, carrots, celery, chervil, coriander, cucumber, daikon, dill, endive, fennel, fiddlehead ferns, ginger, lettuce (bibb, boston, iceberg, mesclun), mushrooms (enoki, portobello, tree oyster), green olives, green onions, peppers (green, jalapeño, yellow), radicchio, radishes, rappini, rutabaga, scallion, shallots, sprouts (mung and radish). All types of squash,

tempeh (A), tofu (A), tomato, water chestnut, watercress, yams, zucchini.

Fruits/Juices

Apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, black and red currants, dates, elderberries, gooseberries, grapefruit, grapes (black, concord, green, red), guava, kumquat, lemons, limes, loganberries, mangoes, melons (casaba, Christmas, crenshaw, musk, Spanish), watermelon, nectarines, papaya, peaches, pears, persimmons, pineapple, pomegranates, prickly pears, raisins, raspberries, starfruit, **Juices** - Apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato, water & lemon.

Spices/Condiments

Agar, allspice, almond extract, apple butter, anise, arrowroot, barley malt, basil, bay leaf, bergamot, brown rice syrup, cardamom, chervil, chives, chocolate, coriander, cumin, dill, garlic, plain gelatin, honey, horseradish, jam/jelly from acceptable fruit, maple syrup, marjoram, mayonnaise, mint, miso, molasses, dry mustard, mustard, paprika, peppercorn, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, brown and white sugar, tamari, tamarind, tapioca, tarragon, thyme, wintergreen, Worcestershire sauce.

Beverages/Herbal Teas

Beer, **Tea** - Catnip, chamomile, dong quai, elder, ginseng, hawthorn, horehound, licorice, mullein, raspberry leaf, sage, skullcap, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow.

List of avoid foods

No anabolic foods designated on avoid list

Meats/Seafood

Bacon, goose, ham, pork, **Seafood** - Barracuda, catfish, caviar, conch, pickled herring, lox, octopus

Eggs/Dairy

American cheese, blue cheese, brie, buttermilk, camembert, casein, cheddar, colby, cottage cheese, cream cheese, edam, emmenthal, goat milk, gouda, gruyere, ice cream, jarlsberg, kefir, Monterey jack, muenster, parmesan, provolone, Neufchatel, ricotta, skim or 2% milk, string cheese, Swiss, regular whey, whole milk, yogurt - all varieties.

Oils/Fats/Nuts/Seeds

Corn oil, cottonseed oil, peanut oil, safflower oil, brazil nut, cashews, litchi, peanuts, peanut butter, pistachios, poppy seeds

Beans

Copper, kidney, navy and tamarind beans, domestic, green and red lentils

Cereals/Bread/Grains/Pasta

Cornflakes, cornmeal, corn muffins, familia, farina, grape nuts, oat bran, oatmeal, oat bran muffins, oat flour, shredded wheat, wheat bran, wheat germ, wheat bagels, cream of wheat, durum wheat, wheat matzos, sprouted wheat bread, wheat bran muffins, whole wheat bread, bulghur wheat flour, white and whole wheat flour English muffins, high-protein bread, multi-grain bread, pumpernickel, couscous flour, gluten flour, graham flour, soba noodles, semolina and spinach pasta, seven grain.

Vegetables/Fruits/Juices

Brussel sprouts, Chinese cabbage (red or white), cauliflower, white and yellow corn, eggplant, domestic and shitake mushrooms, mustard greens, black, Greek and Spanish olives, red and white potatoes, alfalfa sprouts. **Fruits** - Blackberries, coconuts, cantaloupe and honeydew melon, oranges, plantains, rhubarb, strawberries, tangerines, **Juices** - Apple cider, apple, cabbage, orange.

Spices/Condiments

Capers, cinnamon, cornstarch, corn syrup, nutmeg, black and white pepper, vanilla, apple cider, vinegar - red, wine, white, balsamic, ketchup, pickles - dill, kosher, sweet, sour, relish.

Beverages

Coffee, distilled liquor, sodas, black tea

A special note for Type Os:

As healthy as Type Os appeared in research, it is recommended that they eliminate most dairy, nuts, and grains, with the exceptions listed in the beneficial and neutral food groups. Type Os that eliminate the “avoid” dairy and grain products and stick to lean protein tend to have very low cholesterol levels and stay quite healthy.

HOW TO CREATE YOUR OWN FAT LOSS MEALS FAT LOSS FUEL FOR TYPE O

PROTEINS	CARBOHYDRATES	VEGETABLES
chicken breast	rice cakes	broccoli
turkey breast	sweet potato	asparagus
lean ground turkey	yam	lettuce
Swordfish	squash	carrots
orange roughy	steamed brown rice	cauliflower
Haddock	steamed wild rice	pinto beans
Salmon	pasta (artichoke)	green peppers
Tuna	bran cereal	cucumber
Crab	barley	spinach
Lobster	beans (black)	tomato
Shrimp	beans (red)	peas
top round steak	watermelon	water cress
top sirloin steak	peach	artichoke
lean ground beef	apple	radishes
Buffalo	pear	celery
Snapper	soy milk	zucchini
egg whites or substitutes	ezeziel bread	Mushrooms (portobello)
whey protein	pumpkin	onion

- **Eat six small meals per day. Eat every 3 hours.**
- **Simply choose a portion of protein and carbohydrates from each column to make a meal. Add a serving of vegetables to at least two of your daily meals.**
- **For accelerated fat loss, choose a portion of protein and two portions of vegetables. Omit the carbohydrate portion. Low glycemic fruit (i.e. apple, peach) may replace one vegetable portion.**
- **A portion is the amount of food approximately the size of the palm of your hand.**
- **Consume one tablespoon of unsaturated oil daily (i.e. olive oil) or three portions of salmon per week.**
- **Drink at least 10 cups of water per day.**
- **Use high-quality nutrition shakes or bars to replace any meal.**
- **Follow your recommended nutritional supplementation protocol daily.**

- Once a week, on your free day, eat *whatever you want*.

Blood Type A

Grocery list of very beneficial foods

(A) After foods designates which are anabolic - Higher in Protein than Carbohydrate (All meats and seafood are naturally anabolic)

Meats/Seafood (There are no beneficial meats)

Seafood - Carp, cod, grouper, mackerel, monkfish, pickerel, rainbow trout, snapper, ocean salmon, sardine, sea trout, silver perch, snail, whitefish, yellow perch (A)

Eggs/Dairy

Soy cheese (A), soy milk, **Whey Protein Isolate** (A)*

Oils/Fats/Nuts/Seeds

Linseed/flaxseed oil, olive oil, macadamia nuts, organic peanut butter (A), unsalted-red-skinned peanuts (A), pumpkin seeds

Beans

Aduke, azuki, black, green, pinto, soy beans (black, brown, green-edemame) (A), lentils (domestic, green, and red), black-eyed peas

Cereals/Bread/Grains/Pasta

Amaranth, buckwheat, kasha, essene bread, ezeziel bread, soy flour, sprouted wheat, puffed rice, rice cakes, flour (oat, rice, rye), soba noodles, artichoke pasta

Vegetables/Fruits/Juices

Artichokes, beet leaves, broccoli, broccoli sprouts, carrots, chicory, collard greens, okra, onions (red, Spanish, yellow), parsley, parsnips, pumpkin, dandelion, escarole, garlic, horseradish, kohlrabi, leek, romaine lettuce, spinach, alfalfa sprouts, Swiss chard, tempeh (A), tofu (A), turnips, **Fruits** - Apricot, blackberries, blueberries, boysenberries, cherries, cranberries, figs (dried and fresh), grapefruit, kiwi, lemons, pineapple, plums (dark, green, red), prunes, raisins, **Juices** - Apricot, black cherry, carrot, celery, grapefruit, pineapple, prune & lemon

Spices/Condiments

Mustard, barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari

Beverages/Herbal Teas

Bottled water, coffee (regular and decaf), red wine, **Tea** - green tea, alfalfa, aloe, burdock, chamomile, echinacea, fenugreek, ginger,

ginseng, hawthorn, milk thistle, rose hips, Saint Johns Wort, slippery elm, valerian

***NOTE: Whey Protein Isolate is extremely beneficial for all blood types. Medical research has shown Whey Protein Isolate boosts the immune systems of individuals whose immune systems are impaired or compromised.**

Grocery list of neutral foods

(A) Meats/Seafood - all anabolic

Chicken, Cornish hens, turkey, **Seafood** - Abalone, mahi-mahi, ocean perch, pike porgy, sailfish, sea bass, shark, smelt, sturgeon, swordfish, tuna, weakfish, white perch, yellowtail

Eggs/Dairy

Eggs (A) Farmer cheese (A), feta cheese (A), goat cheese (A), mozzarella (A), ricotta (A), string cheese (A), goat milk, kefir, yogurt

Oils/Fats/Nuts/Seeds

Canola oil, cod liver oil, almond butter (A), chestnuts, filbert (A), hickory (A), litchi, pine, poppy seeds, sesame seeds, sunflower butter, sunflower seeds, tahini, walnuts (A)

Beans

Broad, cannellini, fava, jicama, snap, string, white, peas (green, pod, snow)

Cereals/Bread/Grains/Pasta

Barley, conrflakes, cornmeal, corn muffins, kamut, millet, oat bran, oatmeal, oat bran muffins, rice bran, cream of rice, puffed rice, brown rice, rice (basmati, brown, white, wild), spelt, spelt noodles, spelt pasta, wheat bagels, gluten free bread, hi-protein no wheat bread, ideal flat bread, 100% rye bread, rye crisp, rye vita, wasa, fin crisp, couscous, flour (barley, bulgur wheat, durum wheat, gluten, graham, spelt, sprouted wheat), quinoa

Vegetables

Arugula, asparagus, Florida avocado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white corn, yellow corn, mushroom tree oyster, mustard greens, green olives, green onions, radicchio, cucumber, daikon radish, endive, fennel, ferns, lettuce (bibb, iceberg, meslin). Mushrooms (abalone, enoki, portobello), radishes, rappini, rutabaga, scallion, seaweed, shallots,

sprouts (brussel, mung, radish). All types of squash, watercress, zucchini

Fruit/Juices

Apples, black currants, red currants, dates, elderberries, gooseberries, grapes (black, concord, green, red), guava, kumquat, limes, loganberries, melon (canang, casaba, Christmas, crenshaw, musk, Spanish), watermelon, nectarines, peaches, pears, persimmons, pomegranates, prickly pears, raspberries, starfruit, strawberries, **Juices** - Apple cider, apple juice, cabbage juice, cranberry juice, cucumber juice, grape juice, vegetable juice.

Spices/Condiments

Agar, allspice, almond extract, anise, arrowroot, basil, bay leaf, bergamot, brown rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, corn syrup, cornstarch, cream of tartar, cumin, curry, dill, dulce, honey, horseradish, kelp, maple syrup, mint, mustard dry, nutmeg, oregano, paprika, parsley, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, brown sugar, white sugar, tamarind, tapioca, tarragon, thyme, turmeric, vanilla, jam/jelly or approved fruits, pickles (dill, kosher, sour, sweet), relish

Beverages/Herbal Teas

Seltzer water, soda water, white wine, **Tea** - Chickweed, colts foot, dandelion, dong quai, elder, gentian, goldenseal, hops, horehound, licorice, linden, mulberry, mullein, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, shepherd's purse, skullcap, spearmint, strawberry leaf, thyme, vervain, white birch, white oak bark, yarrow

List of avoid foods

NOTE: Most Blood Type A people should be vegetarian: there are no beneficial meats. All meat should be avoided in favor of poultry, which is neutral.

No anabolic foods are designated on avoid list

Meats/Seafood

Bacon, beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, rabbit, veal, venison, quail, **Seafood** - Anchovy, barracuda, beluga, bluefish, bluefish bass, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, hake, halibut, herring (fresh or pickled), lobster, lox, mussels, octopus, oysters, farm raised salmon, scallop, shad, shrimp, sole, squid, striped bass, tilefish, turtle

Eggs/Dairy

American cheese, blue cheese, brie, butter, buttermilk, camembert, casein, cheddar, colby, cottage, cream cheese, edam, emmenthal, gouda, gruyere, ice cream, jarlsberg, Monterey jack, muenster, Neufchatel, parmesan, provolone, sherbert, skim or 2% milk, sour cream (non fat), Swiss, regular whey, whole milk

Oils/fats/nuts/seeds

Corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil, brazil nuts, cashews, pistachios

Beans

Copper, garbanzo, kidney, lima, navy, red, tamarind

Cereals/Bread/Grains/Pasta

Cream of wheat, familia, farina, granola, grape nuts, wheat germs, seven grain, shredded wheat, wheat bran, durum wheat, English muffins, high-protein bread, wheat matzos, pumpernickel, wheat bran muffins, whole wheat bread, whole wheat and white flour, semolina pasta, spinach pasta

Vegetables/fruits/juices

Chinese, red and white cabbage, eggplant, kale, domestic and shitake mushrooms, black, Greek and Spanish olives, green, red, yellow and jalapeño peppers, sweet, red, and white potatoes, yams, tomatoes.

