

*A Functional Approach*

# WEIGHT LOSS



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## CHAPTER

# 01

## *Why "Their" Way Isn't "The" Way*

*"Insanity is doing the same thing over and over again yet expecting different results. This applies nowhere more poignantly than in the world of conventional weight loss. Counting calories without considering the quality of the food, the state of the gut microbiome, or the individual's neurological balance, is like trying to measure the ocean's depth with a ruler – it's not only ineffective but overlooks the vast and intricate realities beneath the surface."*

*Dr. Aaron Ernst*

In the realm of healthcare, the approach to weight loss often diverges significantly between traditional medical doctors (MDs) and functional medicine practitioners (DC/DNM/ND/CFMP etc). While both aim to assist patients in achieving healthier weights, their methods and philosophies can differ dramatically, akin to the difference between treating the symptoms of a disease and addressing its root causes.

### **Traditional Medical Approach: Medication and Hormone Therapy**

MDs, trained in the conventional medical model, often address weight loss through a somewhat mechanistic approach. This typically involves prescribing medications to reduce appetite, increase metabolism, or decrease fat absorption. Hormone therapies might also be employed to correct imbalances that are believed to impede weight loss, such as thyroid replacements for hypothyroidism. This approach can be visualized as a gardener using chemicals to treat a plant's discolored leaves without considering the quality of the soil or the adequacy of sunlight and water—the focus is on quick fixes rather than sustainable cultivation.

### **Functional Medicine Approach: Understanding and Healing**

In contrast, functional medicine practitioners view weight loss not as the primary goal but as a natural byproduct of restoring health and balance to the body. This perspective is similar to a detective endeavoring to unravel

a mystery rather than a mechanic fixing a machine. A functional medicine doctor begins by exploring why a patient is not losing weight despite conventional efforts. This involves a comprehensive evaluation of various factors including diet, lifestyle, stress levels, sleep patterns, and environmental exposures.

The functional approach emphasizes the importance of the gut microbiome, hormonal balance, and metabolic health, recognizing that imbalances in these areas can lead to weight gain or hinder weight loss.

For instance, chronic inflammation caused by poor diet or lifestyle choices might be the culprit behind a patient's inability to lose weight. By addressing these underlying issues, such as healing the gut or reducing stress through techniques like meditation or biofeedback, weight loss becomes a natural side effect of gaining health.

### **The Result: Sustainable Health versus Temporary Solutions**

The difference in these approaches is profound in terms of patient experience and outcomes. While medication might offer quicker results, these can often be temporary and come with side effects.

On the other hand, the functional medicine approach, by fostering an understanding of one's body and its needs, empowers patients to make life-long changes that not only facilitate weight loss but also enhance overall well-being.

In conclusion, while traditional methods focus on forcing the body to lose weight, functional medicine encourages a deeper understanding of the body's needs, addressing those to achieve weight loss as a natural side effect.

This holistic approach not only aligns more closely with the body's natural processes but also promotes long-term health and vitality, painting a picture of health that is as vibrant and sustainable as a well-tended garden.





# CALORIES

## **Breaking the Myth: Why Counting Calories Alone Doesn't Guarantee Weight Loss**

In the quest for weight loss, the age-old mantra of "calories in, calories out" has dominated diet culture. This simplistic formula suggests that losing weight is merely a matter of ensuring that the number of calories consumed is less than the number expended through physical activity. However, this approach is akin to trying to measure the ocean's depth with a ruler—oversimplified and not reflective of the complex biological systems at play.

### **The Complexity of Human Metabolism**

At the heart of why calorie counting falls short is the complexity of human metabolism. Metabolism is not a static engine; it's more like a sophisticated computer that adjusts its speed and efficiency based on various inputs. Factors such as hormonal balance, genetic predispositions, sleep patterns, and stress levels all play crucial roles in determining how effectively our bodies use energy.

For instance, hormones like insulin and leptin significantly influence weight gain and fat storage. Insulin regulates glucose levels and fat storage, while leptin communicates with the brain about hunger and energy reserves. Disruptions in these hormones can lead to insulin resistance and leptin resistance, respectively, making it difficult for the body to lose weight despite low-calorie intake.

### **The Quality of Calories Matters**

Imagine fueling a sports car with low-quality gasoline and expecting peak performance. Similarly, the quality of the calories we consume affects how our bodies process them. Foods high in refined sugars and unhealthy fats

can lead to inflammation and hinder metabolic processes, while whole, nutrient-dense foods support efficient metabolism and sustained energy levels.

Foods also differ in how they affect satiety—the feeling of being full. Protein and fiber, for example, are more satiating than simple carbohydrates. Eating 200 calories of vegetables and lean protein will affect your body differently than 200 calories of a sugary treat. The former stabilizes blood sugar and promotes fullness, reducing the likelihood of overeating later.

### **The Role of Gut Health**

Our gut microbiota also plays a pivotal role in how we digest food and extract energy. A diverse and balanced gut microbiota aids in optimizing metabolism and can even affect mood and energy levels, which in turn impact our food choices and physical activity levels.

### **Physical Activity: Quality Over Quantity**

Exercising more does not always equate to weight loss, especially if the quality of exercise and the individual's metabolic health are not considered.

Different forms of exercise have varying impacts on our hormones, muscle mass, and overall energy expenditure. Strength training, for example, builds muscle mass, which in turn can increase resting metabolic rate.

### **Conclusion: A Holistic Approach**

Counting calories is like trying to sail a boat by tracking the wind without adjusting the sails. It's a component of the journey but not the whole story. For effective and sustainable weight loss, a holistic approach is essential—one that considers the quality of food, hormonal health, mental well-being, and physical activity.

By understanding and respecting the complexity of our bodies, we can foster healthier relationships with food and exercise, leading to better overall health and successful weight management.

