

THE DIET SOLUTION

FAT LOSS JUMPSTART



**6 Week
Kickstart
To Your
Metabolism**

**By Isabel
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www.TheDietSolutionProgram.com

Introduction

The meal plans and nutrition principles that follow are a culmination of 15 years of research and study into exactly what works to achieve a lean body.

I assure you that none of these rules are “unhealthy” or “extreme”. On the contrary, they are the best principles you can incorporate to not only get you jumpstarted on your fat loss success but to also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. I stay lean all year long and I do it by following these principles and eating very similar meal plans to the ones I have outlined below. I don't deprive myself and I am not miserable “on a diet”. It is actually, quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just do it “half-way”. Go 100% and see your body transform in a way you may have never seen before.

All the best!

Isabel De Los Rios

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Meal Plans

The following meal plans can be followed for the first 6 weeks for a quick, jumpstart plan. The serving sizes are the minimum you should be eating. Because each person's starting point is very different, the meal plan servings can be adjusted based on your needs.

If you experience hunger at any time, increase the protein, fruit or vegetable serving in 1 or 2 meals by 1 serving. For example, if lunch calls for 3 ounces of turkey, increase it to 4 ounces or even 5 ounces if necessary. Please do not be afraid to add more healthy food to your plan to nourish your body sufficiently. Eating one or two more ounces of a healthy protein, fruit or vegetable will not affect your results. Eating foods that are not on your list (breads, pastas, sweets) *will* deter you from seeing the results you're looking for.

Meal Plan – Week 1

Breakfast (7-8am)

Protein Choices: Choose One
1 organic egg + 3 whites
2-3 whole organic eggs
3 slices nitrate/nitrite free turkey, beef or pork bacon
2 nitrate/nitrite free turkey or chicken breakfast sausages
(description of Recommended Brands below)
2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
3 Tbsps Hummus (V – a vegetarian option)
½ cup cottage cheese (V) *
2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Fruit Choices: Choose One
1 green apple
1 pear
½ medium banana
½ cup strawberries or blueberries (or combination of both)

Examples: 1 egg + 3 whites
1 cup steamed cauliflower
1 green apple

3 slices turkey bacon
1 cup spinach
½ medium banana

3 Tbsp Hummus
1 cup steamed cauliflower
½ cup strawberries

2 oz leftover salmon
1 cup cooked broccoli
1 pear

Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: *Choose One*
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz sliced turkey breast or chicken breast

Vegetable Choices: *Choose One*
Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: *Choose One*
1 green apple
1 cup strawberries
1 cup blueberries

Examples: 2 Tbsp Almond Butter
 Celery Sticks and 1 small green apple

2 hard boiled eggs
½ yellow pepper
1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup strawberries

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: *Choose One*
3-5 ounces chicken (dark or white meat)
3-5 ounces turkey (dark or white meat)
3-5 ounces fish (tuna only 1 time per week)
2-4 ounces beef (lean varieties)
1 cup cooked beans (any variety) or lentils (V)
½ cup cottage cheese (V) *

Over a salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

Dressing: Raw Apple Cider Vinegar
2 tsps Extra Virgin Olive Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Apple Cider Vinegar and 2 tsps olive oil as dressing

½ cup chickpeas + ½ cup kidney beans
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup cooked broccoli added to the salad or on the side
Apple Cider Vinegar and 2 tsps olive oil as dressing

4 oz salmon
Over sautéed spinach
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

Notes:

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

All almonds, walnuts, pumpkin seeds, sunflower seeds and almond butter must be raw. They cannot be roasted. Roasting nuts takes a good food and turns it into a bad food!

Olive Oil must be Extra Virgin and preferably organic.

*If you have chosen to take the 2 week “no wheat, no dairy” challenge, cottage cheese should be eliminated from your protein choices.