Fruits - Bananas, coconuts, mangoes, cantaloupe and honeydew melon, oranges, papayas, plantains, rhubarb, tangerines, **Juices** - Orange, papaya, tomato

Spices/Condiments

Caper, gelatin, black, cayenne, peppercorn, red and white pepper, apple cider, balsamic, red or white vinegar, wintergreen, ketchup, mayonnaise, Tabasco sauce, Worcestershire sauce

Beverages

Beer, liquor, sodas, black tea (regular or decaf)

A special note for Type A:

The foods most harmful to As in the long run are meat and dairy. The elimination of these two food groups will allow Type A individuals the greatest potential to avoid heart disease and cancer. Tofu, soy products, red skinned unsalted peanuts, red wine, and green tea are

especially good for Type As, as they help fight cancer and heart disease.

FAT LOSS FUEL FOR TYPE A

PROTEINS	CARBOHYDRATES	VEGETABLES
chicken breast	rice cakes	broccoli
turkey breast	amaranth cereal	asparagus
lean ground turkey	wheat bagels	lettuce
Swordfish	squash	carrots
orange roughy	pumpkin	cauliflower
mahi-mahi	steamed brown rice	green beans
Salmon	steamed wild rice	garlic
Tuna	pasta (artichoke)	cucumber
Sardine	oatmeal	spinach
Grouper	barley	okra
Monkfish	beans (black)	peas
Tofu	corn	brussel sprouts
whey protein	strawberries	artichoke
Cod	watermelon	tempeh
Snapper	apple	celery
cornish hens	pineapple	zucchini
egg whites or substitutes	fat-free yogurt	mushrooms (portobello)
soy protein powder	ezekiel bread	onion

- Eat six small meals per day. Eat one every 3 hours.
- Simply choose a portion of protein and carbohydrates from each column to make a meal. Add a serving of vegetables to at least two of your daily meals.
- For accelerated fat loss, choose a portion of protein and two portions of vegetables. Omit the carbohydrate portion. Low glycemic fruit (i.e. apple, pineapple) may replace one vegetable portion.
- A portion is the amount of food approximately the size of the palm of your hand.
- Consume one tablespoon of unsaturated oil daily (i.e. olive oil) or three portions of salmon per week.
- Drink at least 10 cups of water per day.
- Use high-quality nutrition shakes or bars to replace any meal.
- Follow your recommended nutritional supplementation protocol daily.

- Once a week, on your free day, eat *whatever*, you want.

BLOOD TYPE B
Grocery list of very beneficial foods

(A) After foods designates which are anabolic - Higher in Protein than Carbohydrate.

Meats/Seafood - all anabolic

Lamb, rabbit, venison, **Seafood** - Caviar, cod, grouper, haddock, hake, halibut, mackerel, mahi-mahi, monkfish, ocean perch, pickerel, pike, porgy, sardine, sea trout, shad, sole, sturgeon

Eggs/Dairy

Cottage cheese (A), farmer cheese (A), feta cheese (A), goat cheese (A), mozzarella cheese (A), ricotta cheese (A), goat milk, kefir, skim or 2% milk, **Whey Protein Isolate (A)***, yogurt

Oils/Fats/Nuts/Seeds

Olive oil, macadamia nuts

Beans

Kidney, lima, navy, soy beans (black, brown, green-edemame) (A)

Cereals/Bread/Grains/Pasta

Oat bran, oatmeal, oat flour, rice bran, puffed rice, rice cakes, rice flour, rice pasta, millet, puffed millet, spelt, spelt pasta, brown rice bread, essence bread, ezekeil bread, wasa bread, fin crisp

Vegetables/Fruits/Juices

Florida avocado, beets, beet leaves, broccoli, cabbage (Chinese, red, white), carrots, cauliflower, collard greens, eggplant, kale, lima beans, shitake mushroom, mustard greens, parsley, parsnips, peppers (green, jalapeño, red, yellow), sweet potatoes, brussel sprouts, yams **Fruits** - Cranberries, grapes (black, concord, green, red), kiwi, papaya, pineapple, plums (dark, green, red) **Juices** - Cabbage, cranberry, grape, papaya, pineapple

Spices/Condiments

Cayenne pepper, curry, ginger, horseradish, parsley

Beverages/Herbal Teas

Bottled water, red wine, **Tea** - Green tea, ginger, ginseng, licorice, parsley, peppermint, raspberry leaf, rose hips, sage

***NOTE: Whey Protein Isolate is extremely beneficial for all blood types. Medical research has shown Whey Protein Isolate boosts the immune systems of individuals whose immune systems are impaired or compromised.**

Grocery list of neutral foods

Meats/Seafood - all anabolic

Beef, ground beef, buffalo, liver, pheasant, turkey, veal, **Seafood** - Abalone, Bluefish, carp, catfish, smelt, herring, rainbow trout, red snapper, sailfish, ocean salmon, scallop, shark, silver perch, snapper, squid, swordfish, tilefish, tuna, whitefish, white perch, yellow perch

Eggs/Dairy

Eggs (A), butter, buttermilk, brie (A), camembert (A), casein (A), cheddar (A), colby (A), cream cheese (A), edam (A), emmenthal (A), gouda (A), gruyere (A), jarlsberg (A) Monterey jack (A), Muenster (A), Neufchatel (A), parmesan (A), provolone (A), soy cheese (A), Swiss (A), sherbert, soy milk, regular whey (A), whole milk

Oils/Fats/Nuts/Seeds

cod liver oil, linseed (flaxseed oil), almond butter (A), almonds (A), brazil nuts (A), chestnuts, hickory (A), litchi, pecans

Beans

Broad, cannellini, copper, fava, green, jicama, northern, red. Snap, string, tamarind, white, peas (green, pod, snow)

Cereals/Bread/Grains/Pasta

Cream of rice, familia, farina, granola, grape nuts, gluten free bread, high protein no wheat bread, ideal flat, pumpernickel, soy flour, spelt, oat bran muffins, graham flour, white flour, pasta semolina, pasta spinach, quinoa, rice (basmati, brown, white)

Vegetables

Arugula, asparagus, bok choy, celery, chervil, chicory, cucumber, daikon radish, dandelion, dill, endive, escarole, fennel, fiddlehead, ferns, garlic, ginger, horseradish, kohlrabi, leek, lettuce (bibb, Boston, iceberg, mesclun, romaine), mushrooms (abalone, domestic, enoki, portobello, tree oyster), okra, onions (green, red, Spanish, yellow), Potatoes (red and white), radicchio, rappini, rutabaga, scallion, seaweed, shallots, spinach, alfalfa sprouts, squash (all types), Swiss chard, turnips, water chestnut, watercress, zucchini

Fruits/Juices

Apples, apricots, bananas, blackberries, blueberries, boysenberries, cherries, currants (red and black), dates, elderberries, figs (fresh and dried), gooseberries, grapefruit, guava, kumquat, lemons, limes, loganberries, mangoes, melon (all varieties), watermelon, nectarines, oranges, peaches, prunes, raisins, raspberries, strawberries, tangerines, **Juices** - Apple cider, apple, apricot, black cherry, carrot, celery, cucumber, grapefruit, orange, prune, water and lemon

Spices/Condiments

Apple butter, jelly/jam of approved fruits, mayonnaise, mustard, pickles (dill, kosher, sour, sweet), relish, salad dressing, Worcestershire sauce, agar, allspice, almond extract, anise, arrowroot, basil, bay leaf, bergamot, brown rice syrup, caraway, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, corn syrup, cream of tartar, cumin, curry, dill, dulse, honey, horseradish, kelp, maple syrup, mint, molasses, mustard dry, nutmeg, oregano, paprika, parsley, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, white and brown sugar, Tabasco sauce, tamarind, tarragon, thyme, turmeric, vanilla, vinegar (apple cider, balsamic, red wine, white), wintergreen

Beverages/Herbal Teas

Seltzer water, soda water, beer, regular and decaf coffee, regular and decaf tea, black tea, red and white wine, **Tea** - alfalfa, burdock, catnip, cayenne, chamomile, chickweed, dandelion, dong quai, echinacea, elder, goldenseal, green tea, hawthorn, horehound, mulberry, saint johns wort, sarsaparilla, slippery elm, spearmint, strawberry leaf, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock

List of avoid foods

No anabolic foods are designated on avoid list

Meats/Seafood

Bacon, chicken, cornish hens, duck, goose, ham, heart, partridge, pork, quail, **Seafood** - Anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, frog, lobster, lox, mussels, octopus, oyster, farm raised salmon, sea bass, shrimp, snail, striped bass, turtle, yellowtail

Eggs/Dairy

American cheese, blue cheese, ice cream, string cheese

Oils/Fats/Nuts/Seeds

Canola oil, corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil, sunflower oil, cashews, filberts, pine, pistachio, peanuts, peanut butter, poppy seed, pumpkin seeds, sesame butter (tahini) and seeds, sunflower seeds

Beans

Aduke, azuki, black, garbanzo, pinto, domestic, green and red lentils, black-eyed peas

Cereals/Bread/Grains/Pasta

Amaranth, barley, buckwheat, cornflakes, cornmeal, cream of wheat, gluten flour, kamut, kasha, rye, seven-grain, shredded wheat, soba noodles, wheat bran, wheat germ, wheat bagels, corn muffins, durum wheat, multi-grain bread, 100% rye bread, rye crisp, rye vita, wheat bran muffins, whole wheat flour, buckwheat, couscous, artichoke pasta, wild rice

Vegetables/Fruits

Domestic and Jerusalem artichoke, white and yellow corn, black, green, Greek and Spanish olives, pumpkin, radishes, mung sprouts, tempeh, tofu, tomato, **Fruits** - Coconuts, persimmons, pomegranate, prickly pear, rhubarb, starfruit

Spices/Condiments

Allspice, almond extract, barley malt, capers, cinnamon, cornstarch, corn syrup, plain gelatin, ketchup, black ground and white pepper, tapioca

Beverages

Distilled liquor, sodas

A special note for Type B:

We urge Type B individuals to eliminate all wheat, corn, tomatoes, peanuts, and especially chicken from their diet. Chicken contains a dangerous lectin that may agglutinate the blood and may also lead to heart disease, cancer, diverticulitis, irritable bowel syndrome, spastic colon, cancer of the colon and/or a host of other digestive and intestinal tract illnesses. When research subjects stopped eating chicken, many of their symptoms abated.