## CHAPTER

# 02

### *Chiropractic: The Magic Pill For Weightloss*

*“Chiropractic does not make you lose weight – it makes you healthier. When the body is better aligned, all its systems, including metabolism, work more efficiently and you lose weight as a side effect”*

*Dr. Nicholas Insolia*

In the bustling world of fitness and nutrition, many embark on the seemingly endless journey of weight loss, grappling with diets, exercises, and supplement regimens that promise much but often deliver little. What if the missing ingredient isn't something to ingest or a new fitness craze, but something as foundational as chiropractic care? Indeed, a closer look at chiropractic, specifically upper cervical adjustments, reveals its profound potential to be the magic missing ingredient in effective weight management.

#### **The Power of Upper Cervical Chiropractic Adjustments**

Upper cervical chiropractic care focuses on the precise and gentle adjustment of the upper neck region, where the brain stem transitions into the spinal cord. This area, though small, plays a monumental role in overall bodily function. The alignment of the upper cervical spine is crucial not only for the mechanical function of the neck but also for the optimal operation of the nervous system housed within it.

Misalignments, known as subluxations, can significantly affect the neural pathways, including those of the cranial nerves that originate in the brain stem. When these nerves are compressed or irritated, the communication between the brain and various parts of the body is compromised. Through specific chiropractic adjustments, these subluxations can be corrected, thus enhancing brain stem function and releasing cranial nerves to operate effectively.



## The Vagus Nerve: A Key Player in Weight Management

One of the cranial nerves, the vagus nerve, is particularly influential in managing physiological processes related to weight control. Extending from the brainstem to the abdomen, the vagus nerve is a vital conduit sending signals related to hunger, satiety, and digestion. It influences the parasympathetic nervous system, which governs our rest and digest responses.

**Regulation of Hunger and Satiety:** The vagus nerve plays a critical role in transmitting signals from the gut to the brain. When it functions optimally, it helps regulate hunger cues, reducing the likelihood of overeating.

**Enhanced Digestive Efficiency:** By improving gut movement and enzyme production, a well-functioning vagus nerve ensures that food is digested more efficiently, aiding in nutrient absorption and reducing gastrointestinal issues that can be a barrier to effective weight loss.

**Influence on Fat Storage and Metabolism:** The vagus nerve impacts the metabolic rate and fat storage. Its optimal function can enhance the body's ability to burn fat instead of storing it, a crucial factor in losing weight and maintaining a healthy body composition.

## Vagal Nerve Interference: The Culprit Behind Weight Loss Resistance

A significant yet often overlooked factor in weight loss resistance is vagal nerve interference. When the vagus nerve is impeded by a misaligned spine or other physical stresses, its ability to function correctly is hampered, leading to miscommunications about hunger, impaired digestive functions, and suboptimal metabolic rates.

By incorporating upper cervical chiropractic adjustments, patients can alleviate this interference, allowing the vagus nerve to transmit clear signals. This adjustment not only contributes to a more effective management of appetite and digestion but also enhances overall metabolic health, paving the way for sustainable weight loss.

By restoring alignment and removing nerve interference, chiropractic adjustments unlock the body's inherent ability to manage weight more effectively. Thus, for those battling weight loss resistance or seeking a more holistic approach to health and wellness, considering chiropractic care might just be the key to unlocking the door to successful, sustainable weight management.

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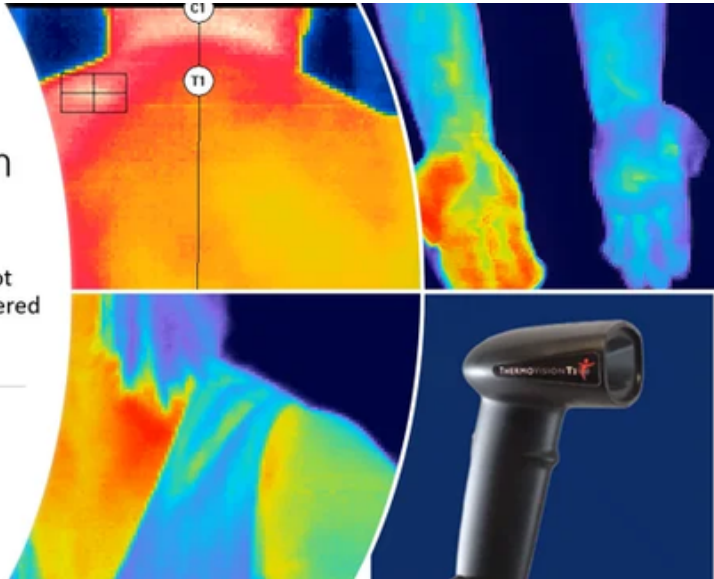
#1

# Measuring Vagal Nerve Function

## SPINAL THERMOGRAPHY

### ThermoVision T2

Screening captures a hot spot. What they discovered was life changing.



MyoVision's T2 thermography, also known as thermal imaging, is a technology used in chiropractic and other health care fields to help detect and visualize areas of inflammation and nerve activity. This technology is particularly useful in identifying subluxations, which are misalignments of the vertebrae in the spine that can lead to nerve dysfunction and other health issues. Here's a detailed look at how MyoVision T2 thermography works to detect subluxations:

### Measuring Temperature Differences

MyoVision's T2 thermography device measures the temperature on the surface of the skin. The premise is based on the understanding that the nervous system controls blood flow and skin temperature. When a subluxation occurs, it can cause an imbalance in the nervous system's control over these functions, leading to variations in temperature along the spine. The thermography device detects these variations in temperature as heat patterns on the skin.

## **Identifying Patterns of Asymmetry**

The technology involves scanning the back with an infrared camera that captures the thermal symmetry of the spine. Normally, the temperature distribution along the spine should be symmetrical.

Any asymmetric temperature patterns can indicate areas of inflammation or abnormal nerve function associated with subluxations. These disturbances are typically due to the irritation or compression of nerves at the misaligned vertebral sites.