Typical Day Meals and Times:

7am – Breakfast

10am – Snack #1

1pm – Lunch

3pm – Snack #2

6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

Water Intake – $\frac{1}{2}$ of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

Meal Plan – Week 2

Breakfast (7-8am)

Protein Choices: Choose One
2 whole organic eggs
3 slices nitrate/nitrite free turkey, beef or pork bacon
2 nitrate/nitrite free turkey or chicken breakfast sausages
2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
1 Chicken sausage
2 slices nitrate/nitrite free Canadian Bacon
3 Tbsps Hummus (V)
½ cup cottage cheese (V)
2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Fat Choices: Choose One
¼ Avocado
2 teaspoons flax seed oil (do not cook with flaxseed oil)
2 teaspoons extra virgin olive oil

Examples: 2 eggs
1 cup steamed cauliflower
2 tsps flaxseed oil over the cauliflower

2 slices Canadian Bacon
1 cup spinach
¼ Avocado

3 Tbsp Hummus
1 cup cooked cauliflower
¼ Avocado

1 Chicken Sausage
1 cup cooked broccoli
2 tsps extra virgin olive oil

Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples:

- 1 chicken sausage
- 1 large sliced tomato

- 2 hard boiled eggs
- 1 yellow pepper

- 1 ounce raw macadamia nuts
- 10 baby carrots

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: Choose One
4-5 ounces chicken (dark or white meat)
4-5 ounces turkey (dark or white meat)
4-5 ounces fish (tuna only 1 time per week)
3-4 ounces beef (lean varieties)
1 cup cooked beans or lentils (V)
½ - 1 cup cottage cheese (V)

Over a salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

Dressing: Raw Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

1 cup cooked combo of black beans, kidney beans and pinto beans
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup cauliflower added to the salad or on the side
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin olive oil

Notes:

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

Remember all nuts must be raw.

Olive Oil must be Extra Virgin and preferably organic.

Flaxseed oil must go in the refrigerator.

Typical Day Meals and Times:

7am – Breakfast
10am – Snack #1
1pm – Lunch
3pm – Snack #2
6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

Water Intake – $\frac{1}{2}$ of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

Salt – One big change for this week is that you are going to buy *Celtic Sea Salt*. You can either buy it at Whole Foods or order it online at www.celticseas.com

I encourage you to replace any salt in your home (Kosher, Iodized, or any other form of sea salt) with this brand. I assure you that salt is not bad. It is just the type of salt that is either good or bad.

Do not worry if you cannot get this salt right away. I just want this to be one of those changes that you incorporate for life!

Meal Plan – Week 3

Breakfast (7-8am)

Protein Choices: Choose One

- 1 whole organic egg + 3 whites
- 2 whole organic eggs
- 3 slices nitrate/nitrite free turkey, beef or pork bacon
- 2 nitrate/nitrite free turkey or chicken breakfast sausages
- 2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
- 1 Chicken sausage
- 2 slices nitrate/nitrite free Canadian Bacon
- 3 Tbsps Hummus (V)
- ½ cup cottage cheese (V)
- 2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- 1 cup red, yellow, or green peppers
- ½ medium tomato
- (or 1 cup combination of any of the above.)
- Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: Choose One

- 1 green apple
- 1 pear
- ½ medium banana
- 1 cup berries (strawberries, blueberries, raspberries, blackberries)
- 1 cup fresh pineapple

Examples:

- 1 egg + 3 whites
- 1 cup spinach, asparagus and tomatoes
- ½ medium banana

- ½ cup cottage cheese

½ tomato
1 green apple

3 Tbsp Hummus
1 cup raw red peppers
1 cup strawberries

1 chicken sausage
1 cup spinach
1 cup fresh pineapple

Snack #1 (10-11am)

Protein Choices: *Choose One*
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: *Choose One*
Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: *Choose One*
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples: 2 Tbsp Almond Butter
 Celery Sticks and 1 small green apple

 2 hard boiled eggs
 ½ yellow pepper
 1 cup blueberries

 1 ounce raw walnuts
 6 baby carrots
 1 cup raspberries

Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples:

- 1 chicken sausage
- 1 large sliced tomato

- 2 hard boiled eggs
- 1 yellow pepper

- 1 ounce raw macadamia nuts
- 10 baby carrots

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: Choose One
4-5 ounces chicken (dark or white meat)
4-5 ounces turkey (dark or white meat)
4-5 ounces fish (tuna only 1 time per week)
3-4 ounces beef (lean varieties)
1 cup cooked beans or lentils (V)
 $\frac{1}{2}$ - 1 cup cottage cheese (V)

Over a salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

Dressing: Raw Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

1 cup beans used to make a veggie burger (black bean burger or garbanzo bean burger)
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin olive oil

3 oz beef burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin olive oil

Notes:

If you did not get a chance to buy Celtic Sea Salt, <http://www.celticseas.com> , please do so this week.