FAT LOSS FUEL FOR TYPE B

PROTEINS	CARBOHYDRATES	VEGETABLES
Groupers	baked potato	broccoli
turkey breast	sweet potato	asparagus
lean ground turkey	yam	lettuce
Swordfish	squash	carrots
orange roughy	beets	cauliflower
Haddock	steamed brown rice	green beans
Salmon	oat bran cereal	green peppers
Tuna	pasta (spinach)	mushrooms
Snapper	oatmeal	spinach
Monkfish	barley	tomato
whey protein	beans (red)	peas
top round steak	avocado	brussel sprouts
top sirloin steak	strawberries	artichoke
lean ground beef	melon	cabbage
Buffalo	apple	celery
lean ham	orange	zucchini
egg whites or substitutes	fat-free yogurt	cucumber
low fat cottage cheese	ezekiel bread	onion

- **Must be eating six small meals per day. Eat every 3 hours.**
- **Simply choose a portion of protein and carbohydrates from each column to make a meal. Add a serving of vegetables to at least two of your daily meals.**
- **For accelerated fat loss, choose a portion of protein and two portions of vegetables. Omit the carbohydrate portion. Low glycemic fruit (i.e. apple, orange) may replace one vegetable portion.**
- **A portion is the amount of food approximately the size of the palm of your hand.**
- **Consume one tablespoon of unsaturated oil daily (i.e. olive oil) or three portions of salmon per week.**
- **Drink at least 10 cups of water per day.**
- **Use high-quality nutrition shakes or bars to replace any meal.**
- **Follow your recommended nutritional supplementation protocol daily.**
- **Once a week, on your free day, eat *whatever* you want.**

Blood Type AB

Grocery list of very beneficial foods

(A) After food designates which are anabolic - Higher in protein than carbohydrate (all meats and seafood are naturally anabolic)

Meats/Seafood - all anabolic

Rabbit, turkey, **Seafood** - cod, grouper, hake, mackerel, mahi-mahi,, monkfish, ocean perch, pickerel, pike, porgy, rainbow trout, ocean salmon, snapper, sailfish, sardine, sea trout, shad, snail, sturgeon, tuna

Eggs/Dairy

Non-fat cottage cheese (A), farmer cheese (A), feta cheese (A), goat cheese (A), mozzarella (A), ricotta cheese (A), non-fat sour cream, **Whey Protein Isolate (A)***, yogurt

Oils/Fats/Nuts/Seeds

Olive oil, chestnuts, macadamia nuts, organic peanut butter (A), unsalted red-skinned peanuts (A), walnuts (A)

Beans

Green lentils, navy, pinto, red, soy (black, brown, green-edemame) (A)

Cereals/Bread/Grains/Pasta

Essene bread, ezeziel bread, oat bran, oatmeal, oat flour, rice bran, puffed rice, rice cakes, brown rice bread, rice pasta, millet, puffed millet, 100% rye bread, 100% rye flour, rye crisp, vita rye, spelt, spelt pasta, soy flour

Vegetables/Fruits/Juices

Florida avocado, beet leaves, beets, broccoli, broccoli sprouts, cauliflower, celery, collard greens, cucumber, candelion, eggplant, garlic, mustard greens, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh (A), tofu (A), yams, **Fruits** - cherries, cranberries, figs (dried and fresh), gooseberries, grapefruit, grapes (black, green, red), kiwi, lemons, loganberries, pineapple, plums (dark, green, red), **Juices** - Black cherry, cabbage, carrot, celery, cranberry, grape, papaya

Spices/Condiments

Curry, garlic, horseradish, miso, parsley

Beverages/Herbal Teas

Bottled water, coffee (regular and decaf), red wine, **Tea** - Green tea, alfalfa, burdock, chamomile, echinacea, ginger, ginseng, hawthorn, licorice, milk thistle, rose hips, strawberry leaf

***NOTE: Whey Protein Isolate is extremely beneficial for all blood types. Medical research has shown Whey Protein Isolate boosts the immune systems of individuals whose immune systems are impaired or compromised.**

Grocery list of neutral foods

Meats/Seafood - all anabolic

Lamb, liver, pheasant, **Seafood** - Abalone, bluefish, carp, catfish, caviar, fresh herring, mussels, scallop, shark, silver perch, smelt, sole, squid, swordfish, tilefish, weakfish, white perch, whitefish, yellow perch

Eggs/Dairy

Eggs (A) casein cheese (A), cheddar cheese (A), colby cheese (A), cream cheese (A), edam (A), emmenthal (A), gouda (A), gruyere (A), jarlsberg (A), Monterey jack (A), muenster (A), Neufchatel (A), soy (A), string (A), Swiss (A), goat milk, kefir, skim or 2% milk, soy milk, regular whey (A)

Oils/Fats/Nuts/Seeds

Canola oil, cod liver oil, linseed (flaxseed) oil, peanut oil, almond butter (A), almonds (A), brazil nuts (A), cashews, hickory (A), litchi, pine, pistachios

Beans

Broad, cannelloni, copper, green, jicama, northern, snap, string, tamarind, white, lentils (domestic, red), peas (green, pod, snow)

Cereals/Bread/Grains/Pasta

Amaranth, barley, cream of rice, cream of wheat, familia, farina, granola, grape nuts, seven grain, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ, wheat bagels, gluten free bread, hi-protein bread, ideal flat bread, multi-grain bread, pumpernickel, spelt, whole wheat, durum wheat, English muffins, oat bran muffins, wheat bran muffins, wheat matzos, couscous, flour (barley, bulgur wheat, durum wheat, gluten, graham, spelt, white, whole wheat), semolina pasta, spinach pasta, quinoa

Vegetables/Fruits/Juices

Arugula, asparagus, bamboo shoots, bok choy, cabbage, (Chinese, red, white), caraway, carrots, chervil, chicory, coriander, daikon, endive, escarole, fennel, fiddlehead ferns, ginger, horseradish, kohlrabi, leek, lettuce (bibb, Boston, iceberg, mesclun, romaine), mushrooms (domestic, enoki, portobello, tree oyster), okra, olives (Greek, green,

Spanish), onions (green, red Spanish, yellow), red potatoes, white potatoes, pumpkin, radicchio, rappini, rutabaga, scallion, seaweed, shallots, spinach, brussel sprouts, squash - all types, Swiss chard, tomato, turnips, water chestnut, watercress, zucchini, **Fruits** - Apples, apricots, blackberries, blueberries, boysenberries, black currants, red currants, dates, elderberries, kumquat, limes, melon - all types, watermelon, nectarines, papaya, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines, **Juices** - Apple cider, apple juice, apricot juice, cucumber juice, grapefruit juice, pineapple juice, prune juice, vegetable juice, water & lemon

Spices/Condiments

Agar, arrowroot, basil, bay leaf, bergamot, brown rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, cream of tartar, cumin, dill, dulse, honey, kelp, maple syrup, marjoram, mint, molasses, mustard dry, nutmeg, paprika, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, brown sugar, white sugar, tamari, tamarind, tarragon, thyme, turmeric, vanilla, wintergreen

Beverages/Herbal Teas

Beer, seltzer water, club soda, white wine, **Tea** - Catnip, cayenne, chickweed, dandelion, dong quai, elder, goldenseal, horehound, mulberry, parsley, peppermint, raspberry leaf, sage, saint johns wort, sarsaparilla, slippery elm, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock

List of avoid foods

No anabolic foods designated on avoid list

Meats/Seafood

Bacon, beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail, **Seafood** - Anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, halibut, pickled herring, lobster, lox, octopus, oysters, farm raised salmon, sea bass, shrimp, striped bass, turtle, yellowtail

Eggs/Dairy

American cheese, blue cheese, brie, butter, buttermilk, camembert, ice cream, parmesan, provolone, sherbert, whole milk

Oils/Fats/Nuts/Seeds

Corn oil, cottonseed oil, safflower oil, sesame oil, sunflower oil, filberts, poppy seeds, pumpkin seeds, sesame seeds & butter (tahini), sunflower seeds

Beans

Aduke, azuki, black, fava, garbanzo, kidney, lima, black-eyed peas

Cereals/Bread/Grains/Pasta

Buckwheat, corn, kamut, kasha, corn muffins, artichoke pasta, soba

Vegetables/Fruits

Domestic and Jerusalem artichoke, white and yellow corn, abalone and shitake mushrooms, black olives, green, red, yellow, and Jalapeño peppers, radishes, radish sprouts, mung sprouts, **Fruits** - Bananas, coconuts, guava, mangoes, oranges, persimmons, pomegranate, prickly pear, rhubarb, starfruit

Spices/Condiments

Allspice, almond extract, anise, barley malt, capers, cornstarch, corn syrup, back, cayenne, pepper 9black, cayenne, red flakes, peppercorn), Tabasco, tapioca, vinegar (balsamic, red or white), ketchup, pickles (kosher, sweet, sour), relish, Worcestershire sauce

Beverages

Distilled liquor, sodas, black tea

A special note for Type AB:

The single worst food for an AB is chicken. Chicken contains a dangerous lectin that may agglutinate the blood and may also lead to heart disease, cancer and/or a host of other digestive and intestinal tract illnesses. Tofu, soy products, red skinned unsalted peanuts, red wine, and green tea are especially good for Type AB as they help fight cancer and heart disease.

FAT LOSS FUEL FOR TYPE AB

PROTEINS	CARBOHYDRATES	VEGETABLES
chicken breast	baked potato	broccoli
turkey breast	sweet potato	asparagus
lean ground turkey	yam	lettuce
Swordfish	squash	carrots
orange roughy	pumpkin	cauliflower
Cod	steamed brown rice	green beans
Salmon	steamed wild rice	green peppers
Tuna	pasta	mushrooms
whey protein	oatmeal	spinach
Grouper	barley	tomato
mahi-mahi	beans (red)	peas
Snapper	avocado	brussel sprouts
Monkfish	strawberries	artichoke
Sardine	melon	cabbage
soy protein	apple	celery
Lamb	peach	zucchini
egg whites or substitutes	fat-free yogurt	cucumber
low fat cottage cheese	ezekiel bread	onion

- **Must be eating six small meals per day. Eat every 3 hours.**
- **Simply choose a portion of protein and carbohydrates from each column to make a meal. Add a serving of vegetables to at least two of your daily meals.**
- **For accelerated fat loss, choose a portion of protein and two portions of vegetables. Omit the carbohydrate portion. Low glycemic fruit (i.e. apple, peach) may replace one vegetable portion.**
- **A portion is the amount of food approximately the size of the palm of your hand.**
- **Consume one tablespoon of unsaturated oil daily (i.e. olive oil) or three portions of salmon per week.**
- **Drink at least 10 cups of water per day.**
- **Use high-quality nutrition shakes or bars to replace any meal.**
- **Follow your recommended nutritional supplementation protocol daily.**
- **Once a week, on your free day, eat *whatever*, you want.**

Section 6: The Menus

The amount of food you need is determined by your body size, activity level, and goals. A “one size fits all” approach will not work for everyone. Portion control is important and should be customized according to your needs. On one hand you want to make sure you are eating enough for your size and activity level, on the other hand you don’t want to eat so much that you interrupt the fat burning process.

The easiest way to determine how much you should be eating is to use the “palm” method previously described. Choose equal amounts of proteins and carbohydrates, the amount that fits in the palm of your hand. This equates roughly to about 3-4 ounces for smaller people and 5-6 ounces for larger folks. If you are a serious exerciser or athlete, go for the larger portions.

The sample meals are divided into Fat Burning Meals (FBM) and Fat Flush Meals (FFM). They are further classified as breakfast, lunch, dinner and snacks. However, you can enjoy any of the meals at any time. There is no rule that says you can’t have a breakfast meal at dinner or vice versa. The sample meals are visual representations of the Eat & Be Lean strategy. They should allow you to create your own fat loss supportive meals.

Fat Burning Meals (FBM)

Remember to use the palm method for protein and carbohydrate portions.

BREAKFASTS

<i>½ bagel 1tsp. cream cheese, low fat sliced turkey or lox</i>	<i>1-2 eggs turkey, bacon or sausage 1 slice of bread (wheat, Ezekiel etc., not white)</i>
<i>1 bran muffin cottage cheese</i>	<i>1 egg, 2 egg whites scrambled 1 whole grain waffle non-caloric syrup or low carb Keto syrup</i>
<i>Make an omelet with: 1 whole egg and two egg whites add onion, mushrooms, green peppers (any veggies you like) 1 red new potato</i>	<i>turkey or ham equal amounts of crackers (void of partially hydrogenated oils)</i>

<i>oatmeal, brown sugar or honey (1 teaspoon) water or almond milk 1 scoop of whey protein powder mixed in</i>	<i>½ English muffin lean ham or turkey mozzarella cheese, part skim</i>
<i>1 yogurt, fat free, any low sugar fruit (200 calories or less) 2% cottage cheese (mix equal amounts into yogurt)</i>	<i>1 slice bread (not white) lean ham or turkey fat free cheese</i>
<i>cereal (10 grams of sugar or less) almond milk 1 scoop whey protein powder mixed in</i>	<i>Cottage cheese Unsweetened applesauce</i>

BREAKFAST SHAKES: These shakes can be used to replace any meal. You will need a good whey protein powder with at least 16 grams of protein per scoop. (Check with me first before purchasing). You may also replace honey with crystalline fructose found in your local grocery store or in most health food stores. Once you learn the basic formula for shakes, you can start creating your own. NOTE: To make a shake a Fat Burning Meal, use almond milk instead of water.