## **Visualizing Data**

The data collected by the thermal imaging camera is then translated into visual images that color-code temperature differences. These images allow healthcare providers to see "hot spots" or "cold spots" along the spine, which can signify underlying issues like subluxations.

## **Assisting in Diagnosis and Monitoring**

By providing a visual map of where these temperature asymmetries occur, MyoVision T2 thermography assists chiropractors and other practitioners in diagnosing subluxations.

Additionally, it can be used to monitor the progress of treatment. As the spine becomes properly aligned and nerve function is restored, subsequent thermal images should show a decrease in thermal asymmetry, indicating improvement.

## **Non-Invasive and Safe**

It's important to note that this method of detecting subluxations is completely non-invasive and does not involve radiation, making it a safe option for regular monitoring and evaluation.

Thermal imaging like MyoVision's T2 thermography provides valuable information about the functional state of the spine and can be a useful tool in conjunction with other diagnostic techniques.

By helping to pinpoint areas of abnormal physiological functions that may correlate with symptoms and structural findings, it plays a crucial role in the comprehensive care and treatment planning in chiropractic practice.

#2

# Measuring Vagal Nerve Function

## DIGITAL XRAY ANALYSIS



X-rays are a fundamental diagnostic tool in chiropractic care for detecting subluxations, which are misalignments of the vertebrae that can lead to nerve dysfunction and various health issues. The integration of advanced software like PostureRay X-ray Analysis in this process enhances the precision and effectiveness of these diagnostic efforts. Here's how X-rays, augmented by such software, work in detecting subluxations:

### Positioning and Taking the X-rays

The first step in detecting subluxations using X-rays involves taking detailed images of the spine. These X-rays provide a clear internal view of the skeletal structure, including the alignment of vertebrae and the condition of the joints. Chiropractors typically perform full-spine radiographs from different angles (e.g., lateral, anterior-posterior, and possibly oblique views) to get a comprehensive understanding of the spine's alignment and any deviations that might indicate subluxations.

## **Analyzing X-ray Images with PostureRay**

Once the X-rays are taken, they can be imported into the PostureRay X-ray Analysis software. This software uses computerized radiographic mensuration analysis (CRMA) techniques, which are pivotal for a detailed examination of the skeletal images. PostureRay helps in identifying and quantifying the misalignments and curvature abnormalities of the spine with high precision.

## **Locating and Measuring Subluxations**

The software enhances the X-ray images and applies various analytical tools to measure angles and distances between anatomical landmarks on the vertebrae. It automatically detects deviations from normal values and highlights areas of concern, such as specific vertebrae that are out of alignment – these are potential sites of subluxations. This level of detail supports chiropractors in diagnosing the presence and severity of subluxations accurately.

## **Detailed Reports for Targeted Treatment**

PostureRay generates detailed reports that visually represent the alignment issues and other abnormalities. These reports often include annotated X-ray images showing the exact location of subluxations and other relevant findings. This information is crucial for developing a targeted treatment plan tailored to the individual's specific needs, aiming to correct these misalignments and restore optimal function.

## **Monitoring Progress**

In addition to initial diagnosis, X-rays and PostureRay software can be used to monitor the progress of treatment over time. Subsequent X-rays can be compared to earlier ones within the software to assess how well the treatment is working and whether adjustments to the treatment plan are needed. This ongoing monitoring is vital for achieving the best outcomes in chiropractic care.

The use of X-rays, complemented by advanced analysis software like PostureRay, provides a robust method for detecting spinal subluxations. This technology enables chiropractors to achieve a higher level of diagnostic accuracy and tailor more effective treatment plans, significantly enhancing the quality of care and patient outcomes in chiropractic practice.

## CHAPTER

# 03

### *My Secret To Lose 10-15 LBS in 4-Weeks*

*"Weight loss doesn't begin in the gym with a dumb bell; it starts in your head with a decision." – Toni Sorenson*

While the above quote is certainly true.... One must ask if the person wanting to lose weight has all the correct information to be able to make that decision.

Case in point: Mary wants to lose 15lbs for several reasons. (She had high blood pressure, her skinny jeans won't fit anymore, it's been 7 years since her last child and she still has "baby fat" to lose and, to make matters worse, her kids are now talking about her "gut".

Mary thought to herself "I can do this. A new diet and hit the gym like I have always said I wanted to. How hard can this be."

Unconscious to her incompetence at the science of weight loss Mary commits to go "100% vegan and join Planet Fitness for their \$9.99/mo plan which let's her go whenever she wants"

Sound familiar? Is this you? Was this you? You know the story - Mary's commitment faded after 2 weeks with only 5lbs lost while eating "sticks and dirt" and a "24 hour fitness gym" quickly became a monthly subscription she wished she never committed to bc "there's no time to workout with kids, a job, husband and household." (Plus have you tried to end a Gym membership before? I'll just let the \$9.99 run for the rest of my life as it would be easier to self replicate the Mona Lisa!!)

to justify her lack of results, Mary goes online and starts "Googling" weight loss issues only to find out she's not alone and now she feels better, but deep down inside she's still crying.

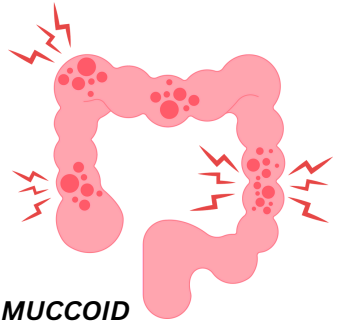
If only Mary did what you are doing - read this eBook and implemented what I'm about to share with you - she could have lost those 15lbs in the same time she lost 4lbs (which came back as an added 6lbs).

## Did You Know - The Best Way To Lose Weight Isn't With Diet & Exercise?

Ok. I either just heard the biggest "Heck Yeah!" or your still struggling because every TV show, movie, commercial and even your best friends will tell you otherwise. You must diet and exercise to lose weight fast - right? WRONG!

