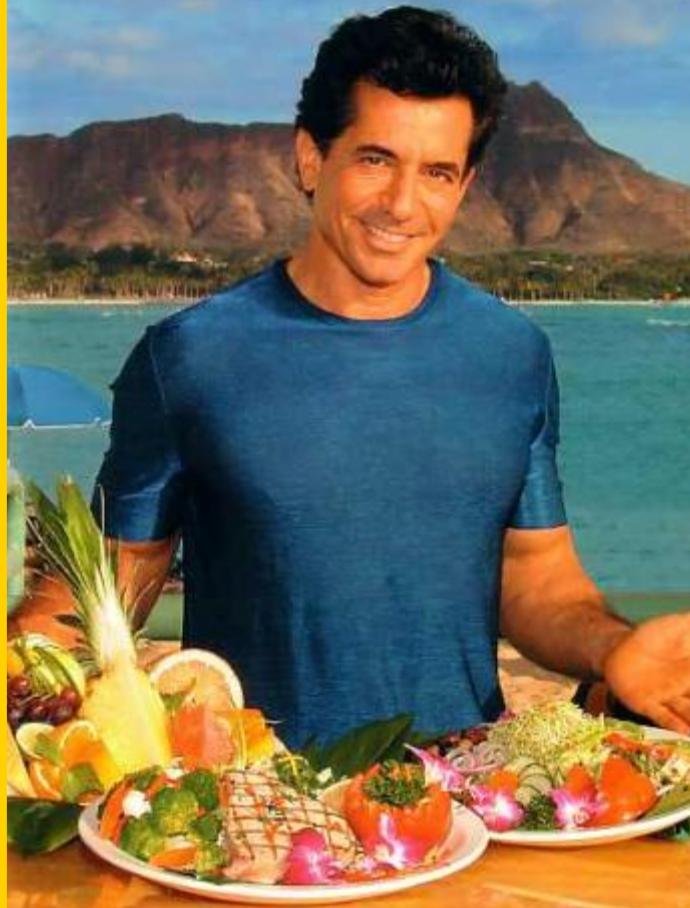


Eat Right Now!

NUTRITIONAL PLAN



You will be amazed at how quickly you will see and feel the changes in your body and energy level when you start eating the right foods.



Gilad's

Eat Right Now![®]

Nutritional Plan

An Easy Approach for a Lean, Healthy & Strong Body!

I know many people who exercise regularly and with plenty of enthusiasm but when it comes to their diet, well, that's another story. Many people still view exercise as a way to burn off bad eating habits. Let's face it, no one likes to go on a so-called "DIET"-neither do I! Eating to me has always been a lot simpler than a complex mathematical equation of calorie counting. Getting fit and lean is quite simple if you understand and apply the basic techniques and principles that will get you there. This is why I'm sharing with you my approach to eating and exercising that has helped me stay fit and lean throughout the years!

My entire program contains all the essential tools you'll need to ensure your success. It's a holistic approach to health and fitness. With my exercise program, you will burn fat through cardio exercises and sculpt lean, strong muscles with targeted toning and resistance training. With my eating plan, you can expect to eat more and weigh less! By combining both, you will speed up your metabolism, improve your health and get into the best shape of your life safely and quickly!

Aloha & Best of Health!



DISCLAIMER OF WARRANTY: This guide is informational only. The information contained herein is based on various published sources and represents training, health and nutritional literature and practices summarized by the authors. The authors disclaim any liability, loss, injury or damage incurred as a consequence directly or indirectly of the use and application of any of the contents herein.

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Gilad Janklowicz is one of the world's most popular fitness personalities. As a pioneer in the fitness industry he has helped millions to stay fit with his popular TV fitness shows 'Bodies in Motion', 'Basic Training the Workout' and 'Total Body Sculpt with Gilad' and with his gold and platinum instructional home fitness DVDs and videos.

Filmed on location in the beautiful Hawaiian Islands, 'Bodies in Motion' is a half-hour aerobic and toning workout show which launched in 1983. It was the first fitness show to air on ESPN where it enjoyed an eleven-year run from 1985 to 1996. From 1996 to 2002 the show aired on Fox Sports and on The Health Network. As of 2002 the show has been airing on Discovery's fitness channel Fit TV. Currently the show is the longest running fitness show in the US. 'Bodies in Motion' won Cable Magazine's 'People's Choice Award' for best health and fitness show every year the category was offered. The show aired in over 80 countries and was chosen as the #1 TV fitness program in the world by Self Magazine. In a viewers poll conducted by FitTV Gilad won the title of 'Fitness Instructor of the Year' for the years 2004, 2005, 2006 and 2007.

Staying on the edge of the latest fitness trends, Gilad launched the Quick Fit System, a series of seven complete fitness workouts along with a healthy eating plan and interactive member's web site that blends the latest fitness techniques into one easy-to-follow system geared for fast results. The system has become a best seller.

Gilad's latest creation 'Ultimate Body Sculpt' series is based on the hugely popular FitTV series 'Total Body Sculpt'. In August of 2006 he released three fitness DVDs in this series. They quickly became his new best sellers. In 2007 Gilad added another fitness DVD to this series, 'Elite Forces'. Gilad and a group of Navy Seals, Marines and civilians join forces in this action-packed, high-energy workout.

In March of 2007 Gilad was inducted into the National Fitness Hall of Fame.

In September of 2007 Gilad released 3 new fitness DVDs from his 'Total Body Sculpt' series as seen on FitTV.

In January of 2008 Gilad released 'Gilad's Express Workouts' which was an instant hit and quickly became a best seller.

For the latest news about Gilad please visit www.gilad.tv

The Quick Fit System Philosophy

1**Eat Right Now!**[®]

For a Lean, Strong,
Healthy Body

2

Cardio Exercise
For
Fat Burning

3

**Progressive
Recistants Training**
For Sculpting Lean,
Firm Muscles

As an athlete and an active person, I am constantly searching for ways to improve my fitness level, energy level and my overall sense of well-being. In my search, I have tested and tried various methods of eating and I have come to realize that certain foods I eat make me feel and look great while others simply make me feel miserable and slow me down. I can honestly say that when I eat processed foods, including wheat and dairy products, I feel it within days, my body, mind and well-being end up paying the price!

Ultimately choices have to be made in the battle of which foods to eat. Through my own personal experience I get the best results in maintaining a lean, pain-free body with plenty of high energy when my diet is FREE of processed foods and FULL of fresh vegetables, fruits and lean proteins. **This way of eating is easy and it works!**

The Goals of the

Eat Right Now![®]

Nutritional Plan are to:

- A** Control Your Food Cravings
- B** Increase Your Metabolic Rate
- C** Improve Your Health

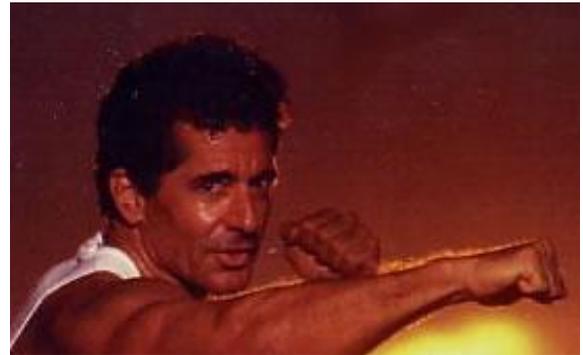
Control Your Food Cravings

Our bodies have an internal thinking mechanism that has been developed over thousands of years. At times this internal wisdom conflicts with our rational modern day thinking which is easily manipulated by clever advertising and the availability of fast foods, causing a battle between what we crave versus what we need.