<i>1 cup of water 1 scoop whey protein (16-30 gms protein) 1 cup frozen strawberries</i>	<i>1 cup of water 1 scoop whey protein 1 cup mixed berries</i>
<i>1 cup of water 1 scoop whey protein 1 orange</i>	<i>1 cup of water 1 scoop whey protein 1/2 cup pineapple, fresh or canned (no syrup)</i>
<i>1 cup of water 1 scoop whey protein 1 tbsp. peanut butter 1 tbsp unsweetened cocoa 1 tsp honey or crystalline fructose</i>	<i>1 cup of water 1 scoop whey protein 1/3 banana ½ cup peaches</i>

LUNCHES

NOTE: Bigger and more active people can stick to the higher carbohydrate portions (i.e. 2 bread slices instead of 1) I've included fruit to many of the following meals. This is fine for larger people who are very active. Less active people should either omit the fruit OR omit one bread slice. Do not include BOTH if you want to maximize fat burning.

<i>Make a grilled ham sandwich with: 1-2 slices of bread (not white) ham, 1 slice swiss cheese, low fat mustard (if you like) and 1 apple</i>	<i>cottage cheese 2% 1 English muffin, toasted w/ 1 tsp of honey strawberries</i>
<i>Tuna (canned, olive oil or water) Low fat mozzarella, Mustard 1-2 slices of bread (not white) boiled veggies w/soy sauce (carrots, cauliflower, broccoli)</i>	<i>Make a Chef Salad with: Lettuce, turkey breast, ham, (lean) swiss cheese, (low fat) tomatoes, cucumber 1.5 tbsp. full fat salad dressing 1-2 slices rye bread</i>
<i>Turkey 1-2 slices of bread (not white) mustard, lettuce, tomato, pickles, black olives oil & vinegar, black pepper (if you like) 1 small apple</i>	<i>chicken breast, grilled rice, steamed broccoli, & soy sauce</i>
<i>½ or 1 bagel chicken breast, grilled teriyaki, mushrooms side salad: lettuce & cucumber reduced calorie dressing 1 tangerine</i>	<i>Make a Seafood salad sandwich with: shrimp, crabmeat or lobster 1 tbsp. light mayonnaise 1 whole wheat mini-pita pocket boiled veggies 1 small plum</i>
<i>cottage cheese 2% pineapple 1/3 or ½ cup 1 apple 1 tbsp. Almonds</i>	<i>1.5 boca burger patties 1 hamburger bun, wheat lettuce tomato, non-fat cheese</i>

SNACKS

Snacks count as meals towards your meal frequency total. Enjoy these between your regular meals. If you are eating 5 meals per day, make 2 of them snacks. If you are eating 6 meals per day, make 3 of them

snacks. *NOTE: Snacks or any meal may be replaced with a fat loss supportive nutrition bar or shake.*

1-2 ounces ham or turkey 1-2 rye crackers 1 olive	1 mini-bran muffin w/ 1 tbsp. Peanut butter
1 small carton of cottage cheese 2% 2 rye crisp crackers	1 mini- bagel turkey, sliced
shrimp cocktail sauce crackers (no partially hydrogenated oils)	tuna packed in olive oil, lemon rye crackers
cottage cheese fat free tortillas 1 tbsp. salsa, mild to hot	turkey crackers (no partially hydrogenated oils) low fat cheese
1 small flour tortilla firm tofu w/ low fat cheddar cheese 1 tsp. Diced green chilies (if you like)	1-2 oz. ham 3-4 rye or wheat cracker
1-2 hard boiled eggs 1 slice bread (not white) 1 apple	1-2 oz. turkey 1-2oz. soft cheese 4 oz. red wine

DINNERS

Chicken breast, grilled 1-2 tbsp. barbecue sauce 1 baked potato w/ fat free cheese 1 side salad, w/ 1 tbsp. low calorie dressing	turkey breast, ground 1 medium red potato green beans w/ 1 tbsp. dressing
tuna (canned, olive oil or water) pasta w/boiled veggies 1 tbsp. parmesan cheese	salmon steak, grilled w/ teriyaki brown rice 1 large green salad w/ 1 tbsp. full fat dressing

2-3small corn taco shells beef, ground 2 oz. cheddar cheese (fat-free or low-fat) 2 tbsp. salsa, mild to hot red cabbage, grated	Top sirloin or filet mignon, lean New potatoes, red Steamed broccoli Green salad w/ fat free salad dressing
chicken breast, grilled black bean soup boiled veggies	steak, grilled rice green salad w/ 1 tbsp reduced fat dressing
Pork medallions or thinly sliced pork chops Rosemary/Dijon mustard to taste Rice Spinach salad w/olive oil	Tuna steak, grilled Baked potato Boiled veggies Green salad w/olive oil
Oven roasted turkey breast (no skin) Mashed potatoes Boiled veggies w/soy sauce	Steamed shrimp w/teriyaki sauce noodles boiled veggies

Fat Flush Meals (FFM)

Choosing meals from this section will accelerate your fat loss. Remember to use the palm method for choosing protein portions. FFM are void of starchy carbohydrates, although low-sugar fruit is allowed.

BREAKFASTS

1-2 eggs scrambled 2-3 egg whites 1 plum	turkey or ham slices, lean ½ grapefruit ½ apple
cottage cheese, 2% low fat peaches	turkey sausage, low fat 1 orange
1 whole egg scrambled with 2 egg whites ham, extra lean mushrooms, onions, green pepper 1 orange	1 hard boiled egg 1 garden sausage pineapple chunks (no syrup)
2 hard boiled eggs 1 apple	cottage cheese, non-fat grapes 1tbsp. Almonds

<p><i>Make a scramble with:</i> 1 egg, 2 egg whites turkey or ham, lean mushrooms, onions, spinach non-fat mozzarella cheese, 1 pear</p>	<p><i>Make an Omelet with:</i> 1-2 eggs 3-4 egg whites non-fat mozzarella cheese mushrooms, green peppers, onions grapes</p>
<p>cottage cheese, 2% low fat ½ cup strawberries ½ cup kiwi</p>	<p>Ham or turkey roll ups Non-fat swiss cheese Cantaloupe</p>

LUNCHES

<p><i>Make a tuna salad with:</i> Albacore tuna in water, drained Safflower mayonnaise celery, sweet pickle relish, lettuce leaves ½ apple grapes, handful</p>	<p><i>Make a Pineapple chicken salad with:</i> Chicken, gilled, cooled, diced ½ cup Pineapple chunks handful of grapes coat with 1.5 tbsp. safflower mayonnaise serve on shredded lettuce</p>
<p>chicken breast, grilled with teriyaki sauce fat free cheese, mushrooms, onions green side salad w/tsp. olive oil 1 apple</p>	<p>Turkey breast, cooked, cooled Celery, diced Handful of grapes ½ apple, diced coat with 1.5 tbsp. of safflower mayonnaise</p>
<p><i>Make a Fruit salad with:</i> Cottage cheese, 2% ½ cantaloupe strawberries 1 tbsp. sunflower seeds, raw</p>	<p>Snapper fillet, grilled with lemon, onions, green peppers Double serving of seasoned veggies (cauliflower, carrots, broccoli) 1 plum</p>
<p><i>Make a chef salad with:</i> Ham, deli-style Turkey, deli-style 1 ounce low fat cheese 1 tossed green salad w/ olive oil & vinegar dressing 1 nectarine</p>	<p><i>Make a tuna stuffed tomato with:</i> Tuna, water packed, drained 1 large tomato, sliced in half and hollowed stuff with: celery, pickle relish, onion, safflower mayonnaise mandarin slices</p>

<p><i>Make a Chicken Cesar salad with:</i> Chicken breast, grilled Romaine lettuce with Cesar dressing 1 tsp. Parmesan cheese 1 tangerine</p>	<p><i>Make a seafood salad with:</i> Crabmeat, lobster, or shrimp 1 tbsp. safflower mayonnaise mix with: side green salad 1 apple</p>
<p>Tuna, packed in olive oil, lemon Boiled veggies w/ soy sauce: carrots, cauliflower, turnip greens 1 orange</p>	<p>shrimp, grilled with teriyaki sauce boiled or grilled veggies, seasoned pineapple chunks</p>

SNACKS

<p>1 hard boiled egg 1 small apple</p>	<p>3-4 ounces of tuna packed in olive oil 1 pear</p>
<p>1-2 ounces turkey, deli-style 1oz. Low fat cheese handful of grapes</p>	<p>cottage cheese, fat free pineapple, diced 1 tsp. slivered almonds</p>
<p>shrimp, freshly cooked serve with: lettuce, cocktail sauce</p>	<p>roast beef, lean, sliced 1 orange</p>
<p>ham, deli style, sliced 1 slice fat free cheese 1-2 olives 1 peach</p>	<p>3-4 egg whites, scrambled with: non-fat cheese 3-4 peanuts ½ apple</p>
<p>turkey, deli-style, sliced strawberries 1 macadamia nut</p>	<p>1-2 hard-boiled eggs ½ apple 1 tsp. peanut butter</p>
<p>2 ounces cottage cheese 2% 1 kiwi</p>	<p>turkey, deli-style, slices 1 tbsp. guacamole, tangerine slices</p>

DINNERS

<p>Tuna steak grilled, seasoned to taste Cauliflower, boiled with soy sauce Lettuce, cucumber salad with low fat dressing Strawberries</p>	<p>Turkey, deli-style cooked (skinless) Steamed broccoli, boiled onions, cranberries 1.5 tbsp. slivered almonds</p>
<p>Salmon, grilled with lemon, garlic, salt & pepper to taste Onions, sweet, large slices, green</p>	<p>Beef tenderloin, extra lean season with garlic, salt, pepper Asparagus, steamed</p>

pepper, zucchini Green side salad, low fat dressing Peach slices (no syrup)	Tomatoes, stewed Green side salad with low fat dressing Pear slices (no syrup)
Chicken breast, grilled, seasoned with garlic, salt, pepper Broccoli, steamed Spinach salad with olive oil 1 tsp. Almonds 1 serving of applesauce	Make grilled beef kabobs with: Top loin beef, extra-lean 1.5-2 tbsp. Marinade (bottled) green peppers, cubed sweet onions, cherry tomatoes, pineapple chunks 1 side green salad w/ 1 tbsp. olive oil
Make barbecue chicken with: Chicken breast, skinless ½ tsp. barbecue sauce lemon slices, onion slices cauliflower, zucchini, steamed 1 green salad w/ olive oil & vinegar strawberries	Make a cheese omelet with: 2 whole eggs 3 egg whites 1 oz. cheddar cheese, low fat mushrooms, spinach leaves 1 green salad w/ 1tbsp. non-fat dressing
turkey breast patty, grilled and seasoned green beans cabbage grated w/ 1tbsp. coleslaw dressing	flounder fish fillet, grilled, ground pepper, lemon onions, asparagus 1 green salad w/ 1 tbsp. olive oil, sprinkle with parmesan cheese
pork chops, thinly sliced, baked, seasoned with rosemary, Dijon mustard broccoli, steamed with lemon 1 spinach salad w/ 1 tbsp. olive oil & vinegar apple & orange slices (1/2 of each)	Make a hamburger with: Ground sirloin, 96% fat free, grilled 1 slice low fat cheese tomato, lettuce, onion mixed veggies, boiled, soy sauce 1 apple

Some of the menus have been extracted, modified and organized by Dr. Joe Rodriguez Robaina from the works of Dr. Barry Sears (Mastering The Zone), and Joyce and Gene Daoust's 40-30-30 Fat Burning Nutrition to meet the Eat & Be Lean guidelines.



Fat Flush meals, which consist of a protein source and veggies or a low sugar fruit, provide maximum fat loss support.

Section 7: Eat & Be Lean Whole Food Supplement Strategy

The Eat & Be Lean strategy covers how to use the macronutrients (proteins, carbohydrates, fat, water) to maximize fat loss and improve health. However, there is a class of micronutrients (vitamins, minerals, enzymes, co-factors etc.) that play a major role in maximizing health and performance, which can no longer be obtained from food alone. If you are unaware of this fact, please read the copy of the 1936 U.S. Senate Document that I have included which states the nutritional challenge we have been having for years. I have also included Dr. Frederick Hatfield's (President of the International Sports Sciences Association) "24 Good Reasons Why You May Need Vitamin & Mineral Supplements" to shed further light on the topic.

If you are interested in maximizing your health, maximizing your fat loss efforts, if you exercise regularly or would like to get the maximum benefit out of the Eat & Be Lean program, then you should follow a customized nutritional support strategy.