Lets explore the **INFO** before we explore the SCIENCE:

Your colon, part of your digestive system, is designed to form waste (stool) which normally is excreted from the body 2-3x daily. Many individuals who struggle to lose weight have between **5 & 25 POUNDS OF LINGERING STOOL** within their colon due to digestive immobility.



This, "lingering stool" creates the formation of a **MUCCOID PLAQUE**, described as layers of mucus-like material coating the walls of the colon. These "stool plaques" act very much like "cholesterol plaques in the heart" - harboring toxins and pathogens, contributing to various health problems, including digestive disturbances and weight loss resistance

Your lymphatic system is a network of tissues and organs that help rid the body of toxins, waste, and other unwanted materials. It primarily consists of lymph nodes, lymph vessels, and lymph, a fluid that carries white blood cells that fight infections.

The system also includes the spleen, thymus, and tonsils, which play roles in immune function and maintaining bodily fluid levels. The lymphatic system can **HOLDS BETWEEN 2-3 LITERS OF FLUID** at any given time - which is as much as **6 POUNDS OF LIQUID**

With this understanding I hope you see that **IF YOU SIMPLY FLUSHED YOUR COLON AND LYMPHATIC SYSTEM** you could lose as much as **10-25 POUNDS** if done properly.



A person wearing blue scrubs and blue nitrile gloves is holding a detailed anatomical model of the human digestive system. The model shows the stomach, small intestine, large intestine, and various organs. The person is holding the model from the front, showing the internal organs. The background is a plain, light-colored wall.

# FLUSHING YOUR DIGESTIVE SYSTEM FOR RAPID WEIGHTLOSS

If your goal is to support colon health and rapidly enhance weight loss naturally, consider first flushing the 6-25 LBS of stool you have lingering in your colon. You can do this by:

**Broth Fasting:** Bone broth made from grass fed beef bones is extremely nourishing for an intestine and it will help you to flush out lingering stool from within the colon. Simply doing a 24-48 or 72 hour fast also assists in this process as “no solid food in = only solid lingering waste out”. Note it can take up to 3 days for some people to completely flush their lingering stool. The golden rule is “FAST UNTIL YOU ARE NO LONGER ELIMINATING” as your colon is now “empty.” This practice, when done properly can help you lose the first 5-10, even 15 pounds, based on how much waste you have trapped in your colon.

**Increase Fiber Intake:** Once your finished with your broth fast, begin eating foods high in fiber, such stalky vegetables (celery, carrots, asparagus, broccoli) which helps keep the digestive system running smoothly and can promote regular bowel movements. Fiber can be fermented into Short Chain Triglycerides (SCTs) which promote lubrication and motility in the intestinal system. This helps prevent you from forming additional “lingering stool” now that your colon is cleared from the broth fasting.

**Stay Hydrated:** Drinking plenty of water (3/4 of your body weight in ounces daily) is essential for good digestive health and can aid in proper waste elimination.

**Regular Exercise:** Physical activity helps stimulate the natural contraction of intestinal muscles, aiding in the movement of food through your digestive system.

**Mindful Eating:** Eating slowly and chewing food thoroughly can improve digestion and absorption, which may help in overall weight management.

**Probiotics:** Incorporating probiotic-rich foods like yogurt, kefir, and fermented vegetables, or taking a probiotic supplement can support a healthy gut microbiome, which is crucial for digestion and overall health.



# FLUSHING YOUR LYMPHATIC SYSTEM FOR RAPID WEIGHTLOSS

Boosting the lymphatic system can indeed support your weight loss efforts. Here are some gentle and health-supportive ways to stimulate the lymphatic system:

**Regular Exercise:** Physical activity, especially aerobic exercises like walking, running, and swimming, helps stimulate lymph flow and promotes the drainage of lymphatic fluids.

**Hydration:** Drinking adequate water throughout the day keeps the lymph fluid flowing properly, which helps cleanse the body of toxins.

**Dry Brushing:** This technique involves using a dry, stiff-bristled brush to brush the skin in circular motions toward the heart. It's believed to stimulate the lymphatic system and improve skin health.

**Lymphatic Drainage Massage:** This type of gentle massage targets lymph flow and can help direct lymph towards the lymph nodes where toxins are processed.

**Pink vs White Salt:** White table salt intakes increases water retention, and processed foods can lead to inflammation, both of which may burden the lymphatic system leading to fluid retention, ie weight gain.



One of the most common questions we get is: ***“What diet should I use to help me lose weight?”***

While there isn't a “one size fits all diet” for weight loss, here's a 7-day meal plan that, when repeated in variation weekly, for 4 weeks has been proven through clinical care of 40,000+ patients to provide rapid weight loss:

#### Day 1:

- **Breakfast:** Avocado smoothie with spinach, coconut milk, and chia seeds
- **Lunch:** Salad with mixed greens, grilled chicken, olives, cucumbers, and olive oil dressing
- **Dinner:** Baked salmon with roasted Brussels sprouts and walnuts

#### Day 2:

- **Breakfast:** Coconut yogurt topped with flaxseeds and almond slices
- **Lunch:** Beef stir-fry with broccoli, bell peppers, and sesame oil
- **Dinner:** Grilled turkey patties with asparagus and pine nuts

#### Day 3:

- **Breakfast:** Almond flour pancakes with a berry compote
- **Lunch:** Tuna salad with avocado, celery, and mustard wrapped in lettuce
- **Dinner:** Lamb chops with sautéed kale and macadamia nuts

#### Day 4:

- **Breakfast:** Chia pudding made with almond milk and topped with coconut flakes
- **Lunch:** Chicken Caesar salad (no croutons) with a lemon-tahini dressing
- **Dinner:** Grilled shrimp with a side of eggplant and bell pepper stir-fry

#### Day 5:

- **Breakfast:** Smoothie with almond butter, cocoa powder, spinach, and hemp seeds
- **Lunch:** Sardine salad with mixed greens, cherry tomatoes, and olives
- **Dinner:** Beef kebabs with zucchini and yellow squash

#### Day 6:

- **Breakfast:** Eggs scrambled with onions, tomatoes, and spinach
- **Lunch:** Chicken soup with mixed vegetables and herbs
- **Dinner:** Baked cod with a side of roasted cauliflower and pumpkin seeds

#### Day 7:

- **Breakfast:** Nut and seed granola with unsweetened almond milk
- **Lunch:** Roast beef slices with a cucumber and radish salad
- **Dinner:** Grilled chicken thighs with a side of sautéed green beans and almonds

#### Subsequent Weeks

For the following weeks, you can rotate these meal ideas while varying the protein sources and vegetables to maintain nutritional balance and keep the diet interesting. You can also introduce new recipes that fit the macro-nutrient requirements: high fat from plant sources, moderate protein from a variety of animal sources, and very low carbohydrates.