This week we are going to incorporate our first supplement, a high quality Omega 3 supplement. The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.

The Omega 3 supplement I recommend is Prograde's Krill Oil. It can be purchased here: <http://fishoil.getprograde.net>

You are going to begin by taking one softgel with dinner. We will gradually increase as the weeks go on.

If there was only one supplement that I could have all of my clients on, it would be a high quality Omega 3 supplement. It really does wonders for the body.

Meal Plan – Week 4

Breakfast (7-8am)

Protein Choices: Choose One

- 1 egg + 3 whites
- 2 whole organic eggs
- 3 slices nitrate/nitrite free turkey, beef or pork bacon
- 2 nitrate/nitrite free turkey or chicken breakfast sausages
- 2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
- 1 Chicken sausage
- 2 slices nitrate/nitrite free Canadian Bacon
- 3 Tbsps Hummus (V)
- ½ cup cottage cheese (V)
- 2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- 1 cup red, yellow, or green peppers
- ½ medium tomato
- (or 1 cup combination of any of the above.
- Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: Choose One

- 1 green apple
- 1 pear
- ½ medium banana
- 1 cup berries (strawberries, blueberries, raspberries, blackberries)
- 1 cup fresh pineapple

Examples:

- 1 egg + 3 whites
- 1 cup spinach, asparagus and tomatoes
- ½ medium banana

- ½ cup cottage cheese

1 cup cooked cauliflower
1 cup strawberries

1 chicken sausage
1 cup spinach
1 cup fresh pineapple

Snack #1 (10-11am)

Protein Choices: *Choose One*
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: *Choose One*
Celery Sticks
6-7 Baby Carrots
½ sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: *Choose One*
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples: 2 Tbsp Almond Butter
 Celery Sticks and 1 small green apple

 2 hard boiled eggs
 ½ yellow pepper
 1 cup blueberries

 1 ounce raw walnuts
 6 baby carrots
 1 cup raspberries

Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples:
1 chicken sausage
1 large sliced tomato

2 hard boiled eggs
1 yellow pepper

1 ounce raw macadamia nuts
10 baby carrots

Lunch (1-2pm)

Protein Choices: Choose One
3-4 ounces chicken (dark or white meat)
3-4 ounces turkey (dark or white meat)
3-4 ounces fish (tuna only 1 time per week)
2-3 ounces beef (lean varieties)
1 cup cooked beans (any variety) or lentils (V) *
½ cup cottage cheese (V)

Carb Choices: Choose One
½ cup cooked brown rice
½ cup cooked millet
½ cup cooked quinoa
½ cup or 4 oz cooked sweet potato

½ cup cooked beans (any variety) *

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

Salad that is made up of any of the following:

All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Dressing: Raw Apple Cider Vinegar
2 tsps Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 3 oz grilled chicken (white or dark)
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
½ cup garbanzo beans added to the salad
Apple Cider Vinegar and 2 tsps flaxseed oil as dressing

1 cup cooked beans (combination of 2-3 different varieties)
½ cup cooked quinoa
1 cup cooked cauliflower

3 oz salmon
Over sautéed spinach
4 oz sweet potato
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

2 oz beef
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)
Over ½ cup brown rice
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

Dinner (6-7pm)

Protein Choices: Choose One

4-5 ounces chicken (dark or white meat)
4-5 ounces turkey (dark or white meat)
4-5 ounces fish (tuna only 1 time per week)
3-4 ounces beef (lean varieties)
1 cup cooked beans (any variety) or lentils (V)
½ cup cottage cheese (V)

Over a salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Dressing: Raw Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes,
cucumbers and celery
1 cup asparagus added to the salad or on the side
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

1 cup black beans used to make a black bean burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin
olive oil

3 oz beef burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin
olive oil

Notes:

1. You can use 2 tsps of wheat free soy sauce for cooking. This can be found at most Health Food stores.
2. By now you should be using Celtic Sea Salt <http://www.celticseas.com>
3. * If you choose beans as your protein choice, do not choose it as your carbohydrate choice as well.