The most common reason for experiencing cravings is a low blood sugar level. When our blood sugar level is low we get hungry and we easily fall into the 'see food diet'. We want to eat everything we see. In fact, at times we become so unaware of what's in front of us that we don't even realize that we have consumed an entire bag of potato chips until it's empty and staring at us!

A stable blood sugar level can only be achieved by having a good balanced diet of complex carbohydrates, essential fats and lean proteins. However, not all types of carbohydrates support this goal. High quality complex carbohydrates like vegetables, beans and brown rice are extremely effective in maintaining a stable blood sugar level. On the other hand, low-quality refined carbohydrates like sugar-laden foods and white flour products actually provoke a low blood sugar level which leads to cravings.

Each time we eat refined carbohydrates such as white flour products or sugary snacks such as ice cream, our blood sugar (glucose) level increases quickly causing the release of insulin into the bloodstream in order to stabilize it. Insulin, a hormone made in the pancreas, has the job of transferring glucose from the bloodstream into our cells to be used for energy while converting excess glucose into fat. During this process, the blood sugar level tends to drop causing low energy, fatigue and ... more cravings. This becomes a vicious cycle. Eventually the stored fat becomes noticeable on those areas of the body which we try so desperately to hide. The longer we stay in this cycle the more parts of our bodies we will find ourselves trying to hide!



Maintaining a stable blood sugar level

The best way to end this vicious cycle and win the battle on cravings is to start consuming foods that contain natural, slow-releasing complex carbohydrates, essential fats and lean proteins. Simple changes in your eating habits will produce noticeable improvements very quickly. These changes will help you maintain a stable blood sugar level which is crucial to eliminate cravings.

You will be amazed at how quickly you will see and feel the changes in your body and energy level when you start eating the right foods.

Fiber rich foods cause a delay in glucose absorption therefore slowing the rate that glucose reaches the bloodstream.

Here are a few examples of the variety of foods that you can eat whenever you are hungry:

COMPLEX CARBOHYDRATES

Fresh Vegetables

Asparagus
Bell Peppers
Broccoli
Cabbage
Carrots
Cauliflower
Green Peas
Mushrooms
Sweet Potatoes

Fresh Fruits

Apples
Apricots
Berries
Melons
Papaya
Peaches
Pears
Pineapple
Plums

Legumes

Garbanzo Beans
Kidney Beans
Lentils
Pinto Beans

Grains

Brown Rice
Millet

LEAN PROTEINS

Eggs (Preferably Egg Whites)
Fish (Fresh Tuna, Salmon and Trout, etc.)
Poultry (Skinless Chicken Breast)

Vegetarian Protein Sources

Eggs (Preferably Egg Whites)
Fish (Fresh Tuna, Salmon and Trout, etc.)
Poultry (Skinless Chicken Breast)

QUICK TIPS

Eat Right

By eating unrefined complex carbohydrates (vegetables and fruits that are high in fiber) as well as lean proteins and essential fats, you can eliminate cravings. These foods act like a time-released vitamin, slowly releasing nutrients into the bloodstream over a period of time promoting a well balanced blood sugar level.

Eat Often

Space meals and snacks within 3-hour intervals. Skipping meals causes our blood sugar level to drop causing us to not only experience cravings. It also triggers our body's internal mechanism to think that food is in short supply and go into fat storing mode.

Win the battle over low energy

Keep track of when you experience energy slumps. I bet you find it happens around the same time each day. You can overcome this by eating a healthy snack just about 45 minutes before the approaching slump kicks in. The solution is to have healthy snacks available.

Here are a few examples of snacks that will give you a sustained pick-up and also keep your blood sugar level balanced

Seasonal Fruit

A Handful of Natural Nuts (Almonds & Hazelnuts with Seeds & Raisins)

A Handful of Fresh Berries (Strawberries, Blueberries, Raspberries, etc)

Fresh Veggies (Carrots & Celery Sticks, etc.)

A Health Protein Smoothie (Made with Fresh Fruits & Protein Powder)

What about sugary snacks?

If you have a piece of chocolate or a scoop of ice cream, have it after a meal that contains protein and complex carbohydrates when your digestive system is already active. This way you will not disrupt your blood sugar level as much as having a sugary snack on an empty stomach.

It is just as easy to drink calories as it is to eat them. Be aware of high calorie drinks.

Increase Your Metabolic Rate

The rate at which our body burns fuel (calories) is referred to as our metabolic rate. Everybody knows that you can increase your metabolic rate through exercise. Regular exercise plays a major role in building lean muscles and burning body fat. The more lean muscles you have the higher your metabolic rate will be, even at rest. The reason is simple. Muscles burn calories. Fat does not!

You can also increase your body's metabolic rate by eating certain foods. Often we are unaware of which foods boost our metabolism and which ones slow it down. For example, some naturally healthy foods contain essential fats and nutrients that are extremely important for supporting the metabolism, paving the way to successful weight loss. In contrast, highly processed foods slow down the metabolism because they lack the nutrients needed to support it, causing us to gain weight.

To better understand how food affects our metabolism take, for example, a fireplace where the fire represents the body's metabolic rate and the logs represent the food. If we leave the fire without adding logs eventually the flame will burn out. If we overload the fire with logs, chances are it will not burn well. In fact, it might choke! The most efficient way to keep a good fire going is to add logs on a regular basis. The same goes for our body. We need to feed it regularly so we can keep the metabolic rate burning at peak efficiency.

Maintaining a high metabolic rate is one of the keys in winning the battle over excess fat. The **Eat Right Now**[®] plan offers you a way to reduce fat without losing muscle tissue or harming your overall health. By eating the right foods with the right nutrients you will increase and maintain a high metabolic rate. My nutritional plan offers you a wide selection of tasty and healthy foods so you will never again have to succumb to diet programs that deprive you of eating.

Nutrients that support metabolism include

- Σ Vitamin B found in seeds, nuts, chicken and fish
- Σ Vitamin C found in fruits as well as vegetables such as broccoli and peppers
- Σ Magnesium found in almonds, hazelnuts, shrimp, sesame and sunflower seeds
- Σ Vitamin E found in apricots, nuts and seeds



QUICK TIPS

- Σ Jump-start your metabolism with a good, healthy breakfast.
- Σ Eat 3 meals a day and 2 healthy snacks at regular times
healthy snacks. Keep in mind that not eating is a poor strategy to losing weight. By eating less you will be slowing down your metabolism and as a result your body will store fat more easily.
- Σ Chew your food well for the following reasons:
 - The slower you chew your food, the more chance your digestive enzymes will have to start the breakdown process of the food before it reaches your stomach.
 - By savoring each bite you will be less likely to overeat because your brain will have a chance to signal your appetite that you are full.
- Σ Drink at least 8 glasses of water throughout the day. Water is essential for your metabolism, so don't let your body beg you for a drink!

Keeping the body well hydrated is crucial to your metabolism

Essential fatty acids also stimulate the metabolism and provide us with tremendous health benefits. I'm not talking about the artery clogging fat found in cheeseburgers and oily french fries. Instead, I'm referring to the essential oils and fats, such as Omega 3 and 6 found naturally in fish, nuts, seeds and some vegetables. These fats are required for metabolic functions and growth. They also help keep our blood pressure and cholesterol levels healthy.