#### Tips:

- **Snacks:** Opt for snacks like nuts, seeds, avocado slices, or small servings of berries to keep hunger at bay without deviating from keto principles.
- **Hydration:** Keep hydrated with water, herbal teas, or bone broth to support digestion and overall health.
- **Supplements:** Consider a raw mens/womens multivitamin or specific supplements like omega-3s or magnesium to ensure you're getting a full range of nutrients, which can sometimes be challenging on a restrictive diet.

# SHOPPING LIST

Here's a comprehensive shopping list to support the 7-day meal plan described above, designed to last for a full week. The quantities are adjusted to cover all meals for one person for seven days:

## Proteins

- Chicken breast or thighs: 4 pounds
- Salmon: 2 pounds
- Ground turkey: 1 pound
- Tuna (canned, in water or oil): 4 cans
- Lamb chops: 1 pound
- Beef (suitable for stir-fry and kebabs): 3 pounds
- Eggs: 1 dozen
- Shrimp: 1 pound
- Cod: 1 pound
- Sardines (canned): 2 cans

## Vegetables

- Mixed greens (for salads): 7 cups
- Brussels sprouts: 1 pound
- Broccoli: 2 pounds
- Bell peppers: 4 (various colors)
- Asparagus: 1 bunch
- Kale: 2 bunches
- Lettuce (for wraps): 2 heads
- Cucumbers: 4
- Celery: 1 bunch
- Zucchini: 2
- Yellow squash: 2
- Eggplant: 1
- Cauliflower: 1 head
- Cherry tomatoes: 1 pound
- Spinach: 2 bunches
- Green beans: 1 pound

- Radishes: 1 bunch
- Onions: 2
- Pumpkin seeds: 1/4 pound

### **Fruits**

- Avocados: 7 (one for each day)
- Berries (blueberries, strawberries): 2 pounds (mixed)
- Lemons: 3

### **Nuts and Seeds**

- Almonds: 1 pound
- Walnuts: 1/2 pound
- Macadamia nuts: 1/2 pound
- Flaxseeds: 1/4 pound
- Chia seeds: 1/4 pound
- Hemp seeds: 1/4 pound

### **Oils and Fats**

- Olive oil: 1 bottle (500ml)
- Coconut oil: 1 jar
- Sesame oil: 1 small bottle
- Almond butter: 1 jar
- Coconut milk: 4 cans
- Tahini: 1 small jar

### **Miscellaneous**

- Almond flour: 1 pound
- Coconut yogurt (unsweetened): 7 servings
- Herbal teas: 1 box
- Bone broth (optional for hydration and snacking): 4 packets
- Seasonings (Himalayan salt, pepper, herbs, spices): Assorted as needed

This list should cover all the ingredients needed for the meal plan, focusing on variety and nutritional balance.

Remember to adjust the quantities based on personal calorie needs, preferences, or if preparing for more than one person simply multiply each ingredient by 2 or more.

The pages that follow are recipes for each meal, listed in the order as presented above for your 7 day rotational rapid weight loss meal plan. Follow this for 4 weeks, repeating weekly.

## Recipes

**Avocado Smoothie with Spinach, Coconut Milk, and Chia Seeds****Ingredients:**

- 1 ripe avocado, peeled and pitted
- 1 cup spinach leaves
- 1 cup unsweetened coconut milk
- 1 tablespoon chia seeds
- Optional: a few drops of stevia or 1 tablespoon of erythritol for sweetness
- Ice cubes (optional)

**Instructions:**

1. Combine the avocado, spinach, coconut milk, chia seeds, sweetener (if using), and a handful of ice cubes in a blender.
2. Blend on high until smooth and creamy.
3. Taste and adjust sweetness if needed.
4. Serve immediately for a refreshing and filling ketogenic breakfast.

**Salad with Mixed Greens, Grilled Chicken, Olives, Cucumbers, and Olive Oil Dressing****Ingredients:**

- 2 cups mixed greens (such as arugula, spinach, and romaine)
- 6 oz grilled chicken breast, sliced
- 1/4 cup olives, pitted and halved
- 1/2 cucumber, sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: fresh herbs like basil or parsley

**Instructions:**

1. In a large salad bowl, toss the mixed greens with cucumber slices and olives.
- Top with sliced grilled chicken.

- In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- Drizzle the dressing over the salad and toss gently to combine.
- Garnish with fresh herbs if using and serve immediately.

## **Baked Salmon with Roasted Brussels Sprouts and Walnuts**

### **Ingredients:**

- 2 salmon fillets (6 oz each)
- 1 pound Brussels sprouts, trimmed and halved
- 1/4 cup chopped walnuts
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for serving

### **Instructions:**

- Preheat your oven to 400°F (200°C).
- Place the salmon fillets on a baking sheet lined with parchment paper.
- Toss the Brussels sprouts with 1 tablespoon olive oil, salt, and pepper, and spread them around the salmon on the baking sheet.
- Drizzle the remaining tablespoon of olive oil over the salmon and season both the salmon and Brussels sprouts with additional salt and pepper.
- Bake in the preheated oven for about 20-25 minutes, or until the salmon is cooked through and the Brussels sprouts are tender and caramelized.
- In the last 5 minutes of cooking, sprinkle chopped walnuts over the Brussels sprouts to toast lightly.
- Serve the salmon and Brussels sprouts with a wedge of lemon to squeeze over the salmon.

