

# FOOD

## Typical North American Diet Falls Short

The processed food industry loads fat, sugar and salt into their products because they are cheap. They use chemicals to change these cheap, raw materials into brightly-colored, tasty products with a long shelf life. Food producers buy the cheapest raw materials, manufacture the product as quickly as possible, then sell it for the highest price. Good business sense, but, what is lost in the manufacturing is quality food and a healthy, well-balanced diet. **NOTE: Always check with your doctor before beginning a new diet plan.**

# Back to the Basics: Enriching your diet with wholesome foods

### Reduce your urge to eat

Especially if you make your own smoothies. Homemade fruit smoothies are packed with ingredients proven to keep you full for hours: fiber from whole fruits, soy or whey protein, essential fats, wholesome yogurt, etc.

### Get fast results

Scientists from the New York Obesity Research Center found that people who used soy-based shakes lost three times more weight than those who consumed the same amount of calories eating regular food. Similarly, the Journal of the American Dietetic Assoc. showed that those who followed a fruit and fresh food diet plan lost almost twice as much weight over 12 weeks as those on a traditional diet with the same number of calories.

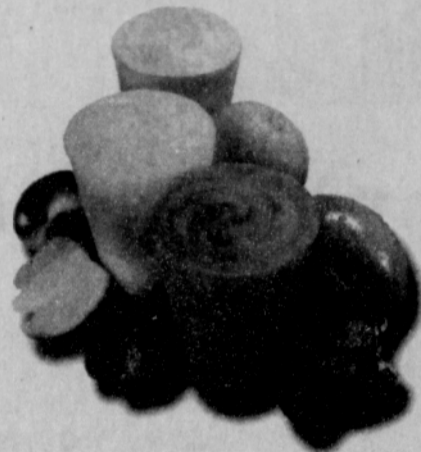


### Lunch

A metabolism-boosting protein-rich fruit smoothie. See smoothie recipes below.

### Mid-Morning Snack

Serving of whole fruits, such as: apples, pears, persimmons, lychee, star fruit, plums, peaches, grapes, nectarines, melons, cherries, citrus fruit, pomegranates, quinces, pineapples, berries, ugli fruit, apricots, fresh whole figs, mangos and papaya. Add or substitute a 10-oz glass of homemade fruit juice or homemade vegetable juice. Find free fruit juice recipes at [http://www.healthrecipes.com/fruit\\_juice\\_recipes.htm](http://www.healthrecipes.com/fruit_juice_recipes.htm)



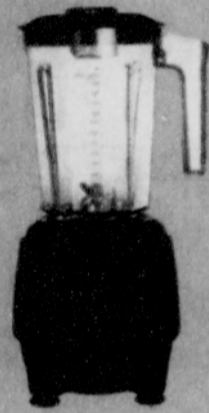
### Mid-Afternoon Snack

As with the mid-morning snack, have a serving of whole fruit and/or a 10-oz glass of homemade fruit juice or homemade vegetable juice.



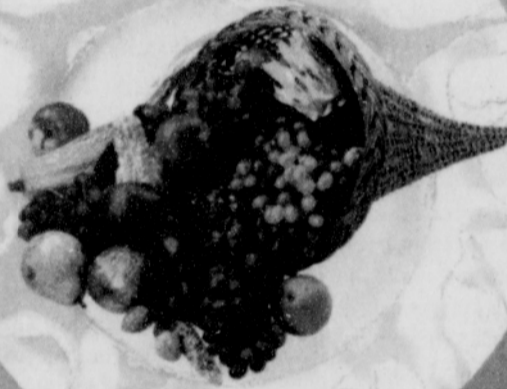
### Breakfast

Start the day with a metabolism-boosting protein-rich fruit smoothie. If you are in a hurry, a high-quality commercial shake powder will do, but better still if you make your own protein fruit smoothies at home. They can be prepared the night before and put in the freezer. Experts say that your morning meal can play a key role in your weight loss efforts by helping to curb your mid-morning and afternoon appetite. Food choices at breakfast time can determine your blood sugar levels for the rest of the day. Homemade fruit smoothies have the advantage because they are healthier and offer a fat-burning, hunger-blasting balance of protein, carbohydrates and fat. The blend of nutrients helps



to keep your blood sugar levels steady for hours.