Here are a few examples of foods that contain essential fatty acids

OMEGA-6 FATTY ACIDS

Avocados
Beans
Nuts (Almonds & Hazelnuts)
Seeds (Pumpkin, Sunflower & Sesame)

VEGETARIAN SOURCES OF OMEGA-3

Flaxseeds
Leafy Green Vegetables
Soybeans

OMEGA-3 FATTY ACIDS

Cod
Flounder
Haddock
Mackerel
Salmon
Sardines
Tuna



Improve Your Health

Most people don't overeat, rather they eat poorly. The goal of the **Eat Right Now**[®] nutritional plan is not only to help you lose weight but also to help you improve your health and well-being through the choices of foods that you eat. Many people diet as a way to lose weight. However, the goal of a good diet is to help you not only maintain your optimum weight, but take your health to the next level and ward off potential diseases.

Research shows that many people have food intolerances that can translate into digestive problems and can affect the body negatively in many different ways. These are typically highly processed foods containing salts, deep fried foods and refined carbohydrates and sugars. I know that when I keep my diet free of these foods I start feeling healthier and more energetic within days.

There is a simple question you can ask that will always steer you toward the right food choice. Ask yourself: "is this a food that will give me energy .. will it make me feel and look my best?" The decision to get rid of chronic health problems and improve the quality of your life begins with fundamental improvements in your diet. A proper diet provides your body with the raw materials (vitamins, minerals and other nutrients) to begin to detoxify and heal itself. This is the foundation of the **Eat Right Now**[®] nutritional plan.

Here are a few examples of foods that you should consider drastically reducing or eliminating:

FOODS THAT CONTAIN HIGH SODIUM OR MSG (Monosodium glutamate):

Canned Products

Condiments (Mayonaise, Soy Sauce, etc.)

Cured Meats (Beef Jerkey, Sausages, Diet Meats, etc)

Salted Snack Foods (Potato Chips, etc)

Sauces & Gravies

FOODS LOADED WITH SUGAR:

Artificially Sweetened Fruit Juice

Candy

Cookies

Doughnuts

Pastries

Sugar-Based Drinks (Soda Pops)

Sugar Coated Cereals



DAIRY PRODUCTS SUCH AS:

Ice Cream
High Fat Cheeses
Sour Cream
Whole Milk
Whole Milk Versions of Yogurt
Cottage Cheese

FOODS HIGH IN FAT

Bacon
Cheeseburgers
Cured Meats
French Fries
Fried Chicken
Fried Eggs
Frozen Pot Pies
Hash Browns
Pizza
Salad Dressing
Salami

Here are a more examples of foods that you should consider drastically reducing or eliminating:

FLOUR BASED PRODUCTS:

Bagels
Bread
Cereal
Crackers
Croutons
Pancakes
Pastas

Eating the right foods will positively affect your emotions and your motivational level!

You will add years to your life and life to your years when you eat right!

Super Foods

I've kept close tabs on scientific research that has identified natural chemicals found in foods that seem to have preventative powers. These include not only vitamins and minerals, but also a whole list of new nutritional superstars known as the phytochemicals. Mother Nature gives us several "hints" as to how to spot these foods. Many of the natural chemicals that make these foods good for us are also the ones that give them color such as turning spinach-green, carrots-deep orange, blueberries- blue, etc.

FOR OPTIMAL HEALTH...EAT A

RAINBOW

OF COLORS

Here is a list of "Super Foods" that are considered to boost the immune system:



Tomatoes have a red pigment called Lycopene. It is a powerful antioxidant that neutralizes free radicals that can damage cells in the body. This phytochemical is best released from tomatoes by cooking them and is best absorbed when a touch of oil is added. Tomatoes also contain vitamin C, beta carotene, iron and potassium.



Salmon contains Omega 3, a special kind of fatty acid that boosts the metabolism as well as lowers LDL cholesterol (the bad kind) levels. Omega 3 is also linked to blocking the production of inflammatory substances that cause autoimmune diseases like arthritis. I've noticed when I eat salmon regularly, little aches and pains seem to subside.



Natural nuts contain essential fats which assist in lowering LDL cholesterol (the bad kind) and increasing HDL cholesterol (the good kind)-the perfect formula for preventing heart disease. Eat them in moderation-a handful, not a bowl full!

Garlic contains phytochemicals that help protect the heart, reduce cholesterol and make the blood less sticky. Garlic also has antibacterial and antifungal powers. When I hiked the Himalayas several years ago, garlic soup was the magic potion for easing the adjustment to the high altitudes and I can tell you first hand, it works! That is if you can survive the odor!

Olive Oil has been determined to promote digestion, stimulate metabolism and lower cholesterol levels. It is also rich in vitamin E, an antioxidant that combats the free radicals that damage body cells and tissues. Use olive oil instead of butter or vegetable oil in preparing salads and foods that require cooking oil.

Green tea is loaded with a phytochemical called polyphenol that is considered to be a stronger antioxidant than vitamin C. Some phytochemicals in green tea are considered to have a power to prevent the development of certain cancers.

Spinach is loaded with iron and contains phytochemicals called carotenoids. Researchers report that eating carotenoid-rich vegetables lowers the risk of certain cancer causing agents. Spinach is also one of the best sources of dietary folate, a compound that has been shown to reduce the risk of birth defects, heart disease and stroke.

Broccoli is rich in beta-carotene, vitamin C, fiber, and contains phytochemicals that can help detoxify cancer-causing substances. Broccoli is a "get lean" food. When I want to get really lean and cut, I'll have a serving of broccoli with at least 2 meals per day

Red Grapes are rich in antioxidant compounds. Purple and red grape skins contain phytochemicals which boost HDL cholesterol (the good kind). They also help thin the blood, strengthen blood vessels, boost the immune system and are believed to help inhibit cancers.

Blueberries are considered to contain more antioxidants than any other fruit or vegetable. Besides being able to combat free radical damage linked to cancer and heart disease, they may also boost brain power and memory.



My Formula for Successful Weight Loss

I realize that the simpler a program is the quicker you will get started on it. My **Eat Right Now**[®] plan is a lifestyle approach to healthy, balanced nutrition that is geared to make weight loss easy, fun and as simple as ABC!

Weight Loss = ABC

A = Don't Starve Yourself = EAT

B = Eat The Right Foods = Right

C = Whenever You Are Hungry = NOW

Weight Loss = **Eat Right Now!**[®]

As you apply this formula to your life, you will be able to set realistic goals and measure results in terms of how you look, feel and how much energy you have. The formula is based on what I call the **Principle of Trading**. Essentially, you will be "trading" fattening, high calorie foods for an abundance of all-you-can-eat lean, healthy foods. Trading gives you a lot of choices and you will be amazed by how much more you will be able to eat while reaching your weight loss goals.

Calories vs Nutrients

Remember ... calories are not created equal! Some foods are "rich" in calories but very "poor" in nutrients while others are just the opposite they are "poor" in calories but very "rich" in nutrients. For example, your average breakfast muffin has approximately 720 calories and since most muffins are made with white flour, they have little nutritional value.

On the other hand, for just under 720 calories you could indulge in the following:

2 whole wheat rolls (200 cal)	1/2 papaya (40 cal)
1 pear (100 cal)	1 kiwi fruit (20 cal)
1 apple (100 cal)	1/2 cantaloupe (60 cal)
5 oz grapes (70 cal)	1/2 pineapple (120 cal)

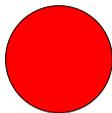
Each one of these foods are loaded with health promoting nutrients. Which would you rather eat? The choice is yours!