## **Coconut Yogurt Topped with Flaxseeds and Almond Slices**

### **Ingredients:**

- 1 cup unsweetened coconut yogurt
- 1 tablespoon flaxseeds
- 2 tablespoons almond slices

### **Instructions:**

1. Scoop the coconut yogurt into a serving bowl.
2. Sprinkle the flaxseeds and almond slices on top.
3. Gently mix just before eating to combine the textures and flavors. Enjoy this simple, nutritious start to your day!

## **Beef Stir-Fry with Broccoli, Bell Peppers, and Sesame Oil**

### **Ingredients:**

- 6 oz beef, thinly sliced (suitable cuts include flank steak or sirloin)
- 1 cup broccoli florets
- 1/2 red bell pepper, sliced



- 1/2 green bell pepper, sliced
- 2 tablespoons sesame oil
- 1 tablespoon soy sauce or tamari (gluten-free if needed)
- 1 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- Salt and pepper to taste

**Instructions:**

- Heat 1 tablespoon sesame oil in a large skillet or wok over medium-high heat.
- Add the minced garlic and ginger, sautéing for about 30 seconds until fragrant.
- Add the beef slices and stir-fry until they start to brown, about 3-4 minutes.
- Add the broccoli and bell peppers, continuing to stir-fry for another 3-5 minutes until the vegetables are tender but still crisp.
- Drizzle soy sauce or tamari over the stir-fry and toss to coat evenly.
- Season with salt and pepper to taste, and drizzle the remaining sesame oil over the top for added flavor.
- Serve hot for a filling and flavorful meal.

**Grilled Turkey Patties with Asparagus and Pine Nuts****Ingredients:**

- 1 pound ground turkey
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 tablespoons pine nuts

**Instructions:**

- Preheat your grill to medium-high heat.
- In a bowl, mix the ground turkey with garlic powder, onion powder, salt, and pepper.
- Form the mixture into 4 patties.
- Grill the patties for about 5-6 minutes per side or until fully cooked and internal temperature reaches 165°F (74°C).
- While the patties are grilling, toss the asparagus in olive oil, salt, and pepper.
- Grill the asparagus alongside the patties for about 3-4 minutes per side or until tender and slightly charred.
- Toast the pine nuts in a dry skillet over medium heat for 2-3 minutes, shaking frequently until golden.

- Serve the grilled turkey patties with asparagus and sprinkle toasted pine nuts on top.

## **Almond Flour Pancakes with Berry Compote**

### **Ingredients:**

- For Pancakes:
  - 1 cup almond flour
  - 2 eggs
  - 1/3 cup unsweetened almond milk
  - 1 tsp baking powder
  - 1 tbsp erythritol (optional, for sweetness)
  - 1 tsp vanilla extract
  - Butter or coconut oil, for cooking
- For Berry Compote:
  - 1 cup mixed berries (fresh or frozen)
  - 1 tbsp erythritol (optional, adjust to taste)

### **Instructions:**

#### 1. For the Pancakes:

- In a bowl, mix together almond flour, eggs, almond milk, baking powder, erythritol, and vanilla extract until smooth.
- Heat a non-stick skillet over medium heat and add a little butter or coconut oil.
- Pour small rounds of batter onto the hot skillet. Cook for about 2-3 minutes on each side or until golden brown and cooked through.
- Repeat with the remaining batter.

#### 2. For the Berry Compote:

- Place the berries and erythritol in a small saucepan over medium heat.
- Cook, stirring occasionally, until the berries break down and the sauce thickens, about 5-10 minutes.
- Remove from heat and let cool slightly.

#### 3. Serve the pancakes with warm berry compote on top.

## **Tuna Salad with Avocado, Celery, and Mustard Wrapped in Lettuce**

### **Ingredients:**

- 2 cans of tuna, drained
- 1 ripe avocado, mashed
- 2 stalks celery, finely chopped
- 2 tbsp mustard
- Salt and pepper to taste

- Large lettuce leaves (e.g., romaine or iceberg) for wrapping
- Instructions:
- In a mixing bowl, combine the drained tuna, mashed avocado, chopped celery, and mustard. Mix well.
- Season the mixture with salt and pepper to taste.
- Scoop a portion of the tuna salad into a lettuce leaf. Roll up the lettuce leaf to encase the salad.
- Serve the wraps immediately or chill until ready to eat.

## **Lamb Chops with Sautéed Kale and Macadamia Nuts**

### **Ingredients:**

- 4 lamb chops
- Salt and freshly ground black pepper
- 2 tbsp olive oil
- 2 cups kale, stemmed and chopped
- 1/4 cup macadamia nuts, chopped
- 2 cloves garlic, minced

### **Instructions:**

- Season the lamb chops with salt and pepper.
- Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add the lamb chops and cook for about 3-4 minutes per side (or until desired doneness).
- In another skillet, heat the remaining tablespoon of olive oil over medium heat. Add the minced garlic and sauté for about 30 seconds.
- Add the chopped kale and cook until it is wilted and tender, about 5 minutes.
- Stir in the chopped macadamia nuts and cook for an additional 2 minutes.
- Serve the lamb chops hot, accompanied by the sautéed kale and macadamia nuts.
- These recipes provide a delightful variety of flavors and textures, keeping your ketogenic diet both enjoyable and nutritionally balanced.

## **Chia Pudding Made with Almond Milk and Topped with Coconut Flakes**

### **Ingredients:**

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp erythritol (optional, for sweetness)
- 1/4 cup coconut flakes

### **Instructions:**

- In a bowl or jar, mix chia seeds and almond milk together. Stir well to combine.