4. If you did not get to incorporate an Omega 3 supplement yet, please do that as soon as you can. Below I have included the notes from last week:

The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.

The Omega 3 supplement I recommend is Prograde's Krill Oil. It can be purchased here: <http://fishoil.getprograde.net>

You are going to begin by taking one softgel with dinner. We will gradually increase as the weeks go on.

If there was only one supplement that I could have all of my clients on, it would be a high quality Omega 3 supplement. It really does wonders for the body.

Meal Plan – Week 5

Breakfast (7-8am)

Protein Choices: *Choose One*
1 egg + 3 whites
2 whole organic eggs
3 slices nitrate/nitrite free turkey, beef or pork bacon
2 nitrate/nitrite free turkey or chicken breakfast sausages
2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
1 Chicken sausage
2 slices nitrate/nitrite free Canadian Bacon
3 Tbsp Hummus (V)
½ cup cottage cheese (V)
2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

Vegetable Choices: *Choose One*
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus
1 cup red, yellow, or green peppers
½ medium tomato
(or 1 cup combination of any of the above.
Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: *Choose One*
½ green apple
½ pear
¼ medium banana
½ cup berries (strawberries, blueberries, raspberries, blackberries)
½ cup fresh pineapple

Carb Choices: 1 slice Sprouted Grain, Rice or Spelt Bread
½ Sprouted Grain, Rice or Spelt Roll
1/3 cup dry slow cooked oats (made with water)

Examples: 1 egg + 3 whites
1 cup spinach, asparagus and tomatoes
1/3 cup oats (made with water and cinnamon)
1/2 apple (sliced and added to oatmeal)

3 Tbsp Hummus
1/2 medium tomato
1 slice sprouted grain bread
1/2 pear

1 chicken sausage
1 cup spinach
1/2 Roll (mini breakfast sandwich)
1 cup fresh pineapple

Snack #1 (10-11am)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
6-7 Baby Carrots
1/2 sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: Choose One
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples: 2 Tbsp Almond Butter
Celery Sticks and 1 small green apple

2 hard boiled eggs
1/2 yellow pepper
1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup raspberries

Snack #2 (3-4pm)

Protein Choices: Choose One
2 TBSP Natural, Raw Almond Butter
1 oz Raw Almonds
1 oz Raw Walnuts
1 oz Macadamia nuts
1 oz Raw Pecans
1 oz Raw Pumpkin Seeds
1 oz Raw Sunflower Seeds
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: Choose One
Celery Sticks
10 Baby Carrots
1 sliced red, yellow, or green pepper
1 large sliced tomato
2 cups broccoli or cauliflower

Examples:

1 chicken sausage
1 large sliced tomato

2 hard boiled eggs
1 yellow pepper

1 ounce raw macadamia nuts
10 baby carrots

Lunch (1-2pm)

Protein Choices: Choose One
3-4 ounces chicken (dark or white meat)
3-4 ounces turkey (dark or white meat)
3-4 ounces fish (tuna only 1 time per week)
2-3 ounces beef (lean varieties)
1 cup cooked beans or lentils (V) *
½ cup cottage cheese (V)

Carb Choices:

Choose One

- ½ cup cooked brown rice
- ½ cup cooked millet
- ½ cup cooked quinoa
- ½ cup or 4 oz cooked sweet potato
- ½ cup cooked beans (any variety) *

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

Salad that is made up of any of the following:

All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Dressing:

- Raw Apple Cider Vinegar
- 2 tsps Extra Virgin Olive Oil or Flax Seed Oil
- Spices (salt, pepper, Italian Seasonings, to taste)