To improve your health and achieve your weight loss goals, please become aware of your food intake, and remember, there is no substitute for healthy eating! And while many low-calorie diet versions of foods offer fewer calories than their "evil" high-calorie siblings, they are not necessarily lower in artificial ingredients.

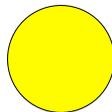
"TRAFFIC LIGHT" APPROACH TO HEALTHY LIVING!

Keep it simple and you will succeed

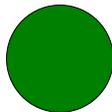
I have created a "traffic light" approach by categorizing foods, drinks and cooking preparations as a visual tool that will help you make smart day-to-day eating choices.



In the Red List, you'll find foods that are processed, rich in fat, sugar, salt and artificial ingredients. These foods are traditionally low in fiber and high in calories! So, my suggestion is **"step on the BRAKES and STOP!"**



In the Yellow List, you'll find a list of foods that include semi-refined and starchy carbohydrates such as breads, wheat pastas & cereals, as well as, foods that are slightly higher in fat than those found on the all natural Green list. So, **"take your foot off the gas and proceed with CAUTION!"**



In the Green List, you'll find a list of foods that are all natural, unprocessed and high in fiber. I purposely chose foods low in fat, wheat free and very low in dairy to help you expedite and achieve unbelievable results! Green means **GO** - **"step on the gas and EAT!"**

Treat your body as you would your "Dream Sports Car"

Σ Give it the proper maintenance

Σ Give it the best fuel

Σ Follow the Green Light..and don't forget the water!

GREEN

The Green List Includes
Foods that are

Σ *Low in Fat*
Σ *Low in Dairy*
Σ *Wheat Free*

Beverages

Green Tea
Herbal Tea
Unsweetened
Vegetable &
Fruit Juices
Unsweetened Tea
Water
Water with Fresh
Slice of Lemon

VEGETABLES

Artichoke Hearts
Asparagus
Bean Sprouts
Beets
Bell Peppers
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Green Onions
Leeks
Mushrooms
Peas
Peppers
Radishes
Romain Lettuce
Salad Greens
Snow Peas
String Beans
Scallions
Spinach
Squash
Sweet Potatoes
Tomatoes
Turnips
Watercress
Yams
Zucchini

FRUITS

Apples
Apricots
Avocados
Bananas
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Figs
Grapefruit
Grapes
Guava
Kiwi Fruit
Mangos
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Prunes
Raspberries
Strawberries
Tangerines
Watermelon

COOKING

INGREDIENTS

Dijon Mustard
Garlic
Ginger
Green Onions
Lemon or Lime Juice
Olive Oil
Salsa
Tabasco or Hot Pepper
All Fresh Herbs (Basil,
Cilantro, Mint Leaves,
Parsley, etc)

PROTEINS

Ahi (Tuna)
Boston Bluefish
Cod
Cornish Hens (no skins)
Crab
Egg Whites
Flounder
Haddock
Halibut
Mackerel
Orange Roughy
Perch
Salmon
Scallops
Shrimp
Skinless Chicken Breast
Skinless Turkey Breast
Snapper
Swordfish
Tofu
Trout
Whitefish

SNACKS

1 Handful of Natural Nuts
(Hazel Nuts, Almonds,
Walnuts)
1 Handful of Natural Seeds
and Raisins
A Cup of Homemade Soup
Air-popped Popcorn
Fresh Fruit or Dried Fruit
such as Prunes
Fresh Leafy Green Salad
with Lemon Juice
Hummus with Fresh
Vegetables
Protein Smoothies with
Fresh Mixed Berries

LEGUMES & RICE

Black Beans
Black-Eyed Peas
Brown Rice
Kidney Beans
Lentils
Navy Beans
Peas
Plain Popcorn
Split Peas

DAIRY PRODUCTS

Evaporated Skim Milk
Skim Milk
Fat-Free Cottage Cheese
Fat-Free Dry Milk
Fat-Free Yogurt
with or without Fruits

RED MEATS

Only Lean Beef such
as:
Beef Tenderloin
Porterhouse
Round Steak
Sirloin Steak

YELLOW



ALL LOWFAT DAIRY PRODUCTS

Goat Cheese
Low-Fat Cheese Slices
Low-Fat Cottage Cheese
Low-Fat Milk
Low-Fat Yogurt
Parmesan Cheese
Pudding made with Low-Fat Milk
Ricotta Cheese

COOKING INGREDIENTS

Canola
Honey
Catsup
Low-Fat Salad Dressing
Molasses
Mustard
Olives
Pam
Relish
Sesame Seed Oil
Soy Sauce (low sodium)
Teriyaki Sauce
Wheat Germ

BEVERAGES

1 Glass of Red Wine
100% Fruit Juice
Coffee
Diet Sodas
Gatorade
Iced Tea Mixes
Pre-Sweetened Tea
Tonic Water

PROTEINS

Chicken (mostly breast)
Eggs with Yolks
Herring
Lamb
Lean Ground Beef
Oysters
Peanut Butter (no more than one Tbsp a day)
Pork Tenderloin
Prime Rib (trimmed of fat)
Roast Beef
Salmon (canned)
Sardines (canned)
T-Bone Steak
Tuna (canned)
Turkey (mostly breast)

SNACKS

Angel Food Cake with Fresh Berries
Cranberry Sauce
Dark Chocolate
Frozen Yogurt
Fruit Cocktail
Granola Bar
Jell-O
Pretzels
Sherbet
Sorbet

COMPLEX & REFINED CARBOHYDRATES

Bran Cereals
Buckwheat Pancakes
Corn
Corn Tortillas
Couscous
English Muffin
Fruits (canned)
Graham Crackers
Granola
Lasagna with Low-Fat Cheese
Melba Toast
Mixed Vegetables with Pasta
Pita Bread
Pizza with Tomato Sauce & Fresh Veggies on a Whole Wheat Crust
Potatoes, Baked or Mashed
Pumpnickel Bread
Rye Bread
Shredded Wheat
Soup (canned, low-sodium)
Vegetable Pastas
Whole Wheat Crackers
Whole Wheat Pastas
Whole Wheat Raisin Bread

The Yellow List Includes Foods that are

- Σ Whole Wheat Products
- Σ Low-Fat Dairy
- Σ Refined Carbohydrates

RED

SNACKS

All Candy
Canned Fruit in Syrup
Chewy Fruit Snacks
Chocolate Covered Pretzels
Corn Chips
Fruit Rolls
Milk Chocolate
Packaged Snack Foods
Potato Chips
Salted Nuts

COOKING INGREDIENTS

Bacon Bits
Butter
Corn Oil
Corn Syrup
Cream Sauces
Salad Dressing
Crisco
Croutons
Egg Yolks
Frosting
Gravies
Lard
Margarine
MSG
Peanut Oil
Salt
Shortening
Shredded Coconut
Sugar
Syrups
White Flour

PROTEINS

Bacon
Bologna
Bratwurst
Chicken Nuggets
Egg Rolls
Fried Chicken
Fried Fish
Fried Pork Rinds
Ground Beef
Hot Dogs
Ground Pork
Liverwurst
Luncheon Meats
Polish Sausage
Pot Pies
Prime Rib
Rib Steak
Salami
Sausage
Smoked or Cured Meats
Smoked Salmon
Spam
Spare Ribs
Tuna (canned in oil)
Veal Cutlet

BEVERAGES

Alcoholic Beverages
Coffee Drinks with Whipped Cream
Fruit Smoothies made with Ice Cream
High Sugar Fruit Juices
Hot Chocolate
Milkshakes
Mixed Drinks
Mocha Coffee
Soda Pop