- If using, add erythritol and mix until well incorporated.
- Cover and refrigerate overnight, or for at least 4 hours, until the mixture achieves a pudding-like consistency.
- Before serving, stir the pudding to ensure no clumps are present and top with coconut flakes.

## **Chicken Caesar Salad (No Croutons) with Lemon-Tahini Dressing**

### **Ingredients:**

- 2 cups chopped romaine lettuce
- 6 oz grilled chicken breast, sliced
- For the Lemon-Tahini Dressing:
  - 1/4 cup tahini
  - Juice of 1 lemon
  - 1 clove garlic, minced
  - Salt and pepper to taste
  - 2-4 tbsp water (to thin the dressing to desired consistency)

### **Instructions:**

- In a large bowl, place the chopped romaine lettuce and top with sliced grilled chicken.
- In a small bowl, whisk together tahini, lemon juice, minced garlic, salt, and pepper. Gradually add water until the dressing reaches your preferred consistency.
- Drizzle the dressing over the salad and toss to evenly coat the lettuce and chicken.
- Serve immediately, enjoying a fresh take on a classic Caesar salad without the croutons.

## **Grilled Chicken with a Side of Eggplant and Bell Pepper Stir-Fry**

### **Ingredients:**

- 1 lb chicken
- 1 medium eggplant, cut into cubes
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 tbsp avocado oil
- 1 tsp garlic powder
- Salt and pepper to taste

### **Instructions:**

- Preheat your grill to medium-high heat.
- Toss the chicken with 1 tablespoon of avocado oil, garlic powder, salt, and pepper. Grill until well done.
- Meanwhile, heat the remaining tablespoon of avocado oil in a large skillet over medium heat. Add the cubed eggplant and sliced bell peppers,

sautéing until the vegetables are tender and slightly caramelized, about 8-10 minutes. Season with salt and pepper to taste.

- Serve the grilled chicken alongside the eggplant and bell pepper stir-fry.

### **Smoothie with Almond Butter, Cocoa Powder, Spinach, and Hemp Seeds**

#### **Ingredients:**

- 1 cup unsweetened almond milk
- 2 tablespoons almond butter
- 1 tablespoon unsweetened cocoa powder
- 1 cup fresh spinach
- 1 tablespoon hemp seeds
- Ice cubes (optional, for a colder smoothie)

#### **Instructions:**

1. Combine the almond milk, almond butter, cocoa powder, spinach, and hemp seeds in a blender.
2. Add a handful of ice cubes if you prefer a colder drink.
3. Blend on high until smooth and creamy.
4. Pour into a glass and enjoy as a nutrient-packed, keto-friendly breakfast.

### **Sardine Salad with Mixed Greens, Cherry Tomatoes, and Olives**

#### **Ingredients:**

- 1 can of sardines in olive oil, drained
- 2 cups mixed greens (such as arugula and spinach)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup black olives, pitted and halved
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

#### **Instructions:**

1. In a large bowl, place the mixed greens, cherry tomatoes, and olives.
2. Top with sardines.
3. In a small bowl, whisk together olive oil, red wine vinegar, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Serve the salad fresh for a light and satisfying lunch.

### **Beef Kebabs with Zucchini and Yellow Squash**

#### **Ingredients:**

- 1 pound beef (choose a tender cut suitable for grilling, like sirloin), cut into 1-inch cubes
- 1 medium zucchini, cut into 1-inch slices
- 1 medium yellow squash, cut into 1-inch slices

- 2 tablespoons avocado oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- Wooden or metal skewers (if using wooden skewers, soak them in water for at least 30 minutes prior to grilling to prevent burning)

#### **Instructions:**

- Preheat your grill to medium-high heat.
- In a large bowl, toss the beef cubes with oil, garlic powder, onion powder, salt, and pepper.
- Thread the beef, zucchini, and yellow squash alternately onto the skewers.
- Grill the kebabs, turning occasionally, until the beef is cooked to your desired level of doneness and the vegetables are tender and slightly charred, about 10-12 minutes.
- Serve the kebabs hot, possibly with a side of keto-friendly sauce like chimichurri or tzatziki (without the yogurt).

### **Eggs Scrambled with Onions, Tomatoes, and Spinach**

#### **Ingredients:**

- 3 large eggs
- 1/2 small onion, chopped
- 1 medium tomato, diced
- 1 cup fresh spinach leaves
- 2 tablespoons olive oil
- Salt and pepper to taste

#### **Instructions:**

1. Heat olive oil in a skillet over medium heat.
2. Add the chopped onion and cook until translucent.
3. Add the diced tomato and cook for a couple of minutes until softened.
4. Stir in the spinach and cook until it wilts.
5. Beat the eggs in a bowl and pour them into the skillet. Stir gently to combine with the vegetables.
6. Cook, stirring frequently, until the eggs are fully cooked and scrambled.
7. Season with salt and pepper to taste, and serve hot.

### **Chicken Soup with Mixed Vegetables and Herbs**

#### **Ingredients:**

- 6 oz chicken breast, diced
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 cup chopped zucchini

- 4 cups chicken broth (preferably homemade or low sodium)
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- Salt and pepper to taste
- 2 tablespoons olive oil

**Instructions:**

- Heat olive oil in a large pot over medium heat.
- Add the diced chicken and cook until lightly browned.
- Add the carrots, celery, and zucchini, and sauté for a few minutes until the vegetables start to soften.
- Pour in the chicken broth and bring to a boil.
- Reduce heat and simmer for about 20 minutes, or until the vegetables are tender and the chicken is cooked through.
- Stir in thyme and parsley, and season with salt and pepper.
- Simmer for another 5 minutes, then serve hot.