Examples:

3 oz grilled chicken (white or dark)
Large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
½ cup garbanzo beans added to the salad
Apple Cider Vinegar and 2 tsps flaxseed oil as dressing

3 oz salmon
Over sautéed spinach
4 oz sweet potato
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

½ cup cottage cheese
4 oz sweet potato
1 cup cooked broccoli
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

2 oz beef
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)

Over ½ cup brown rice
Salad on the side with apple cider vinegar and 2 tps extra virgin olive oil

Dinner (6-7pm)

Protein Choices: Choose One

4-5 ounces chicken (dark or white meat)
4-5 ounces turkey (dark or white meat)
4-5 ounces fish (tuna only 1 time per week)
3-4 ounces beef (lean varieties)
1 cup cooked beans or lentils (V)
½ cup cottage cheese (V)

Over a salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One

1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Dressing: Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

1 cup cooked garbanzo beans made into a veggie burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin olive oil

3 oz beef burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin olive oil

Notes:

1. Sprouted grain breads can be found at most health food stores and online. Some great brands are Food for Life Ezekiel bread and Manna bread. If you are not able to find these, you can also purchase bread that is made from rice or spelt.
2. Allowable spices: Celtic Sea Salt, all spices, wheat free soy sauce, wheat free tamari
3. * If you choose beans as your protein choice, do not choose it as your carbohydrate choice as well.
4. Supplements: 1 Omega 3 capsule with lunch and 1 with dinner.

Meal Plan – Week 6

Breakfast (7-8am)

Protein Choices: Choose One
1 egg + 3 whites
2 whole organic eggs
3 slices nitrate/nitrite free turkey, beef or pork bacon
2 nitrate/nitrite free turkey or chicken breakfast sausages
2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
1 Chicken sausage
2 slices nitrate/nitrite free Canadian Bacon
3 Tbsps Hummus (V)
½ cup cottage cheese (V)
2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus
1 cup red, yellow, or green peppers
½ medium tomato
(or 1 cup combination of any of the above.
Ex. 1 cup peppers, tomato, and spinach in an omelet)

Fruit Choices: Choose One
½ green apple
½ pear
¼ medium banana
½ cup berries (strawberries, blueberries, raspberries, blackberries)
½ cup fresh pineapple

Carb Choices: 1 slice Sprouted Grain or Rice Bread
½ Sprouted Grain or Rice Roll
1/3 cup dry slow cooked oats (made with water)

Examples: 1 egg + 3 whites
1 cup spinach, asparagus and tomatoes

1/3 cup oats (made with water and cinnamon)
1/2 apple (sliced and added to oatmeal)

2 Tbsp raw almond butter
1/3 cup oats (made with water, add almond butter to oatmeal)
1/2 cup berries to be added to oatmeal
1 cup raw peppers

1 chicken sausage
1 cup spinach
1/2 Roll (mini breakfast sandwich)
1 cup fresh pineapple

Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: *Choose One*
2 TBSP Natural, Raw Almond Butter (V)
1 oz Raw Almonds (V)
1 oz Raw Walnuts (V)
1 oz Macadamia nuts (V)
1 oz Raw Pecans (V)
1 oz Raw Pumpkin Seeds (V)
1 oz Raw Sunflower Seeds (V)
2 hard boiled eggs
2 oz turkey (dark or white) or chicken (dark or white)
1 Chicken Sausage

Vegetable Choices: *Choose One*
Celery Sticks
6-7 Baby Carrots
1/2 sliced red, yellow, or green pepper
1 cup broccoli or cauliflower

Fruit Choices: *Choose One*
1 green apple
1 pear
1 cup berries (strawberries, blueberries, raspberries,
blackberries)

Examples: 2 Tbsp Almond Butter
 Celery Sticks and 1 small green apple

 2 hard boiled eggs
 1/2 yellow pepper
 1 cup blueberries

1 ounce raw walnuts
6 baby carrots
1 cup raspberries

Lunch (1-2pm)