REFINED CARBOHYDRATES

All Sugar Coated Cereals
Anything made with White Flour
Bagels
Biscuits
Breaded Fish Sticks
Brownies
Buttered Popcorn
Cake
Cookies
Croissants
Danish
Doughnuts
French Fries
Fried Vegetables
Hash Browns
Kaiser Rolls
Macaroni
Packed Muffins
Pastries
Pies
Pizza with Cheese & Pepperoni on White Flour Crust
Spaghetti with Meatballs
Sugary Snack Mixes
Sweet Rolls
Trail-mix with Chocolate Chips
White Breads
White Flour Pastas

The Red List Includes Foods that are

- Σ *High in Fat*
- Σ *Processed and Refined*
- Σ *High in Artificial Ingredients, Sugar and Salt*

The bottom line is...**the more you eat foods from the Green list-the more food you will be able to eat and the quicker you will lose weight!**

YOU CAN EXPECT TO GET:



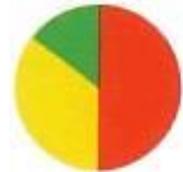
EXCELLENT

Results by eating foods from the GREEN LIST



GOOD

Results by eating foods mostly from the GREEN LIST, some from the YELLOW LIST and occasionally from the RED LIST



POOR

Results by eating foods mainly from the RED LIST, some from the YELLOW LIST and very few from the GREEN LIST

Compare!

Here is a sample of a daily menu that compares food choices found in the Green, Yellow and Red lists. Notice I also used the same basic foods for each menu in order to show what you can do simply by applying the Trading Principle and altering cooking preparations.

Where are you?

	EXCELLENT	GOOD	POOR
Upon Rising	A glass of water (8 oz)	Juice or Green tea (8 oz)	Mocha coffee (8 oz) with whipped cream
Breakfast	Egg-white (4 whites) omelet with broccoli, tomatoes & salsa served with 1 cup brown rice and ½ papaya or grapefruit	Egg-white (4 whites) omelet with broccoli, tomatoes & salsa; 1 slice whole-wheat toast with 1 Tbsp low-fat cottage cheese	Ham & cheese omelet (4 eggs) with 2 strips of bacon & 1 bagel with 2 tsp cream cheese
Lunch	2 cups fresh green salad with 1 Tbsp balsamic vinegar & ½ tsp olive oil Grilled salmon (4oz) with 2 cups steamed vegetables (broccoli, carrots, cauliflower & asparagus) and 1 baked sweet potato. No desert	2 cups fresh green salad with low fat dressing Baked salmon (4oz) with 2 cups sauted vegetables (broccoli, carrots, cauliflower & asparagus) and 1 baked potato. No dessert	1 cup Caesar salad with croutons Fried fish (4oz) with 1 cup broccoli covered in cheese and 1 cup french fries with ketchup 1 brownie (3oz)
Snack	1 handful natural almonds hazelnuts, seeds & raisins along with a (8oz) pure protein shake made with a handful of fresh mixed berries blended with crushed ice and water.	1 granola bar with (8oz) fruit smoothie with low-fat yogurt blended with ½ tsp honey & crushed ice.	2 large oatmeal-raisin cookies with a thick strawberry milkshake (16oz)
Dinner	Vegetable soup (8oz) made with seasonal vegetables, lentils, fresh basil, cilantro & herbs in a water-based broth Marinated lemon-garlic chicken breast (4oz) with fresh herbs with all-you-want steamed vegetables medley (broccoli, cauliflower, asparagus, snow peas, red peppers, zucchini, peas, artichoke etc.)	Soup (8oz) made with seasonal vegetables, lentils, fresh basil, cilantro & herbs in a low sodium chicken stock. Teriyaki chicken breast (4oz) stir-fry with 2 cups fresh vegetables & herbs over 1 cup couscous.	Canned beef & vegetables stew with parmesan cheese Fried chicken (4oz) with 1 cup macaroni & cheese & 1 cup creamed spinach
Dessert	No dessert	1/2 cup fruit sorbet	Apple pie with vanilla ice cream
Snack	A bowl of sliced fresh fruit such as cantaloupe, apples, watermelon & papaya	Mixed berries with 1 cup low-fat yogurt	Potato chips with dip
Before Bed	A glass of water (8oz)	A glass of water (8oz)	A can of soda (8oz)
Total Calories	1300 - 1500	1600 - 1800	4800 - 5000

SUGGESTED WEEKLY GREEN MENU



My Green menu offers the simplest and healthiest way to eat. Simply put... you will be able to eat more food than you ever have before while losing excess body fat and weight. So, is it realistic to say that you can stay in the "Green" forever? For the most part it is. The way I apply this way of eating to my lifestyle is simple - I look at the Green list as my foundation and I try to make most of my food selections from this list. Every so often, if I still feel like it, I will have a taste of the "forbidden fruit" such as a scoop of ice cream or a slice of pizza. The key words here are "common sense" and "moderation".

	Monday	Tuesday	Wednesday
Breakfast	Egg-white (4 whites) omelet with broccoli, tomatoes, served with 1 cup brown rice.	Oatmeal (made with hot water) 2 cups fresh strawberries, blueberries or raspberries & 1 Tbsp almonds	Scrambled egg-whites (1 -4 eggs) with chopped cilantro mushrooms & asparagus 1 cup brown rice
Lunch	Garlic broiled ahi (tuna) with Steamed vegetables medley (zucchini, carrots, cauliflower & broccoli) 1 sweet potato	Turkey tomato or vegetarian chili made with fresh herbs and served with steamed vegetable medley (broccoli cauliflower & zucchini)	Poached ginger-lime salmon with fresh cucumbers and steamed mixed vegetables medley (asparagus, peppers & zucchini) 1 sweet potato
Snack	Handful of natural sunflower Seeds, hazelnuts, almonds and raisins (see recipe)	1 protein smoothie with mixed berries	Handful of natural unsalted mixed nuts with 1 protein shake (8 oz) with mixed berries
Dinner	Homemade vegetable soup Grilled lemon chicken with all-you-want steamed vegetables such as: broccoli asparagus, cauliflower, carrots zucchini, bell peppers & yellow squash	Steamed artichoke Leafy green salad with cucumbers Grilled fish medley kabobs (scallops, shrimp or white fish) with cherry tomatoes, red, green and/or yellow bell mushrooms All-you-want steamed vegetables	Fresh veggies with hummus Steamed lemon-lime swordfish with mango (citrus), salsa & mixed bell peppers All-you-want steamed vegetables such as: asparagus, broccoli, carrots & cauliflower
Snack (if desired)	A bowl of fresh fruit	Fat-free yogurt with fruit	A bowl of fresh fruit

- Begin and end your day with a tall glass of water.
- Enjoy 5 servings of fresh fruits and vegetables per day
- For Vegetarians: You can substitute legume-based entrees instead of meat, fish or chicken

SUGGESTED WEEKLY GREEN MENU



When I want to get really lean I will stay totally in the Green for a week to 10 days. After my body is in the weight loss "groove", I will then allow myself to "trespass" into the Yellow or Red-perhaps once or twice a week.