## Juice Diet

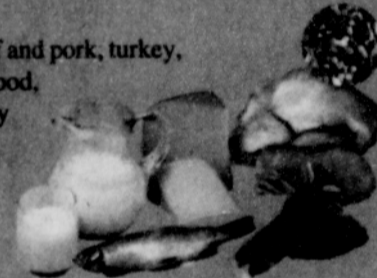


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**Grains and Carbohydrates:** Potatoes, sweet potatoes, winter squash, brown rice, whole-grain bread products, legumes, whole-grain pasta, cereals, corn, etc.

**Protein:** Lean beef and pork, turkey, chicken, fish, seafood, dairy products, soy products, lamb, eggs, nuts, seeds, etc.

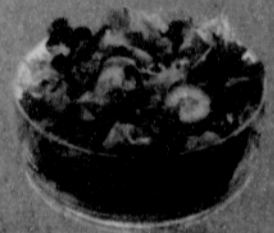


### Supper

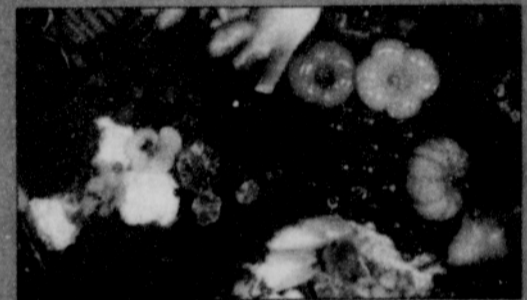
Design your own main course around a variety of delicious healthy foods. You can begin your meal with a crunchy salad or hearty vegetable soup, then munch on satisfying vegetables drizzled with olive oil or butter, a serving of protein and a serving of carbs. Aim for 500 - 600 calories during supper. A frozen dinner will do if you're in a hurry or too tired to cook. Choosing a dinner that is not built around noodles or rice is your best choice.

#### Salad Vegetable Ideas:

- all varieties of leafy greens such as romaine, endive, spinach
- cabbage, shredded
- mushrooms, sliced
- carrots, grated or sliced
- bell peppers, all colors
- zucchini, grated
- green beans, finely sliced
- tomatoes, all varieties, chopped
- cucumbers, sliced



- sprouts, all kinds
- beets, grated
- celery, sliced



**Non-starchy Vegetables:** Beets, turnips, carrots, parsnips, summer squash, cabbage, cauliflower, brussels sprouts, green corn, green peas, string beans, asparagus, onions, egg plant, safsify, okra, kohlrabi, endive, lettuce, tomatoes, cucumbers, celery, chard, spinach, dandelion, and all plants used as greens, etc.

### Smoothie Recipes

It is amazing what you can do with a fridge full of fresh fruit and a blender. The difference between blender recipes and juicing is the added advantage of soft fibers. This is wonderful for cleaning and maintaining a digestive tract. Blender recipes are an excellent addition to a healing and cleansing program. In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.

#### Apricot Pineapple Smoothie Recipe

- 1/4 cup crushed pineapple
- 1 fresh apricot, diced
- 6 strawberries
- 1/2 banana
- 1 1/2 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)
- 1 tsp. flax seed oil (optional)

#### Banana-Strawberry Fruit Smoothie Recipe

- 1 banana, frozen
- 6 strawberries, frozen
- 1 1/4 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)
- 1 tsp. flax oil (optional)

#### Tropical Fruit Shake

- 1/2 mango
- 2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract)
- 1/2 banana, frozen
- 4 strawberries, frozen
- 6 ice cubes
- 1 1/4 cup water
- 1 heaping tbsp. high-quality protein powder (optional)
- 1 tsp. flax oil (optional)

#### Banana-Berry Fruit Smoothie

- 1/2 pear, cored
- 1/4 cup frozen blueberries or frozen mixed berries
- 1/2 banana, frozen
- 1 1/4 cup water
- 1/8 tsp. cinnamon
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)
- 1 tsp. flax oil (optional)

#### Banana-Orange-Strawberry Fruit Shake

- 1/2 cup orange juice
- 1/2 banana, frozen
- 6 strawberries, frozen
- 1/2 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)
- 1 tsp. flax oil (optional)

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