A nutritional support strategy is a dietary supplement program designed to maximize health and performance and prevent illness by supplying the body with nutrients known to address these objectives. A properly designed program can help you deal with stress, improve digestion, improve recuperation, improve elimination, help you sleep better, and can be customized to address any health challenges.

I do have a couple of caveats when it comes to dietary supplementation:

- 1) People seeking advice from the media, other unqualified sources, or simply going by heresay and taking "everything under the sun" and combining nutrients in ways which are either ineffective or potentially harmful.
- 2) People using low quality products either because they don't know any better (usually the case) or because they're cheaper (often the case).

My approach to outlining protocols for my clients includes:

- Knowing the client's health history
- Assessing their needs
- Using "whole food" products as opposed to synthetic products

Whole Food vs. Synthetic Products

Here's a brief explanation of the difference between the two.

Let's use Vitamin C as an example. Let's assume the synthetic Vitamin C you purchase at your local health food store was extracted from oranges. The Vitamin C was extracted and isolated from the rest

of the nutrients in that orange because the Vitamin C is what is known to provide health benefits. However, the other nutrients and co-factors contained in the orange are what increase the absorption of the Vitamin C and make it complete, the way mother nature intended for you to consume it. In the synthetic vitamin these factors are missing. Another factor has to do with the potential danger of taking certain nutrients in isolation. Many nutrients are synergistic, meaning they rely on each other to function properly within the physiology. Taking a nutrient in isolation may force your body to leech its synergistic counterpart causing a nutrient imbalance. Taking a whole food supplement on the other hand, is like eating the actual food with all the nutrients the food naturally contains. In essence, you are getting the nutrients from real food. What a concept!

Although it is far less likely that you will cause a nutrient imbalance from taking whole food supplements, the possibility does exist that you can get too much of a good thing. You also have to know the exact combinations to use to achieve the intended result.

This is the reason these types of supplements are only obtainable through qualified health care practitioners who can assess your actual needs.

The Eat & Be Lean “Basic” Whole-Food Supplement Strategy

The following is a basic protocol for those who exercise and want to maximize their results. It is designed to maximize health while getting in shape or burning fat. It is specifically designed to maximize muscle repair following exercise, increase endurance, and prevent muscle cramping and fatigue.

However, it does not cover any individual needs, which is why I highly recommend having the program customized, especially if you suffer from any health challenges.

<i>TYPE OF PRODUCT</i>	<i>WHAT WE USE</i>
Whole food Multi-Vitamin	Catalyn
Digestive Aid	Zypan or Zymex
Essential Fats	Wheat Germ Perles
Anti-oxidant	Any of several
Enhanced Protein Absorption	Proteofood
Enhanced Calcium Absorption	Calcium Lactate
Connective Tissue Repair	Ostarplex

Please Note: You may purchase these same supplements by calling our training center at (800) 289-8188 . However, keep in mind that if you suffer from any health challenges, you would require a different protocol.



24 GOOD REASONS WHY YOU MAY NEED VITAMIN & MINERAL SUPPLEMENTS

Many people believe that eating a well balanced diet provides all the vitamins and minerals necessary for good health. In ideal circumstances, this is the case, but in reality, there are many reasons why you need vitamin supplements to cope with living in the 20th century environment. Taking vitamins when required is a safe method of optimizing your dietary sources of nutrients, provided you follow the recommendations of your health care professional.

3. **POOR DIGESTION** – Even when your food intake is good, inefficient digestion can limit your body's uptake of vitamins. Some common causes of inefficient digestion are not chewing will enough and eating too fast. Both of these result in larger than normal food particle size, too large to allow complete action of digestive enzymes. Many people with dentures are unable to chew as efficiently as those with a full set of original teeth.
4. **HOT COFFEE, TEA AND SPICES** – Habitual drinking of liquids that are too hot, or consuming an excess of irritants such as coffee, tea or pickles and spices can cause inflammation of the digestive fluids and poorer extraction of vitamins and minerals from food.
5. **ALCOHOL** – Drinking too much alcohol can damage the liver and pancreas, which are vital to digestion and metabolism. It can also damage the lining of the intestinal tract and adversely affect the absorption of nutrients, leading to sub-clinical malnutrition. Regular use of alcohol increases the body's need for B-group vitamins, particularly thiamine, niacin, pyridoxine, folic acid and vitamins B12, A, and C as well as the minerals zinc, magnesium and calcium. Alcohol affects availability, absorption and metabolism of nutrients.
6. **SMOKING** – Smoking too much tobacco is also an irritant to the digestive tract and increases the metabolic requirements of Vitamin C, all else being equal, by at least 30 mg per cigarette over and above the typical requirements of a non-smoker. Vitamin C which is normally present in such foods as cabbage, onions, oranges, and grapefruit, oxidizes rapidly

once these fruits are cut, juices, cooked or stored in direct light or near heat. Vitamin C is important to the immune function.

7. **LAXATIVES** – Overuse of laxatives can result in poor absorption of vitamins and minerals from food, by hastening the intestinal transit time. Paraffin and other mineral oils increase losses of fat-soluble vitamins A, E, and K. Other laxatives used to excess can cause large losses of minerals such as potassium, sodium and magnesium.
8. **FAD DIETS** - Bizarre diets discard whole groups of foods seriously lacking in vitamins. Popular low fat diets, if taken to an extreme, can be deficient in vitamins A, D and E. Vegetarian diets which, exclude meat and other animal sources, must be very skillfully planned to avoid vitamin B12 deficiency, which may lead to anemia.
9. **OVERCOOKING** – Lengthy cooking or reheating meat and vegetables oxidizes and destroys heat susceptible vitamins such as the B-group, C and E. Boiling vegetables removes water-soluble vitamins B-group and C and many minerals. Light steaming is preferable. Some vitamins, such as vitamin B6 can be destroyed by microwave irradiation.
10. **FOOD PROCESSING** – Freezing food containing vitamin E can significantly reduce its levels once defrosted. Foods containing vitamin E exposed to heat and air can turn rancid. Many common sources of vitamin E, such as bread and oils are highly processed, so that the vitamin E content is significantly reduced or missing totally, which increases storage life but can lower nutrient levels. Vitamin E is an antioxidant, which defensively inhibits oxidative damage to all tissues. Other vitamin losses from food processing include vitamin B1 and C.
11. **CONVENIENCE** – A diet dependent on highly refined carbohydrates, such as sugar, white flour and white rice, place greater demand on additional sources of B-group vitamins to process these carbohydrates. **AN UNBALANCED DIET CONTRIBUTES TO SUCH CONDITIONS AS IRRITABILITY, LETHARGY AND SLEEP DISORDERS.**

12. **ANTIBIOTICS** – Some antibiotics, although valuable in fighting infection, also fight off friendly bacteria in the gut, which normally produces B-group vitamins to be absorbed through the intestinal walls. Such deficiencies can result in a variety of nervous conditions, therefore it may be advisable to supplement with B-group vitamins when on a lengthy course of broad-spectrum antibiotics.
13. **FOOD ALLERGIES** – The omission of whole food groups from the diet, as in the case of individuals allergic to gluten or lactose, can mean the loss of significant dietary sources of nutrients such as thiamine, riboflavin or calcium.
14. **CROP NUTRIENT LOSSES** – Some agricultural soils are deficient in trace elements. Decades of intensive agriculture can overwork and deplete soils, unless all the soil nutrients, including trace elements, are regularly replaced. Food crops can be depleted of nutrients due to poor soil management. In a U.S. government survey, levels of essential minerals in crops were found to have declined by up to 68% over a four-year period in the 1970s.
15. **ACCIDENTS & ILLNESS** – Burns lead to a loss of protein and essential trace nutrients such as vitamins and minerals. Surgery increases the need for zinc, vitamin E and other nutrients involved in the cellular repair mechanism. The repair of broken bones will be retarded by an inadequate supply of calcium and vitamin C and conversely enhanced by a full dietary supply. The challenge of infection places high demand on the nutritional resources of zinc, magnesium and vitamins B5, and B6.
16. **STRESS** – Chemical, physical and emotional stress can increase the body's requirements for vitamins B2, B5, B6 and C. Air pollution increases the requirements for vitamin E.
17. **P.M.S** – Research has demonstrated that up to 60% of women suffering from symptoms of premenstrual tension, such as headaches, irritability, bloatedness, breast tenderness, lethargy and depression can benefit from supplementation with vitamin B6.

18. **TEENAGERS** – Rapid growth spurts such as in the teenage years, particularly in girls, place high demands on nutritional resources to underwrite the accelerated physical, biochemical and emotional development in this age group. Data from the U.S.A. Ten State Nutritional Survey (in 1968-70 covering a total of 24,000 families and 86,000 individuals) showed that between 30-50% of adolescents aged 12 to 16 had dietary intakes below two-thirds of the recommended daily averages for vitamin A, C, calcium and iron.
19. **PREGNANT WOMEN** – Pregnancy creates higher than average demands for nutrients to ensure healthy growth of the baby and comfortable confinement for the mother. The nutrients which require increase during pregnancy are the B-group, especially B1, B2, B3, B6, folic acid and B12, A, D, E, and minerals calcium, iron, magnesium, zinc and phosphorous. The USA Ten State Nutritional Survey in 1968-70 showed as many as 80% of the pregnant women surveyed had dietary intakes below two thirds of recommended daily allowances. Professional assessment of nutrient requirements during pregnancy should be sought.
20. **ORAL CONTRACEPTIVES** – Oral contraceptives can decrease absorption of folic acid and increase the need for vitamin B6 and possibly vitamin C, zinc and riboflavin. Almost 22% of Australian women ages 15-44 are believed to be on "the pill" at any one time.
21. **LIGHTEATERS** – Some people eat very sparingly, even without weight reduction goals. U.S. dietary surveys have shown that an average woman maintains her weight on 800 calories per day, at which level her diet is likely to be low in thiamine, calcium and iron.
22. **THE ELDERLY** – The aged generally have a low intake of vitamins and minerals, particularly iron, calcium and zinc. Folic acid deficiency is often found, in conjunction with vitamin C deficiency. Fiber intake is often low. Riboflavin (B2) and pyridoxine (B6) deficiencies have also been observed. Possible causes include impaired sense of taste and smell, reduced secretion of digestive enzymes, chronic disease and, maybe, physical impairment.
23. **LACK OF SUNLIGHT** – Invalids, shift workers and people with minimal exposure to sunlight can suffer from insufficient

amount of vitamin D, which is required for calcium metabolism, without which rickets and osteoporosis (bone thinning) have been observed. Ultraviolet light is the stimulus to vitamin D formation in skin. It is blocked by cloud, fog, smog, smoke, ordinary window glass, curtains and clothing. The maximum recommended daily supplemental intake of vitamin D is 400 i.u.

24. **BIO-INDIVIDUALITY** – Wide fluctuations in individual nutrient requirements from the official recommended average vitamin and mineral intakes are common, particularly for those in high physical demand vocations, such as athletics and manual labor taking into account body weight and physical type. Protein intake influences the need for vitamin B6 and vitamin B1 is linked to caloric intake.
25. **LOW BODY RESERVES** – Although the body is able to store reserves of certain vitamins such as A and E, Canadian autopsy data has shown that up to 30% of the population has reserves of Vitamin A so low as to be judged “at risk”. Vitamin A is important to healthy skin and mucous membranes (including the sinus and lungs) and eyesight.
26. **ATHLETES** – Athletes consume much food and experience considerable stress. These factors affect their needs for B-group vitamins, vitamin C and iron in particular. Australian Olympic athletes and A-grade football players, for example, have shown wide-ranging vitamin deficiencies.

The foregoing facts have been researched from respected medical and nutritional text books, clinical studies and research reports, including the following: Review of Medical Physiology, Ganon (Lange 1981). Textbook of Medicine. Harrison (Hadder & Stoughton 1977). Davidson’s Principles and Practice of Medicine. MacLeod (11th edtn). Handbook of Vitamins, Minerals and Hormones. Kutsky (Van Nostrand Reinhold 1981). Contemporary Developments in Nutrition, Worthington-Roberts (Mosby 1981). Introductory Nutrition, Guthrie (Mosby 1975). Chelated Mineral Nutrition, Ashmead (Institute 1981). Use & Abuse of Vitamins, Wahlqvist & Haug (Sun Books 1983). Food & Nutrition in Australia, Wahlqvist (Cassell 1981). Ten State Nutrition Survey (U.S. Dept. of Health, Education & Welfare, 1970, publications Nos. 72-8130 and 72-8134). Current Medical Research Opinion (1977 4. suppl 4.29).