If you spend a week in the Green "breaking bread" with me, here is what our meals would look like:

	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast tofu-veggie scramble served with 1 baked sweet potato 1/2 papaya or grapefruit	Egg-white omelet (1-4 egg whites) with cilantro, broccoli & salsa over 1 cup brown rice	Hot almond-blueberry oatmeal (made with hot water) or Egg-white omelet (1-4 eggs) with spinach, mushrooms & salsa and 1 cup brown rice	BRUNCH: 1/2 grapefruit or one glass of grapefruit juice Scrambled egg-whites (1-4 eggs) with asparagus, zucchini, cilantro served with 1 cup oatmeal or Egg-white omelet with mushrooms, broccoli & tomatoes served with a fresh leafy green salad & 1 cup brown rice
Lunch	Green salad with veggies tossed with oil and balsamic vinegar Homemade lentil soup Brown rice and steamed zucchini & eggplant	Poached garlic ahi (tuna) with orange-mango marinade steamed broccoli & cauliflower served with 1 sweet potato	Steamed lemon- basil white fish with steamed snow-peas, bamboo shoots & broccoli and 1 sweet potato	
Snack	1 or 2 pieces of seasonal fruit or 1 protein smoothie with mixed berries	Handful of sunflower seeds and raisins with 1 apple	1 protein smoothie with mixed berries	Homemade hummus with fresh sliced vegetables (cauliflower, broccoli, carrots, asparagus & peppers)
Dinner	Homemade squash soup Cajun style salmon with roasted garlic, portabello mushrooms & yellow squash served with steamed asparagus & broccoli	Fresh leafy green salad with tomatoes Snow peas, broccoli & lean beef, chicken or shrimp stir fry	Steamed artichoke Homemade fresh tomato-chicken cacciatore with all-you-want steamed vegetables broccoli, asparagus cauliflower, carrots & zucchini	Fresh tomato-patch salad Option: Homemade bean or pea (non-creamy) soup Lemon-ginger snapper with all-you-want steamed snow peas, water-chestnuts, broccoli, bamboo shoots & asparagus
Snack (if desired)	A handful of nuts and raisins	A protein smoothie with berries	Air popped popcorn	A bowl of fresh fruit

SUGGESTED WEEKLY MAINTENANCE MENU



The Maintenance plan is essentially a Green menu with the flexibility to trespass into the Yellow and Red on occasion. Notice I have incorporated whole grain breads and cereals as well as low-fat dairy products into the menu.

	Monday	Tuesday	Wednesday
Breakfast	1 bowl cinnamon-walnut oatmeal (made with hot skim milk) with seasonal fruit or egg-white omelet with veggies of choice	Scrambled egg-whites (1-4 eggs) with asparagus, tomatoes & mushrooms and 1 slice whole wheat toast with 1 Tbsp low-fat cottage cheese	High fiber cereal with sliced banana & skim milk or 1 slice whole wheat toast with jam and a bowl of seasonal fruit
Lunch	Fresh leafy green salad Ginger-lime grilled chicken breast with steamed asparagus & carrots over 1 cup wild rice	Cucumber salad Poached lemon-herb salmon with steamed vegetables & 1 sweet potato	Fresh tomato-patch salad Chicken, beef, fish or vegetarian fajitas made with salsa, onions, peppers & avocado served with 2 corn tortillas & steamed vegetables
Snack	1 protein smoothie with mixed fruits	1 cup apricots, figs & apples	Handful of sunflower seeds, almonds & raisins with 1 smoothie with mixed berries
Dinner	Steamed artichoke Baked cod with garlic, lemon, cilantro & Portabello mushrooms All-you-want steamed vegetables: broccoli, cauliflower, carrots, zucchini & bell peppers	Hummus with sliced pita bread Black-bean chili made with cilantro, carrots & corn served over 1 cup brown rice with steamed vegetables (broccoli, asparagus, zucchini & carrots)	Night out... Eat out at a restaurant. (Greek, Mexican, Chinese, Japanese, Italian etc.) Dessert if desired. Use your judgement
Snack (if desired)	Low-fat yogurt with fresh fruit	A bowl of fresh fruit	A bowl of fresh fruit

SUGGESTED WEEKLY MAINTENANCE MENU



If you spent a week with me on the Maintenance Menu, here is what our meals would look like:

	Thursday	Friday	Saturday	Sunday
Breakfast	Egg-white omelet with fresh vegetables (broccoli & tomatoes) served with 1 cup brown rice and 1 piece of seasonal fruit	1 bowl low-fat granola with skim milk along with 1 protein smoothie with fresh mixed berries	Breakfast tofu-veggie scramble served with 1 slice whole wheat toast with 1 Tbsp cottage cheese or 1 thinly sliced piece of Swiss cheese	BRUNCH: 1 glass of juice Egg white omelet (1-4 eggs) with asparagus, mushrooms, cilantro & salsa.
Lunch	Chicken-vegetable soup Asian chicken salad with red cabbage & plenty of fresh vegetables and 1 sweet potato	Fresh leafy green salad Grilled tuna (ahi) pita stuffed with lettuce, tomato, sprouts & cucumbers	Carrot & green leaf salad Couscous with black beans and tofu served with steamed broccoli, carrots & cauliflower and 1 sweet potato	2 pancakes with 1 Tbsp maple syrup or 1 bowl hot almond-blueberry oatmeal
Snack	A bowl of fresh fruit	1 protein smoothie with mixed fruit	A bowl of fresh fruit	Sliced watermelon with strawberries
Dinner	Steamed artichoke hearts and asparagus Lemon-herb baked chicken or turkey breast with zucchini & mushrooms All-you-want steamed vegetables: zucchini, broccoli bell peppers, cauliflower & yellow squash	Cooked acorn squash Chinese-ginger steamed whitefish with green onions cilantro, water chestnuts, snow-peas & tofu served over wild rice and steamed vegetables	Fresh leafy green salad Marinated flank steak, shrimp or chicken breast with herb vinaigrette All-you-want steamed vegetables: broccoli, carrots & cauliflower	Homemade turkey-vegetable soup or fresh leafy green salad. Island-style salmon with mango salsa with all-you-want steamed vegetables: artichoke, broccoli, cauliflower, carrots & red bell peppers
Snack (if desired)	Low-fat yogurt with fresh mixed berries	Fresh fruit with 3 squares of dark chocolate	Low-fat yogurt with fresh fruit	1 cup sorbet with fresh fruit

Easy **Cooking** Preparations



Protein such as Fish, Chicken or Beef

Portions sizes per serving: 3-6 ounces

If you weigh: Below 140 lbs: 3.0 ounces
141 to 171 lbs: 4.5 ounces
Above 170 lbs: 5.0 ounces

- Preparation:**
- Trim all visible fat
 - Marinate fish, chicken or beef with freshly squeezed lemon, lime or orange juice
 - Add fresh herbs such as chopped cilantro, garlic, ginger, basil, thyme, etc.
 - Allow juices and herbs to marinate for a few hours or overnight
 - Grill, broil, poach, steam or stir-fry with water or ½ tsp extra virgin olive oil
 - Add water as needed during cooking

Vegetarian Protein

Portions sizes per serving: 3-6 ounces: legumes (beans, lentils & peas), soy based products or mixed nuts & seeds

Vegetarian food combinations that create a full protein:

- Σ ½-1 cup beans, cooked legumes or tofu with ½ -1 cup brown rice
- Σ ½ cup mixed nuts and seeds with ½ cup garbanzo beans
- Σ Hummus

Soups

Portions sizes per serving: 4-8 ounces

- Preparation:**
- Σ Boil 4-6 cups of water
 - Σ Add vegetables and herbs
 - Σ Simmer for 20 minutes

For Blended Soups:

(such as squash, tomato, pea & broccoli)

- Σ Cook vegetables in water with herbs
- Σ Pour contents into a blender
- Σ Process until smooth

Salad Dressings

Portion sizes per serving:

- 1/2 tsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp white vinegar or sherry wine
- 2 Tbsp fresh squeezed lemon or lime juice

Herbs & Spices for Cooking

The trick is to combine just a few herbs and spices at a time. Different herbs and spices complement some foods more than others. The amount to use depends on your taste buds. A good rule of thumb is to use ½ tsp dried herbs or 1 Tbsp fresh herbs. Dried herbs lose most of their flavor, so whenever possible use fresh herbs - they have the added benefit of improving digestion and stimulating the metabolism

Basil, Cilantro, Garlic, Parsley & Ginger

Most versatile for seafood, poultry lean red meats, soups and vegetables

Chives, Paprika, & Turmeric:

Sprinkle on baked potatoes, soups, scrambled egg whites or omelets

Bay Leaves

Use a whole leaf in soup or marinades

Majoram, Thyme & Oregano

Great in soups, fish, broiled chicken or turkey

Mint Leaves

Add fresh leaves to salads, soups, fish or chicken.