**Baked Cod with a Side of Roasted Cauliflower and Pumpkin Seeds****Ingredients:**

- 2 cod fillets (6 oz each)
- 1 head cauliflower, cut into florets
- 1/4 cup pumpkin seeds
- 3 tablespoons olive oil
- 1 teaspoon paprika
- Salt and pepper to taste
- Lemon wedges for serving

**Instructions:**

- Preheat your oven to 400°F (200°C).
- Place the cod fillets on a baking sheet lined with parchment paper.
- Drizzle 1 tablespoon of olive oil over the cod, and season with paprika, salt, and pepper.
- In a separate bowl, toss the cauliflower florets with 2 tablespoons of olive oil, salt, and pepper.
- Spread the cauliflower around the cod on the baking sheet.
- Bake in the preheated oven for about 20 minutes, or until the cod is cooked through and flakes easily with a fork and the cauliflower is tender and golden.
- In the last 5 minutes of baking, sprinkle pumpkin seeds over the cauliflower to toast lightly.
- Serve the baked cod and roasted cauliflower with lemon wedges on the side.

## **Nut and Seed Granola with Unsweetened Almond Milk**

### **Ingredients:**

- 1/2 cup almonds, roughly chopped
- 1/2 cup walnuts, roughly chopped
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 2 tbsp flaxseeds
- 1/4 cup coconut oil, melted
- 2 tbsp erythritol (optional, for sweetness)
- 1 tsp cinnamon
- 1/2 cup unsweetened almond milk

### **Instructions:**

- Preheat your oven to 300°F (150°C).
- In a bowl, combine the almonds, walnuts, sunflower seeds, pumpkin seeds, and flaxseeds.
- Stir in the melted coconut oil, erythritol (if using), and cinnamon until everything is well coated.
- Spread the mixture evenly on a baking sheet lined with parchment paper.
- Bake in the preheated oven for about 20-25 minutes, stirring occasionally, until the granola is toasted and golden brown.
- Let the granola cool completely on the baking sheet. It will crisp up as it cools.
- Serve with unsweetened almond milk.

## **Roast Beef Slices with a Cucumber and Radish Salad**

### **Ingredients:**

- 6 oz roast beef, thinly sliced
- 1 cucumber, thinly sliced
- 6 radishes, thinly sliced
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Salt and pepper to taste
- Fresh dill, chopped (optional)

### **Instructions:**

- Arrange the roast beef slices on a plate.
- In a mixing bowl, combine the cucumber and radish slices.
- In a small bowl, whisk together olive oil, apple cider vinegar, salt, and pepper.
- Pour the dressing over the cucumber and radish slices and toss to coat.
- Garnish with fresh dill if using.
- Serve the salad alongside the roast beef slices.



## Grilled Chicken Thighs with a Side of Sautéed Green Beans and Almonds

### Ingredients:

- 4 chicken thighs, bone-in and skin-on
- Salt and pepper to taste
- 2 tbsp olive oil
- 2 cups green beans, trimmed
- 1/4 cup almonds, sliced
- 1 clove garlic, minced

### Instructions:

- Preheat your grill to medium-high heat.
- Season the chicken thighs with salt and pepper.
- Grill the chicken thighs for about 6-7 minutes on each side or until fully cooked and the internal temperature reaches 165°F (74°C).
- While the chicken is grilling, heat olive oil in a skillet over medium heat.
- Add the minced garlic and sauté for about 30 seconds.
- Add the green beans and cook, stirring occasionally, for about 5-7 minutes until they are crisp-tender.
- Stir in the sliced almonds and cook for an additional 2-3 minutes until the almonds are lightly toasted.
- Serve the grilled chicken thighs with the sautéed green beans and almonds on the side.



*Celebrate*  
**YOUR WINS DAILY**

# Supplement Recommendations



When considering supplements to support weight loss, it's important to approach them as adjuncts to a balanced diet and regular exercise. Here are ten supplements commonly used to aid weight loss, along with a brief description of how they might help enhance fat burning:

**Green Tea Extract:** Rich in antioxidants known as catechins, especially epigallocatechin gallate (EGCG), green tea extract helps increase metabolic rate and fat oxidation. It's also believed to improve exercise performance by mobilizing fatty acids from fat tissues.

**Conjugated Linoleic Acid (CLA):** This is a type of fatty acid found in meat and dairy that's popular for weight loss. CLA can help reduce body fat by increasing the rates of fat breakdown and inhibiting fat production.

**Caffeine:** Commonly found in coffee, green tea, and cocoa plants, caffeine is a stimulant that increases metabolic rate and fat burning in the short term. It can also enhance energy levels, which may contribute to better performance during exercise.

**Garcinia Cambogia:** Extracted from a tropical fruit, it contains high levels of hydroxycitric acid (HCA), which is thought to aid weight loss by inhibiting an enzyme that helps produce fat and by increasing serotonin levels, potentially helping to reduce cravings.

**L-Carnitine:** This is an amino acid that plays a role in transporting fatty acids into your cells to be burned for energy. It's particularly popular among athletes and those looking to boost their fat-burning potential.

**Raspberry Ketones:** Claimed to cause the fat within cells to be broken down more effectively, helping your body burn fat faster. They are also believed to increase levels of adiponectin, a hormone that helps to regulate metabolism.

**Forskolin:** Extracted from the root of the *Coleus forskohlii* plant, forskolin raises levels of a compound inside cells called cyclic AMP, which may stimulate fat burning.

**Green Coffee Bean Extract:** These unroasted coffee beans contain high levels of chlorogenic acid, which is thought to decrease the absorption of carbohydrates and thereby reduce body weight and fat storage.

**Glucomannan:** A type of fiber found in the roots of the elephant yam, also known as konjac. Glucomannan absorbs water and becomes gel-like, promoting feelings of fullness and reducing overall calorie intake.

**Omega-3 Fatty Acids:** Found in fish oil and other sources, omega-3 fatty acids are linked to various health benefits, including weight management. They may help reduce liver fat and improve insulin sensitivity, aiding in weight loss.

## NEED PROFESSIONAL HELP?

Consider a 1:1 FREE consultation with Dr. Ernst directly. He can many times point you in the proper direction with a few simple questions.

To schedule your **FREE CONSULTATION** Phone call simply

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