SENATE DOCUMENT NO. 264

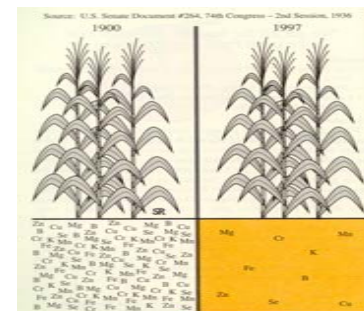
“The alarming fact is that foods (fruits, vegetables, and grains) now being raised on millions of acres of land that no longer contain enough of certain minerals are starving us – no matter how much of them we eat. No man today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health because his stomach isn’t big enough to hold them... The truth is that our foods vary enormously in value, and some of them aren’t worth eating as food... Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins or upon the precise proportions of starch, protein, or carbohydrates we consume.”

-Senate Document No. 264, 1936

Depletion Levels (Percentages)

U.S. Senate Document No. 264 and the 1992 Earth Summit Report documents declining mineral values in farm and range soils (over past 100 years):

(North America 85%) (South America 76%) (Africa 74%) (Europe 72%) (Asia 76%) (Australia 55%)



Plants may still look the same, but they now have far fewer minerals

Section 8: A Two-Week Fat Blast

How To Break Out Of A Fat Loss Plateau

Fat loss progress never follows a straight line indefinitely. Whether it's exercise or an eating strategy, your body likes to maintain a homeostasis or "balance". Once your body adapts to an exercise program or an eating strategy, you need a change in order to continue progressing. Say for example, that you have been following the strategy with an 80% adherence rate. That means that out of 10 days, you have 8 "good" eating days and 2 "not so good" eating days. That's a pretty good ratio. It's not perfect, but that's o.k. remember, we're not going to be perfect all the time. You have experienced great results thus far, but in the last month, progress seems to have come to a halt. You look good, but you still could shed about 5 more fat pounds. It's not really feasible for you to add any more exercise days to your busy schedule, so it's time for a change in the eating strategy.

It's really quite simple: For the next two weeks make *all* of your meals fat flush and maintain *uniform* eating. Uniform eating means you eat the same meals every day for one week. After one week you can change the menu for that week.

Uniform eating may not sound terribly exciting, but I guarantee you it is nowhere near as bad as it sounds. Many, eat "routine" meals every week; they just make the wrong choices to support fat loss. By maintaining a uniform pattern of fat flush meals for two weeks, you can keep better track of exactly what you're eating, without having to worry about creating the necessary caloric deficit on a daily basis to keep you burning fat. It will also show up on your body much quicker than if you followed different menus every day since the caloric intake would probably vary much more with the varied menus. You may substitute the proteins, vegetables, and fruits for sources of your choice, as long as they are similar in caloric content. Once you decide on a menu however, stick to it for the entire week.

Here's what two weeks of uniform fat-flush meals might look like:

Week #1

Breakfast: 1 whole egg, 2 egg whites scrambled with non-fat mozzarella add onions, green peppers, and mushrooms.
1 apple



Fat Flush Meal

Snack: Good protein, low sugar meal replacement

Lunch: Tuna, water-packed, add lemon, onions, mustard if desired. Boiled broccoli, carrots, cauliflower, add soy sauce and fat free mozzarella

1 orange

Snack: Good protein, low sugar meal replacement

Dinner: Broiled salmon with teriyaki sauce

Green salad with tbsp olive oil, boiled veggies (your choice)

1 pear

Bedtime snack: (This meal is optional, but recommended for active people, athletes etc. or people who go to bed late. You shouldn't allow more than 3-4 hours to pass without having a fat loss supportive meal unless of course you will be sleeping.)

Have a good protein, low sugar meal replacement shake made with water.

Week #2

Breakfast: 2% Cottage cheese with apple or any low sugar fruit and 1 tsp slivered almonds

Snack: Good protein, low sugar meal replacement

Lunch: grilled chicken breast with teriyaki,

Boiled veggies (mushrooms, broccoli, cauliflower) add fat free cheese

1 peach

Snack: Good protein, low sugar meal replacement

Dinner: Grilled tuna steak (season as desired)

Green salad, 1 tbsp. olive oil,

Boiled veggies: broccoli, zucchini, and carrots

1 plum

Bedtime snack: Good protein, low sugar meal replacement shake made with water.



Meal Replacement Bar

Eating in this fashion will accelerate your fat loss and break through any sticking point you may be experiencing. You can use this strategy anytime you want to be burning maximum fat. It is up to you whether you want to include "free days" or omit them during the two-week period until you reach your desired body fat reduction. Obviously, omitting the free days will give you even better results. So if you have an upcoming event and you're short on time, omitting the free days will give you faster results. If you're following the Eat & Be Lean strategy consistently, you should *never* be more than a couple of weeks away from your best physique.

I should mention that there are people who basically eat like this all the time. They usually are lean individuals who have little trouble maintaining their results. Fat flush eating is actually a very healthful way to eat.

Section 9: Eat & Be Lean And Anti-Aging

How To Compare Before/After Blood Work

One of the major benefits of following the Eat & Be Lean Strategy is that it can make your blood work look very favorable. By knowing what to look for, you can keep a tab on how well you are aging with a simple blood test. One of the things you should do before getting started with the strategy, is to request a complete blood lipid profile which will screen your total cholesterol, HDL, LDL and triglycerides. One of the parameters that affects aging is the level of insulin in your blood stream. The most accessible and inexpensive blood marker is the *ratio of fasting triglycerides to HDL cholesterol*.

This is a good surrogate marker for insulin. Simply calculate the triglyceride/HDL ratio by dividing the triglyceride number by the HDL number.

If the number you get is less than 2, you're aging slower than normal.

If the number you get is more than 4, you're aging faster than normal.

You should also include at least your body fat percentage, or better yet, a complete Fitness Age assessment for a more complete report.

If your blood work numbers on the high side, I can help you bring them down to more healthful levels. The best anti-aging strategy is one that includes: proper exercise, customized eating strategy, whole-food supplementation protocol and stress management strategies.

Concerning cholesterol, what you need to know is:

HDL – is your “good” cholesterol. Bringing it up to 70mg/dl can be highly beneficial to your cardiovascular health. Having it lower than 35 mg/dl is considered risky. The emphasis on essential fats (cold water fish, nuts etc.) found in EBL can help you elevate this number.

LDL – Known as the “bad” cholesterol, you want to keep it within “normal” parameters. The lack of trans fats, baked goods, pastries etc. in EBL can help keep this number under control.

Triglycerides – these are the stored fats in your system; keep them within normal parameters. By maintaining your insulin levels steady, you can avoid elevating this number to dangerous levels.

Cholesterol per se, is not bad. 80% of the cholesterol circulating in your system is produced by your liver. Sugar, alcohol, and stress can elevate this natural cholesterol.

More important than total cholesterol, is your ratios of each of the cholesterol components.

EBL may be the most important factor in improving your ratios.

To order the “How Fast Are You Aging?” Free report, which explains my Anti- Aging Strategy, or to schedule a Body Composition Assessment call: (800) 289-8188.

Section 10: Frequently Asked Questions

Here are some of the most commonly asked questions I receive from clients regarding the Eat & Be Lean strategy and fat loss. If you have a question that is not covered in this section, you can contact me at: medicineman@mbfitness.com or call (305) 267- 1599.

Q: How much weight can I expect to lose with the Eat & Be Lean strategy?

A: I'm assuming you're referring to "scale" weight loss, which is really not the purpose of this strategy. The purpose as the name implies, is to ensure you're eating correctly for maximum fat loss. Scale weight loss and fat loss are not necessarily the same. (Go back and review Section 1-D). That being said, most people do experience scale weight loss especially if they are just following the strategy and NOT exercising. Exercise, especially resistance training, will promote lean muscle tissue which often shows up on the scale as added pounds or simply as if no weight has been lost. Again, the scale is totally inaccurate as the more precise body composition assessment always confirms. A person who is simply following the strategy will notice anywhere between 2-5 pounds off the scale the first week. This weight comes off mostly in the form of fat and some water weight. If you're exercising and you should be for maximum results, then the scale weight loss will be less significant since you're also gaining lean muscle in the process. This is actually ideal since the purpose of the EBL strategy is to burn as much fat as possible regardless of what the scale weight might look like. To better understand this concept review Section 1-D.

Q: How fast will I notice the results on the EBL strategy?

A: This is going to vary with each individual since other factors including metabolic rate plays a role. You should notice a positive change in your physique after the first two weeks of following the strategy with a 90% adherence rate. Positive changes include: looser fitting clothes, more energy, more mental alertness, less water retention and probably a few pounds off the scale.

Q: Is it possible to drop a dress size by following this strategy?

A: It is very possible and women drop one dress sizes and men drop two pant sizes routinely as a result of the strategy. You lean out more if you include 3-4 30 minute exercise sessions in our style of training.

Q: What type of exercise should I be doing to accelerate fat loss?

A: Short, high output sessions, properly combined resistance and cardio training done first thing in the morning on an empty stomach works best. However, training any time will work 100xs better than not training. Resistance training can be done with or without equipment. You should choose exercises that improve your metabolism, not work against it. Long cardio sessions on a treadmill are NOT the way to go. If you have big thighs, hips and buttocks, there are many resistance and cardiovascular exercises that you should NOT be doing, as they will only make your lower body bigger. Getting into the specifics is beyond the scope of this book, but you can always call me to learn exactly what you should be doing. To learn how to do the morning training sessions, you can call our training center and request "The 20 Minute Aerobic Alternative" \$12.00 report. Call: 800-289-8188.

Q: I need to gain weight, not lose it. Can Eat & Be Lean help me put on muscle weight?

A: Yes it can. One of the goals of the EBL strategy is to preserve as much lean muscle tissue as possible while maximizing fat loss. However, if your goal is to eat to support muscle gains, then the strategy must be adapted to fit your goal. Assuming that you are performing intense resistance exercise on a regular basis, simply add an extra carbohydrate serving to each meal. The ratios would then look this: P:1, C:2, V:1-2. The extra carbohydrate source could come in the way of starches or fruits. It is essential that you monitor your bodyfat on a monthly basis to ensure you are gaining mostly muscle and minimizing fat gain.

Q: Will the EBL strategy get rid of my cellulite?

A: Probably not by itself. You need to exercise in a specific way to maximize lean tone while burning maximum fat. Some people can get good results when they combine EBL with specific types of exercise. For more information on our exercise programs please call (800) 289-8188.

Q: I have high cholesterol, can EBL help reduce it?

A: You better believe it! Stick mainly to fat flush meals. I would also include some nutritional supplements for a more effective strategy. This should be tailored to your needs. For a customized supplement program call me at (800) 289 -8188.

Q: I'm a diabetic; can I follow the EBL strategy?

A: You should always check with your physician first. In my professional opinion, if you're a diabetic, you have no choice but to follow this type of eating strategy since it is designed to regulate

insulin. I would stick mainly to fat flush meals with perhaps some modifications depending on your particular situation. I don't like to give specific recommendations when it comes to overcoming health challenges to people I haven't personally assessed, since responses vary with the individual. This is why I make it a point early on in the book to have the strategy customized if you're trying to overcome any health challenges.

Q: How does EBL differ from the blood type diet?

A: EBL is a fat loss strategy. The blood type diet is more concerned with overall health and wellness than it is with fat loss. It is not a particularly aggressive fat loss plan. Although EBL uses the same blood type technology, it follows a completely different set of principles not found in the blood type diet.

Q: Many of the sample menus and the recipes you give call for foods on the "avoid" list for my particular blood type. What do I do?

A: Make appropriate substitutions within the same food group. For example, a menu that calls for beef is fine for type O, but type A would be better off substituting salmon, tuna, chicken, turkey or tofu for the beef. You can do this with all the food groups. As far as the dessert recipes, you may substitute almond milk for cow's milk if it is contraindicated for your particular blood type. Other substitutions might include ricotta cheese for cream cheese and soy powdered protein for whey. Making substitutions in the recipes may affect the consistency and texture of the desserts. On the other hand, if you are going to be enjoying these treats every once in a while and do not suffer from any chronic health challenges, then go ahead and enjoy the desserts as they are called for in the recipes.