Protein Choices: Choose One
3-4 ounces chicken (dark or white meat)
3-4 ounces turkey (dark or white meat)
3-4 ounces fish (tuna only 1 time per week)
2-3 ounces beef (lean varieties)
1 cup cooked beans or lentils (V) *
½ cup cottage cheese (V)

Carb Choices: Choose One
½ cup cooked brown rice
½ cup cooked millet
½ cup cooked quinoa
½ cup or 4 oz cooked sweet potato
½ cup cooked beans (any variety) *

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Dressing: Raw Apple Cider Vinegar
2 tsps Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 3 oz grilled chicken (white or dark)
Large salad made up of Romaine lettuce, tomatoes, cucumbers
and celery
1 cup asparagus added to the salad or on the side
½ cup garbanzo beans added to the salad
Apple Cider Vinegar and 2 tsps flaxseed oil as dressing

1 cup cooked lentils (used to make a soup)
1 cup spinach (added to soup)
½ cup cooked brown rice (added to soup)
2 tsps extra virgin olive oil (added to soup)

3 oz salmon
Over sautéed spinach
4 oz sweet potato
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

2 oz beef
Broccoli and Cauliflower stir fry (small amount of wheat free soy sauce, see note below)
Over ½ cup brown rice
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

Dinner (6-7pm)

Protein Choices: Choose One
4-5 ounces chicken (dark or white meat)
4-5 ounces turkey (dark or white meat)
4-5 ounces fish (tuna only 1 time per week)
3-4 ounces beef (lean varieties)
1 cup cooked beans or lentils (V)
½ cup cottage cheese (V)

Over a salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes

Vegetable Choices: Choose One
1 cup cooked broccoli
1 cup cooked cauliflower
1 cup sautéed spinach
1 cup steamed asparagus

Dressing: Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flax Seed Oil
Spices (salt, pepper, Italian Seasonings, to taste)

Examples: 4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery

1 cup asparagus added to the salad or on the side
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

1 cup beans (used to make vegetable chili)
1 cup combination broccoli and cauliflower (added to chili)
½ cup chopped tomatoes (for chili)
Over a large salad made up of Romaine lettuce, cucumbers and
celery
Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with apple cider vinegar and 1 Tbsp extra virgin
olive oil

Notes:

1. Drink ½ of your bodyweight in ounces of water.
2. Only use Celtic Sea Salt for all of your salt needs.
3. All spices are ok.
4. Soy sauce and Tamari should be labeled “wheat free”
5. * If you choose beans as your protein choice, do not choose it as your carbohydrate choice as well.
6. 1 capsule of Omega 3 supplement with lunch and dinner.

Shopping List

The following are a few food shopping basics to help you get started on your Quick Start Plan. For a more detailed and thorough shopping guide, please refer to your **Diet Solution Shopping List**.

Bread

The best bread to use while on the Diet Solution plan is sprouted whole grain bread. If you do not have access to sprouted grain bread, you can also choose rice bread or spelt bread. Here are a few brands that I have found to be good choices. Sources include health food stores (often in the freezer section) and the following:

- Food for Life brand's Ezekiel 4:9 organic sprouted whole grain products (www.foodforlife.com)
- Manna bread
- Trader Joe's
- Whole Foods Market

Dairy

Choose raw organic dairy products. The following Web sites provide information about obtaining raw organic dairy products in the United States:

- A Campaign for Real Milk (www.realmilk.com)
- Organic Pastures (www.organicpastures.com)
- The Weston A. Price Foundation (www.westonaprice.org)

Meats, Poultry and Fish

All of the animal protein you choose should be hormone- and antibiotic-free, organic, and preferably grass-fed. Sources include local health food stores, many supermarkets and the following:

- U.S. Wellness Meats (www.grasslandmeats.com)
- Vital Choice (www.vitalchoiceorganics.com)

Nut Butter

Choose nut butters (e.g., almond, walnut, cashew, or macadamia nut) made from raw (not roasted) organic nuts. Sources include local health food stores and the following:

- Nut Butters (<http://vivapurashop.com>)