Rosemary & Sage

Complements lean red meat, fish, chicken, turkey, soups and vegetables

Preparation Vinaigrette:

Whisk together the following ingredients:

- Σ1 Tbsp balsamic vinegar or sherry wine
- Σ2 Tbsp freshly squeezed citrus fruit (lemon or lime)
- Σ1/2 tsp olive oil
- ΣAdd your favorite herbs and spices such as basil, thyme, garlic, dry mustard seed, cumin, etc

Allspice, Cinnamon & Nutmeg

Add to oatmeal, rice, squash, yams, sweet potatoes, as well as cooked apples, pears and berries

Dill Weed

Excellent for meat, poultry, fish and salad dressing

Miscellaneous Seasoning

- Black Pepper
- Cayenne Pepper
- Tabasco Sauce
- Green Onions



Breakfast

Scrambled Egg Whites with Fresh Veggies

Ingredients:

- 1 tsp olive oil
- 8 egg whites - well beaten
- 8 mushrooms, thinly sliced
- 1/2 cup asparagus, chopped
- 3 Tbsp cilantro, chopped

Preparation:

1. Heat olive oil in a large non-stick saute pan over medium heat and cook mushrooms and asparagus until lightly done.
 2. Add egg whites and cook, stirring with a wooden spoon, to desired firmness. Serve with brown rice or a baked sweet potato.
- Serves 2



Egg-White Omelet with Mushrooms, Broccoli & Tomatoes

Ingredients:

- 8 egg whites
- 1/2 cup broccoli, chopped
- 1/2 cup mushrooms, chopped
- 4 Tbsp tomatoes, diced
- 3 Tbsp cilantro, chopped
- 1 tsp olive oil



Preparation:

1. Using a drop of olive oil and a paper towel, lightly coat a medium skillet. Heat pan on medium heat, pour egg whites into pan. Cook for 2-3 minutes.
 2. Add chopped mushrooms and broccoli into egg whites. When partially cooked, add cilantro and tomatoes. Then, gently fold omelet over. Cook for an additional minute or until desired consistency.
- Serves 2

Breakfast

Breakfast Tofu-Veggie Scramble

Ingredients

- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 1/4 cup green onion, chopped
- 1 cup sliced mushrooms
- 1 1/2 cups firm tofu, drained
- 1 tsp olive oil.
- A pinch of chili powder, cumin, paprika and tumeric to taste
- Fresh parsley for garnish



Preparation

1. In a large skillet, wipe the inside of pan with olive oil and turn heat to medium-high. Crumble tofu into pan. Sprinkle with a pinch of chili powder, cumin, paprika and tumeric.
 2. Gently stir for 2-3 minutes until warmed, then add chopped peppers, green onions and sliced mushrooms.
 3. Continue cooking until vegetables are tender but still crisp.
 4. Garnish with parsley and serve with brown rice or sweet potatoes.
- Serves 2

Hot Almond-Blueberry Oatmeal

Ingredients:

- 1 1/2 cups rolled instant oats
- 1 - 1 1/2 cups boiling water
- 1 1/2 Tbsp almonds, crushed
- 3 Tbsp raisins
- 1 1/2 Tbsp sunflower seeds
- 1/2 cup fresh blueberries



Preparation

1. Place oats and 1 to 1 1/2 cups boiling water into a cereal bowl.
 2. Stir in the almonds, raisins and sunflower seeds. Let stand until thickened. Top with fresh blueberries.
- Serves 2

Lunch

Couscous with Black Beans

Ingredients

- 1/2 cup uncooked couscous
- 1/4 cup water
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp freshly squeezed lime juice
- 1/4 tsp red wine vinegar
- 1/4 tsp cumin
- 1/2 tsp olive oil
- 1/2 cup black beans, cooked
- 1/4 cup red bell pepper, seeded and diced
- 1/4 cup corn
- 2 Tbsp green onions, chopped
- 2 Tbsp fresh cilantro, chopped



Preparation

1. Bring water broth to a boil in a large sauce pan. Stir in the couscous, cover the pot and remove from heat. Let stand for 5 minutes.
 2. In a large bowl, whisk together the lemon and lime juice, red wine vinegar, cumin and olive oil. Add a mix of black beans, red pepper, corn, cilantro and green onions and mix together.
 3. Fluff couscous with a fork and add to the bowl with the vegetables. Mix well.
- Serves 2

Poached Garlic Ahi with Ginger-Lime Marinade

Ingredients:

- 8 oz fresh ahi (tuna)
- 4 Tbsp freshly squeezed lime juice
- 2 tsp fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp olive oil
- Chopped fresh mint leaves, cilantro or salsa for garnish.



Preparation

1. Prepare marinade by combining lime juice, ginger, garlic and olive oil in a small bowl.
 2. In a non-stick skillet, heat 1/2 of marinade with 2 Tbsp water. Bring the mixture to a gentle boil and add ahi. Reduce heat and cover. Cook fish for 3-4 minutes on each side or until opaque in the center. Add the rest of marinade as you cook.
 3. Garnish with fresh herbs or salsa.
- Serves 2

Lunch

Grilled Lemon Chicken

Ingredients

- 2 skinless, boneless chicken breasts (trim off fat!)
- 1/2 cup freshly squeezed lemon juice
- 2 large cloves garlic, minced
- 1 Tbsp fresh oregano, chopped
- 1 tsp fresh ginger, minced
- 1/2 tsp tomato paste
- 1 jalapeno pepper, seeded & finely chopped
- Freshly ground pepper to taste



Preparation

1. In a large bowl, combine the lemon juice, garlic, oregano, tomato paste and jalapeno. Season with ground pepper to taste. Add the chicken to the marinade and be sure to coat well.
 2. Place chicken breasts with marinade into sealed plastic bags and refrigerate for 2 to 6 hours.
 3. Prepare the grill. Drain the chicken and discard the marinade.
 4. Grill the chicken until no longer pink inside (about 5 to 6 minutes each side).
- Serves 2

Turkey Tomato Chili

Ingredients

- 1 cup cooked turkey, chopped
- 1 garlic clove, minced
- 1 medium-size onion, chopped
- 1/2 green pepper, sliced into strips
- 1 cup cooked red kidney beans
- 3 oz tomato paste
- 1 1/2 cups ripe tomatoes, chopped
- 1 bay leaf
- 1/2 tsp chili powder
- 1/4 tsp cumin seeds
- 1/2 cup cilantro, chopped
- Cayenne pepper to taste