Q: Do I have to stick to my blood type recommendations to experience fat loss?

A: My general guidelines for following the blood type recommendations are as follows:

If you are trying to overcome any chronic health challenges (diabetes, migraines, digestive disorders, eczema etc.) stick to it with a 90-100% adherence rate.

If you have zero complaints, stick to it 70% of the time.

Some overweight people who are lectin (specific proteins found in your blood type and foods) sensitive may need to follow the blood type recommendations more closely as this sensitivity often disrupts the insulin mechanism. The *best* approach is to follow the blood type guidelines as best as possible while following the EBL principles.

Q: Is there a maintenance phase with the EBL strategy?

A: EBL is a lifetime strategy. It offers enough flexibility that a maintenance phase is not necessary. You are in essence always maintaining your health and controlling your body fat while you follow the principles. Since it is not a very restrictive strategy (you can eat anything you want every week), both the physical and psychological stress of following a "diet" are greatly reduced. You don't need to recuperate from anything. In the process of following the strategy, you learn how your body responds to certain foods and what you can get away with and what you can't. Once you reach this level you know when it is time to use more fat flush meals and when to use more fat burning meals. This is self-knowledge and puts you in control.

Q: Will eliminating my weekly free day give me better fat loss results?

A: Yes and no. Yes, if it doesn't lead to binge eating. No, if it does. You don't have to abstain from eating your favorite foods. The free day is an important part of the strategy because it allows you to enjoy life. Plus it gives you a sense of control to know that every week you can have that apple pie, extra-large pizza with anchovies or that chocolate cake. On the other hand, you don't have to make *all* of your meals "pig-out" sessions on your free day. You may choose to make half of your meals fat loss supportive and the others free meals. It really is up to you. The only time you may want to abstain from free days is if you have a deadline to look your best and you're more than 2 weeks behind schedule. If you're following the EBL strategy you should never be more than 2 weeks away from looking your best. In general, abstaining from free days is not necessary to experience great results with EBL. It's also not a lot of fun. I'll race ya to the pizza parlor!

Q: What happens if I blow the strategy for a meal or a day outside my free day?

A: You should call me and confess to ensure you will escape the jaws of fadism. Just kidding.

If you mess up one meal, just know that for the next 4-5 hours of your life you will be burning sugar instead of fat for energy. Big deal. Make your next meal a fat loss supportive meal and you'll be back on track. If you messed up an entire day, make the following day a great one by choosing mostly FFM. If you're really serious about results, just count that goofed up day, as your free day. Folks, we're not focusing on perfection. We're focusing on proper fat loss management. It's like guiding a ship in stormy weather. Is it going to steer straight all the time? Of course not! That's what sailors are for, to ensure the ship

doesn't stray off indefinitely. You're the sailor of your ship (fat loss efforts), it's not always going to be smooth sailing and you shouldn't expect it to. Just make sure you're consistently steering it to fat loss land.

Q: Will EBL work better if I just cut out all carbohydrates?

A: Cutting out all carbohydrates is not a part of EBL. Doing this may get you good results initially but will backfire eventually. People who follow these types of programs face two major challenges:

1. They miss out on important nutrients that are essential for good health and performance.
2. Once they do add carbohydrates to their diets, they tend to over-secrete insulin which can have them on a fat storing phase that lasts for months.

For best results, follow the EBL strategy as outlined in this book. It is designed both to maximize fat loss *and* be health supportive.

Bonus 1: Eat & Be Lean On The Run
Fast Food, Frozen & Prepared Foods

Let me tell you from the onset, I really do not approve of fast food. Aside from the fact that it contains too much fat, the nutritional quality of the food is usually very poor. However, I realize there may be times when it is unavoidable to eat at these establishments. Therefore here's an outline of the "safest" items you can choose from the different restaurants without straying too much from the Eat & Be Lean guidelines.

I should add that, some of the items listed might no longer be offered by the restaurants since they often vary their menus. Perhaps they have introduced new items which are even more Eat & Be Lean friendly. The idea is for you to be able to evaluate any menu by sticking to the following formula whenever eating away from home:

- | |
|--|
| 1. Always choose a serving of high quality, low fat protein first (never fried or breaded). |
| 2. Choose only one serving of a starchy carbohydrate (rice, bread, potatoes etc.) |
| 3. Remember, the portion of carbohydrate should equal the portion of protein (your palm size). |
| 4. Add a serving or two of vegetables (never fried or breaded). |
| 5. Choose a non-caloric drink, preferably water with lemon. |

To make a meal Fat Flush, follow steps 1, 4, and 5. Skip step #2,3. In step #4 choose two servings of veggies or one of veggie and one of low sugar fruit, or just one of low sugar fruit. (Low sugar fruits include: apples, grapefruits, oranges, plums, pears, peaches, grapes, and strawberries).

Here then is your **Eat & Be Lean Fast-Food Guide**: Most of these restaurants have printed Nutrition Guides which they must, by law, provide you with if you ask for one. They contain the nutritional information for the items they serve.

Arby's (light sandwiches)

- Roast Beef Deluxe
- Roast Chicken Deluxe
- Roast Turkey Deluxe

Boston Market

- ¼ white meat chicken, no skin, gravy, new potatoes, steamed vegetables
- ¼ dark meat chicken, no skin, steamed vegetables, corn
- Rotisserie turkey breast (skinless), fruit salad, cole slaw

Burger King

- BK Broiler Chicken Sandwich (no cheese)
- Broiled Chicken Salad with croutons and light Italian salad dressing

Hardee's

- Grilled Chicken Sandwich

McDonalds

- Mcgrilled Chicken Classic
- Fajitas chicken Salad with 1 pkg. Croutons and Lite Vinaigrette

Taco Bell

- Light Taco
- Light Taco Supreme
- Light Soft Taco
- Light Soft Taco Supreme
- Light Taco Salad (no chips)

Wendy's

- Grilled Chicken Sandwich
- Chili (small or large)

Frozen & Prepared Foods

As you can imagine I'm not really big on frozen meals or canned foods. Much of the nutritional values of the foods are lost in the preparation and packaging. For example, did you know that there is a test that is done on canned foods to make sure that the natural enzymes contained in these foods are dead? If they were still alive, the food would spoil and you wouldn't buy it. A great amount of heat is required to produce canned foods. Any time food is cooked at 130 degrees it kills the enzymes in the food, which then need to be replaced by your body for

proper digestion. These are the same enzymes that could have been used to fight off an infection or prevent illness. Instead the enzymes must be used for the digestion of these "devitalized" or dead foods. If additionally you microwave these foods then you're adding insult to injury. This is one reason I highly recommend the use of natural digestive enzymes and other aids when consuming cooked meals (See Eat & Be Lean Nutrient Support Strategy).

Always try to consume organic foods in their freshest state possible. Whenever this is impossible and you are forced to choose prepared foods, always read the labels. Watch out for too much fat, calories, and or sugar. Look at the ingredients and try to stay away from anything foreign to you.

Below are examples of prepared foods that could be used with the Eat & Be Lean strategy, but for optimal health, don't make it a habit.

Armour Classics

- Mesquite Chicken and Noodles

Healthy Choice

- Chicken and Pasta Divan
- Glazed Chicken
- Turkey Dinner

Lean Cuisine

- Chicken Cacciatore w/ Vermicelli
- Turkey with Rice Pilaf
- Turkey Dijon

The Budget Gourmet

- Herb Chicken with Fettuccine
- Mesquite Chicken

Tyson Healthy Portion

- Grilled chicken
- Herb Chicken, Healthy Portion
- Italian Dinner, Healthy Portion
- Mesquite Chicken, Healthy Portion

Weight Watchers

- Chicken fettuccine
- Lasagna

- Italian Lasagna
- Cordon Bleu

SOUPS

Campbell's

- Chunky Beef
- Chunky Chicken Noodle

Healthy Choice

- Beef and Potato
- Chunky Beef Vegetable

Progresso

- Beef Noodle
- Chicken Barley
- Hearty Chicken

CHILI

Hain

- Spicy with Chicken

Healthy Choice

- Spicy Turkey
- Turkey with Beans

The above information was extracted, modified, and organized by Dr. Joe Rodriguez Robaina from Joyce & Gene Daoust's *40-30-30 Meal Planners* while working with New Vision International.

Bonus 2: Eat & Be Lean Dessert Recipes

On the Eat & Be Lean program, you have one day per week to eat anything you want. That of course, includes desserts. If you really are craving any food you can just save it for your special "free day" and enjoy it without guilt.

There may be times however, when you're progressing so well, your energy and mental clarity is so good, that you just don't want to mess with it. You may not feel like feeding your body just any "junk". Yet you want to have your cake and eat it too!

That's what this section is about. These are the dessert recipes that we have found to be more Eat & Be Lean friendly. Believe it or not, a serving of any of these treats counts as an FBM or FFM and can replace any meal.

New York Style Cheesecake (1 slice =FFM)

Ingredients:

16 ounces Philadelphia Brand Fat Free Cream Cheese (two 8 oz. blocks)

16 ounces Philadelphia Light Whipped Cream Cheese (two 8 oz. tubs)

¾ cup crystalline fructose

2 large eggs

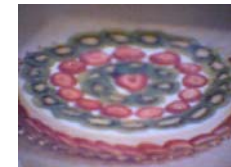
1 egg white

2 teaspoons vanilla

1 cup fat free sour cream

1 tablespoon cornstarch

3 scoops of whey protein powder



Directions:

1. Preheat oven to 350. lightly grease and flour a 9" springform pan.
2. In a large mixing bowl, beat together cream cheese and fructose until light.
3. Add the eggs and egg white, beating thoroughly after each. Blend in vanilla and sour cream. Add cornstarch and whey protein powder and blend well.
4. Pour the mixture into a prepared 9" springform pan.
5. Place a pan with 1" of hot water on the bottom rack of oven. Bake cake at 350 for 45 minutes on center rack. It is recommended to use a timer. Turn off oven without opening the door to let cake cool for one hour. Cool thoroughly before unmolding. It's normal for the cake to crack slightly.

- To unmold, carefully run a knife between the cake and pan rim and release the sides of the springform pan. Serve plain or decorate with sliced strawberries, kiwi, or raspberries. Cake can be stored covered with plastic wrap in the refrigerator for up to 10 days or frozen. Cut into 16 slices.

Peanut Butter Cheesecake (FFM)

If you like peanut butter, you'll love this cheesecake. Be sure to buy old-fashioned creamy peanut butter, preferably organic. The kind you have to stir to blend the oil and peanut butter.

Ingredients:

3 large egg whites
 32 ounces Philadelphia Brand fat Free Cream Cheese
 1 cup crystalline fructose
 1 teaspoon vanilla
 1 cup fat free sour cream
 $\frac{3}{4}$ cup old fashioned creamy peanut butter
 3 scoops whey protein



Directions:

- Preheat oven to 350. Lightly grease and flour a 9" springform pan.
- Beat egg whites in a separate bowl until stiff. Set aside.
- In a large mixing bowl, blend cream cheese and fructose until smooth. Add vanilla, sour cream, and peanut butter. Add whey protein powder until blended. Gently fold the whipped egg whites into the cheese mixture until blended.
- Pour the mixture in a prepared springform pan.
- Place a pan with 1" of hot water on the bottom rack of oven. Bake cake at 350 for 45 minutes on center rack. Turn off oven without opening door to let cake cool for 1 hour. Cool thoroughly before unmolding.

To unmold, carefully run a knife between cake and pan rim and release the sides of the springform pan. Cake can be stored

- covered with plastic wrap in the refrigerator up to 10 days or frozen. Cut into 20 slices.
- May decorate with 1/8 oz. drizzled chocolate.