- Nut Butters (<http://nutbutter.worldofrawfood.com>)

Oil

For high-heat cooking, **coconut oil** is your best choice. It should be certified organic, unrefined, no chemicals (including hexane) added, unbleached, not deodorized, not hydrogenated, made from traditional coconut palms only (no GMO varieties), and cold-pressed (no heat used in the extraction process). Sources include local health food stores and the following:

- Extra Virgin Coconut Oil (www.nutiva.net)
- Extra Virgin Coconut Oil (www.vivapurashop.com)

For medium-heat cooking (sautéing) and use straight from the bottle (on salads and cooked foods), choose organic extra-virgin **olive oil**. It should be cold-pressed, cloudy (unrefined), and sold in a dark bottle. Sources include local health food stores and the following:

- Organic EVOO. (<http://evoo.vitalchoiceorganics.com>)
- Bragg EVOO (www.truefoodsmkt.com)
- Whole Foods Market

Omega-3 Supplements

Cod liver oil should be taken in the winter because of its higher vitamin D content. (Although our bodies synthesize vitamin D from the sun's ultraviolet rays, sun exposure typically is insufficient during the winter.) The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle.

Fish oil should be taken in the summer because of its lower vitamin D content. The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle, or 1 milliliter for every 10 pounds of body weight (1 teaspoon = 5 milliliters).

Krill Oil has been found to have much better absorption in the body than many fish oils. It is extremely high in Omega 3 fats and in antioxidants.

The following brands, available at local health stores and online, are tested by independent laboratories for the absence of heavy metals:

- Krill Oil (available from Prograde – <http://fishoil.getprograde.net>)
- Sockeye Salmon softgels (<http://salmonoil.vitalchoiceorganics.com>)

Salt

Choose pure unrefined sea salt with no additives, preferably Celtic sea salt. Sources include local health food stores and the following:

- Celtic Sea Salt brand (www.celticseas.com)
- Redmond's Real Salt

Stevia

Many stevia formulations are available (e.g., liquid, powder, powder plus inulin fiber). The liquid extract is ideal for all beverages, and the powders are ideal for baking. Powders are suitable for use in hot liquid but may not dissolve in cold liquids. Read packages to determine which product is right for you and the correct amounts to use in recipes. Sources include local health food stores and the following:

- Steviva (www.stevivasweetener.com)
- Whole Foods Market (in the supplement section)

Water Filtration Systems

Our bodies absorb water not only from food and drink but also through the skin, the body's largest organ. You should filter water for bathing as well as for drinking and cooking (i.e., at the kitchen sink). A whole-house filtration system takes care of this and more; it is installed where the main water line enters the home and filters the water before it flows throughout your plumbing system.

A good online resource is the following:

- Sun Water Systems (www.sws-aquasana.com) sells Aquasana brand products for kitchen, bathroom, and whole-house water filtration as well as glass bottles for water storage – best news here is that we talked with Sun Water Systems and they are willing to give Diet Solution Program customers a **20% discount** using the link above.

Remember...

Do the very best you can with whichever foods are available to you. You may not be able to find every single food I have listed, but that is ok! I have never had a client not lose weight because they had to make 1 or 2 adjustments. More importantly, make the majority of your food choices “all natural” and follow the recommended portion sizes and food combinations. I know from personal experience with hundreds of clients that even following the above plans at 90% proves amazing results.

What you've learned here is just the beginning. Are you ready to take charge of your weight and your health once and for all? Are you ready to feel the best you have ever felt? Visit www.TheDietSolutionProgram.com to download your copy of The Diet Solution Program Manual today. Don't let one more day go by without living the incredible life you've dreamed about.

About Isabel De Los Rios

Isabel De Los Rios, CSCS is a holistic nutritionist and exercise specialist in New Jersey and the author of www.TheDietSolutionProgram.com

Isabel's Diet Solution Program offers the most cutting edge, revolutionary nutrition information available today. Her meal plans are a product of extensive nutrition study, research and real world results with clients. They not only guarantee fat loss success, they guarantee a level of health and vitality that is above and beyond what most people ever achieve.