Preparation

1. Combine the turkey, garlic, onion, and green pepper in a non-stick skillet. Saute until the vegetables are soft.
 2. Add the remaining ingredients and cover. Simmer over low heat for 15 minutes or until the flavor develops.
 3. Add chopped cilantro before serving.
- Serves 2



Dinner

Island Salmon with Mango Salsa

Ingredients

8 oz fresh salmon fillet
1/2 tsp chili powder
1/2 tsp ground cumin
1/4 tsp ground ginger
1/2 tsp minced garlic
Freshly ground black pepper
1 tsp olive oil
Mango salsa (see below)
Cilantro for garnish



Preparation

1. In a large bowl, mix chili powder, cumin, ginger and garlic. Dust the spices onto salmon by placing salmon (skin side up) into spices. In a large saute pan, heat the olive oil over high heat until it just begins to smoke.
 2. Cook the salmon, spiced side down for about 30-60 seconds, until crust forms. Turn salmon spice side up. Add water to encourage steam and bring heat down to medium-high.
 3. Cover salmon for 4-7 minutes, taking care not to overcook.
 4. Garnish with mango salsa and cilantro.
- Serves 2



Mango Salsa

Ingredients

2 freshly squeezed limes
2 large mangos, cut into 1/2-inch cubes
4 Tbsp green onions, thinly sliced
1 Tbsp jalapeno pepper, minced
1 1/2 tsp honey
Freshly ground pepper & sea salt, to taste
1/2 cup cilantro, coarsely chopped

Preparation

1. In a medium bowl, combine all ingredients except cilantro.
2. Let stand for 20 minutes to allow flavors to develop.
3. Add cilantro just before serving.



Dinner

Lentil Soup

Ingredients

3/4 cup sliced carrots
1 stalk celery, finely chopped
1 clove garlic, minced
1 cup uncooked lentils, rinsed
4 cups vegetable stock
3/4 cup fresh spinach, blanched
1/2 cup onions, chopped
1/2 cup fresh green beans
1 cup tomatoes, chopped
1 bay leaf
1/2 tsp oregano
1/2 tsp ground cilantro
1/2 tsp turmeric
3/4 tsp ground cumin
1 Tbsp fresh lemon juice
Fresh parsley, ground pepper
& cayenne pepper to taste



Preparation

1. In a non-stick skillet, prepare with a 1/2 tsp olive oil and saute onions on medium heat until golden. Add garlic and saute for 1-2 more minutes.
 2. Add celery and carrots-stirring for another 3 minutes. Place veggies into large soup pot. Add remaining ingredients except pepper and lemon juice.
 3. Bring to a boil. Reduce heat to low, cover and simmer for 1 hour or until vegetables are tender.
 4. Add fresh parsley and ground pepper to taste.
- Serves 2.

Snow Pea, Broccoli and Lean Beef Stir-Fry

Ingredients

(You can substitute chicken, tofu, shrimp or scallops instead of red meat if you desire)
2 Tbsp fresh ginger root, minced
2 large garlic cloves, minced
1/2 tsp olive oil
12 oz lean beef round steak, cut into thin strips
1 cup fresh snow peas
1 1/2 cup broccoli
1 1/2 cup red and yellow bell peppers, sliced
1 cup carrots, sliced
1 cup zucchini, sliced
2 Tbsp fresh lemon juice



Preparation

1. Heat olive oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned.
 2. Add the snow peas, broccoli, carrots, peppers and zucchini and cook for an additional 3-4 minutes.
 3. Add lemon juice, stirring constantly. Lower heat and simmer for 2-3 minutes. Serve hot with brown rice.
- Serves 2

Snack

Natural Nut & Raisin Quick Snack Mix

Be sure to make this snack ahead of time so that when you hit an energy slump-you'll be ready!

Ingredients

- 1/2 cup raisins
- 1/2 cup almonds
- 1/2 cup sunflower seeds
- 1/2 cup walnuts
- 1/2 cup hazelnuts
- 1/2 cup pumpkin seeds



Preparation

1. Mix all ingredients together.
2. Store in an air-tight container. One handful (about 1/4 cup) is a perfect amount for a quick and nutritious healthy energy booster! Makes 12 snacks good for 2-3 weeks.

Protein Smoothie with Mixed Berries

Ingredients

- 1 cup fresh strawberries
- 1 cup fresh raspberries and blueberries
- 1 cup crushed ice
- 1 cup water (soy or skim milk)
- 1 tsp honey
- 2 Tbsp protein powder



Preparation

Process all ingredients in a blender and drink up!

Snack

Easy Healthy Hummus

Ingredients

1 1/2 cup cooked garbanzo beans (or one 8 oz can)
1-2 cloves garlic
1/2 tsp ground cumin
3 Tbsp of freshly squeezed lemon juice



Preparation

1. Place all ingredients into a food processor and blend until smooth.
2. Serve with a variety of fresh cut veggies or sliced pita bread.

Fresh Tomato-Patch Salad

Ingredients

1 cucumber, chopped
1 zucchini, chopped
3 ripe roma tomatoes, chopped
1/4 cup red onions, chopped
2 Tbsp wine vinegar
1 tsp salt
Freshly ground pepper
2 Tbsp fresh mint leaves, chopped
2 Tbsp fresh basil, chopped



Preparation

1. Peel and chop the cucumbers. Combine cucumbers and zucchini with 1 tsp salt and 2 Tbsp vinegar. Set aside for 30 minutes to extract the moisture from the cucumbers.
 2. Drain the cucumbers and zucchini. Rinse under cold water and then toss with chopped tomatoes and red onions.
 3. Add a bit of olive oil to taste. Season with freshly ground pepper.
 4. Toss with mint and basil.
- Serves 2

QUICK TIPS for Eating Out:

Improvise and create your "own plate"

Many restaurants offer a variety of healthy and low-fat options - *Ask and You Shall Receive!*

Select broiled, baked, grilled or steamed entrees with all the trimmings on the side

and get into the habit of ordering steamed vegetables with your main course.

Eliminate the use of table sugar and salt

and stay away from fried, creamed or breaded foods.

And for dessert

fresh fruits or natural sorbets make a delicious **Eat Right Now**[®] treat.

When eating out, stick to the plan, because if you don't,

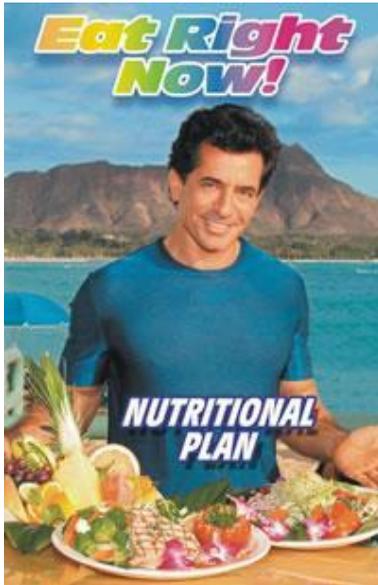
"While Your friend might be picking up the tab...

you'll end up paying the price!"



CONGRATULATIONS!

By adopting the plan and following my exercise program, you are well on your way to transforming your body and your health, as well as enhancing all aspects of your life! Look at your health and fitness program as a journey, not a destination and enjoy the process!



You will find that when you eat the right things over a period of time, you will lose the cravings that usually accompany bad diets. You will start to crave the foods that are good for you and will supply your body with the proper fuel you need. Good luck and best of health to you!

Gilad

P.S. I would love to hear from you! Please visit my website at:

www.gilad.tv

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