Marble Cheesecake (FF,V)

Ingredients:

2 cups 2% Low-fat cottage cheese
 4 ounces Philadelphia Brand 1/3 less Fat Cream Cheese
 4 ounces Philadelphia Brand Fat Free Cream Cheese
 3 eggs
 $\frac{3}{4}$ cup crystalline fructose
 1 tsp vanilla
 1 $\frac{1}{2}$ tsp lemon juice
 $\frac{1}{4}$ tsp salt
 2 $\frac{1}{2}$ scoops Whey Protein
 3 tbsp unsweetened cocoa powder
 $\frac{1}{2}$ tsp instant espresso powder
 3 tbsp water



Crust:

2 sheets chocolate graham crackers (5" x 2 1/1" per sheet)
 1 tbsp melted butter

Directions:

- Preheat oven to 350°.
- Spray a 9" round cake pan with non-stick spray and place a 9" parchment or waxed paper round in bottom of pan.
- In food processor, blend cottage cheese 2-3 minutes until smooth. (If using a blender, you must place cottage cheese in a sieve or strainer and press through to smooth the curds into a finer consistency). Add cream cheese and blend 30 seconds. Add eggs, crystalline fructose, vanilla, lemon juice, and salt until well blended.
- Add Whey Protein and pulse until smooth, scrape sides, and blend again.
- In a small bowl, mix cocoa powder, espresso powder, and 3 tbsp of water until smooth. Add 1 cup of the cheesecake batter and mix to make chocolate batter.
- Pour half of the remaining cheesecake batter into the prepared pan. Slowly pour chocolate batter in center of

pan, then the remaining batter in center of chocolate batter. This should have formed a chocolate ring. Using a knife, make circular strokes to marbleize batter into a pattern.

7. Place a pan with 1" of hot water on the bottom rack of oven. Bake cake at 350° for 50 minutes on center rack until center barely jiggles when shaken.
8. While still hot, carefully run a knife between cake and pan rim then refrigerate uncovered until cool, about two hours. Unmold cake and remove parchment paper from bottom. Return to a serving platter.
9. Combine graham cracker crumbs and melted butter. Using knife, press crumbs around side of cake. Cover and refrigerate for at least 6-12 hours or up to two days before serving. Cut into 12 slices.

Rich Chocolate Pudding

Ingredients:

10 ½ ounces low-fat silken tofu
½ tsp vanilla
1 ½ tbsp natural creamy peanut butter
2 tbsp cocoa powder
2 ½ tbsp crystalline fructose
½ scoop of whey protein powder



Directions:

1. In a small food processor, blend tofu on high until creamy. Add vanilla and peanut butter, blend for ½ minute.
2. Add cocoa powder and fructose, mix gently with a spatula then blend for 1 more minute, opening processor to scrape sides.
3. Mix in the whey protein powder and blend for 1 more minute. Scrape sides if needed.
4. Measure equal portions into 4 small cup servings and cover with plastic wrap before refrigerating. Serves 4. This recipe can be doubled if using a full-size food processor.

Orange Walnut Bundt cake

Ingredients:

1 cup flour
6 scoops of whey protein
2 tsp baking powder
½ tsp salt
¼ cup butter
16 ounces Philadelphia Brand Fat Free Cream Cheese
1 tsp grated orange peel
¾ cup crystalline fructose
5 large egg whites
½ cup walnuts
¼ cup milk



Icing:

2 tbsp sifted powdered sugar
1/8 tsp orange extract (or fresh orange juice)
1 tsp egg white
1 tbsp finely chopped walnuts

Directions:

1. Preheat oven to 300°. Very thoroughly grease and flour a 3 qt bundt pan. If you miss a spot, the cake will stick in the pan.
2. Sift together flour, whey protein powder, baking powder, and salt. Set aside.
3. In a large mixing bowl, cream butter. Add cream cheese, orange peel, crystalline fructose and blend well. Add egg whites, one at a time until well blended.
4. Add half of the flour mixture to the batter with half of the milk and blend well. Add the remaining flour mixture and milk and blend well. Stir in walnuts.
5. Pour the batter into the prepared bundt pan and bake at 300° for 1 ½ hours or until a knife comes out clean.
6. Remove from pan and cool on a wire rack.
7. Blend powdered sugar, orange extract, and 1 tsp egg white. Drizzle over the top of cake and sprinkle with 1 tbsp finely chopped walnuts. Cut in 24 slices

Chocolate Peanut Butter Shake

Ingredients:

- ¾ cup Dreyers low-fat Frozen Yogurt – Vanilla
- 1/3 cup non-fat milk
- 2 tsp old fashioned peanut butter
- 1 tbsp cocoa powder
- 1 scoop of whey protein powder



Directions:

1. In a blender, mix frozen yogurt, milk, and peanut butter until smooth.
2. Add cocoa powder and whey protein powder and blend.
3. Pour into two small glasses and serve at once.
4. Makes 2 servings.

Frozen Chocolate Pie

Ingredients:

Pie Shell:

- 4 sheets honey or chocolate graham crackers (5"x2 ½" per sheet)
- 1 scoop of whey protein powder
- 2 tbsp melted butter
- 1 tbsp water



Filling:

- 2 cups Dreyers Frozen Yogurt – Vanilla or Healthy Choice Vanilla Premium Low Fat Ice Cream
- ½ cups non-fat milk
- 2 tbsp cocoa powder (unsweetened)
- 4 ¼ scoops of whey protein

Directions:

1. Place the graham crackers in a plastic baggie and crush into fine crumbs. Place crumbs in a bowl and blend in 1 scoop of whey protein powder.

2. Add melted butter and water and stir with a fork until well blended. Pour crumbs in an 8" pie pan and press to form a pie shell.
3. In a blender, add frozen yogurt, non-fat milk, and blend until smooth. Blend in cocoa powder and whey protein powder. Pour into pie shell and re-freeze immediately. If frozen overnight, let pie soften before slicing. Cut into 8 slices

Almond Biscotti

Ingredients:

- 1/3 cup almonds
- ¼ tsp ground cinnamon
- 3 tbsp butter
- ½ cup crystalline fructose
- 1 tbsp grated orange peel
- 2 medium egg whites
- 1 tsp vanilla
- 6 ½ scoops whey protein powder
- ½ tsp salt
- 2 ½ tsp baking powder
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- ¾ cup flour



Directions:

1. Preheat oven to 350°. Prepare a lightly buttered cookie sheet.
2. Place almonds in a small pan and bake in oven, shaking often until golden, about 10 minutes; cool.
3. In a large bowl, beat butter, crystalline fructose, and orange peel. Add egg whites and vanilla and blend well.
4. Combine the whey protein powder, flour, baking powder, salt, spices, and almonds. Add to butter mixture and blend thoroughly. Dough will be rather dry.
5. Place dough on a floured board to prevent sticking. Divide into two equal pieces and pat each into an evenly thick rectangle that measures 12" long x 3 ½

- wide. Carefully transfer to the buttered baking sheet. Bake in a 350° oven for 15 minutes.
- Remove from oven and cut each rectangle crosswise into 18 even slices using a large knife. Tip each slice onto a cut side
 - Turn oven down to 300°. Return to oven and continue baking until golden brown, about 30 minutes longer; turn cookies over once while baking. Cool on racks. Store in airtight tins or freeze. Makes 36 cookies.

Fudge Brownies

Ingredients:

- 1/3 cup plus 1 tbsp almond butter (can be found in health food stores)
- 1/2 cup crystalline fructose
- 1 tsp vanilla
- 2/3 cup flour
- 7 scoops of whey protein powder
- 1/3 cup cocoa powder (unsweetened)
- 1 cup water



Topping:

- 1 tbsp powdered sugar

Directions:

- In a 1 quart glass measuring bowl or medium glass mixing bowl, combine all ingredients and blend well. Batter will be rather thin.
- Microwave on high for 3 minutes. Remove and stir well to blend. Return to microwave for 1 minute on high and stir again. Return to microwave for 1 final minute on high and stir well to blend.
- Scoop mixture in a buttered 8" square pan. Mixture will be rather hot to touch, but while it is still hot, spread evenly with a spoon. Cover with plastic wrap directly on brownie dough and continue to firmly press mixture evenly in pan with your hands. A clean towel can be placed on top of plastic wrap if too hot to handle. Let cool.
- Sift 1 tbsp of powdered sugar on top of cooled brownies before serving. Cut into 16 slices.

Chocolate Espresso Bundt Cake

Ingredients:

- 1 cup flour
- 6 1/2 scoops of whey protein powder
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup cocoa powder
- 1/3 cup butter
- 16 ounces Philadelphia Brand Fat Free Cream Cheese
- 3/4 cup crystalline fructose
- 1/3 cup non-fat milk
- 1 large egg
- 1 tsp vanilla
- 3 large egg whites
- 2 tsp instant espresso coffee



Icing:

- 1 ounce square semi-sweet baking chocolate

Directions:

- Preheat oven to 300°. Very thoroughly, grease and flour a 3 quart bundt pan. If you miss a spot the cake will stick in the pan.
- Sift together flour, whey protein powder, baking powder, salt and cocoa powder. Set aside.
- In a large mixing bowl, cream butter. Add cream cheese and crystalline fructose and blend well. Add egg and egg whites, vanilla and blend well.
- In a small bowl, combine instant espresso powder with the milk and blend.
- Add half of the flour mixture to the batter with half of the espresso milk and blend well. Add the remaining flour mixture and espresso milk and blend well.
- Pour the batter into the prepared bundt pan and bake at 300° for 1 1/2 hours or until a knife comes out clean. Remove from pan and cool on a wire rack. Cool cake completely before icing.
- Melt the semi-sweet baking chocolate and drizzle over the cake. Cut into 24 slices.

Desserts recipes compiled by Dr. Joe Rodriguez Robaina from Gene and Joyce Daoust's New Vision Dessert Planners while working with New Vision International.



**MEMBERS: WANT PERSONAL ASSISTANCE
TO GUARANTEE YOUR RESULTS AT
FRACTION OF THE COST OF PRIVATE
TRAINING?**

PLEASE SEE STAFF OR CALL 800-289-8188

**NOT A MEMBER YET? GET YOUR ONE
MONTH UNLIMITED EXERCISE VOUCHER,
DROP A DRESS OR PANT SIZE 21 DAY
FOOD STRATEGY, AND BEFORE AND
AFTER BODY FAT ASSESSMENTS FOR
JUST \$69!!!**

**CALL: 800-289-8188 WHILE STILL
AVAILABLE!**



**FOR YOUR BEST
RESULTS...**

***THESE ARE THE FITNESS SERVICES WE
PROVIDE AT***

C.O.B.R.A. Defense Miami

Check Out Our Private or Group Classes

***WHICH COMPLIMENT THE EAT & BE LEAN
STRATEGY***

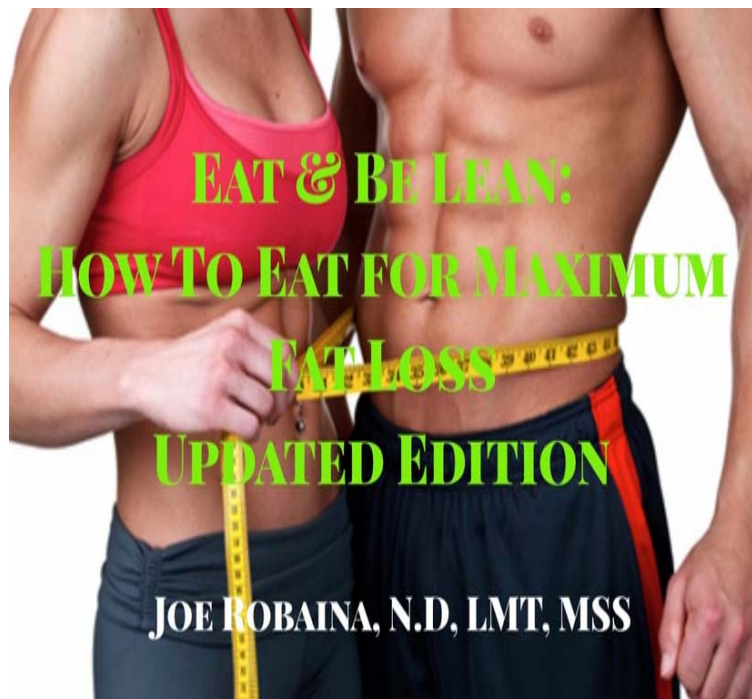
- Guaranteed Results in 12 Weeks with Affordable Semi-Private Training & Coaching Program
- Group Training Programs with a Personal Touch
- Complete Health History Evaluation (feedback, analysis, and recommendations on your current Health/Fitness Program.
- Customized Food Strategies To Guarantee your Results

***To get your One-Month Unlimited
Exercise Voucher, 21 Day Fat Flush
Menus, Before/After measurements for
just \$69, Please Call***

(800) 289-8188

OR e-Mail:

FASTRESULTS@COBRADENSEMIAMI.COM



**Torch Your Body Fat and
Transform Your Body
Without Ever Having To
“Diet” Again!**