

# Fast Track Guide

Congratulations on making the commitment to better health! What we strongly encourage you to *immediately* incorporate are the following lifestyle strategies that will support your body's ability to naturally detoxify and jumpstart you to better health!

Over the 21 days of the program we will be giving you a series of simple action steps that will profoundly transform your life. We will be addressing exercise, digestion, sleep, lifestyle detoxification strategies, balanced eating, supplementation, eliminating toxins and how to move into a maintenance program.

But first things first! Here is your first set of action steps. Listen to my Setting Up For Success Audio Download and I will guide you through these and be sure to set up your appointment with your Overcoming Weight Loss Resistance Success Coach™ to review your *Symptoms #1* and *What is Your TQ* quizzes.

## Action Step #1 Clean out

*Eliminate the following chemical cuisine as soon as possible!*

- Beverages: Caffeinated beverages, alcohol, sodas (diet and regular)
- Refined and processed food items
- Products containing damaged fats (i.e., partially hydrogenated oils, trans fats)
- Sweets: Products containing sugar or sweeteners of any kind, including high fructose corn syrup and artificial sweeteners
- Products containing artificial colorings and flavorings

And while you are tossing out the chemically-laden food items, take some time to inspect your cleaning supplies, too. Look for the all natural, non toxic selections in your store and switch over to them. Get rid of toxic exposure everywhere you can!

## Action Step #2 Restock

*Restock and Replace with:*

- **Clean lean protein** sources including free range chicken and turkey, wild low mercury seafood (sardines, salmon, halibut, sole, scallops), grass feed beef, organic lamb.
- **Fresh organic fruits and vegetables**, especially dark leafy greens and sulfur-rich veggies like cabbage, broccoli, Brussels sprouts, garlic and onions.
- **Make an oil change** by switching to organic olive oil, avocados, raw nuts and seeds, and light coconut milk.
- **Spice it up** with fresh herbs or dried non-irradiated herbs including curcumin, rosemary, oregano, and cilantro.
- **Fill up with fiber!** The goal is 50 or more grams per day – great sources include legumes, raw nuts and seeds, berries, brown & wild rice, sweet potatoes and flaxseed meal.
- **Beverages**, mineral water (flat and sparkling), green tea, decaffeinated herbal teas

We've included our *Stock It and Toss It Shopping List* to take shopping with you. Download this from the Resources Section of the Forum.

### **Action Step # 3**

#### **Replace 1 meal with a Daily Shake**

##### **Daily Shake Basic Recipe**

2 scoops *Olympian Labs Prescribed Nutrition* \*

1 Tbsp *Olympian Labs Up Your Fiber*

1 cup of frozen fruit-we recommend organic berries

1 cup of water

1 healthy fat serving: 1 tbsp organic nut butter (not peanut), ¼ cup light coconut milk (replace ¼ cup of water), 1 tbsp freshly ground flaxseed meal, 1 tbsp Cod Liver oil or Udo's Oil Blend

Add ice and blend to desired thickness

\*Men and athletic women can use three scoops of combined shake mix to raise total protein to 30 or more grams per serving.

*You will be getting 15 or more grams of fiber from this recipe alone which give you a great jump on your recommended 50 grams or more of fiber per day. Fiber is the secret weapon for both weight loss and detoxification but I want to remind you to proceed with caution. Bring your total grams of fiber up over the course of a week rather than over night and be sure to increase your daily water intake(in between meals) as you do so to help keep things moving.*

### **Action Step #4**

#### **Start Your Supplement Protocol**

**Complete Multi**      3 capsules two times a day with meals  
(can break this up into 2 three times a day with meals as well)

**Liver-G.I. Detox Caps** 1 twice a day with meals

### **Action step #5**

#### **Water and beverages**

##### **Drink Up!**

You should be drinking 8 or more glasses of pure spring water daily. This doesn't mean coffee, tea, or soda – not only do they *not* count, they work against your water intake as they have a mild diuretic effect and are acidic to the kidneys which can result in the loss of minerals. Be sure you are drinking water throughout the day, but *limit intake during meals* to a glass or less to avoid diluting

stomach acid. Be sure to stop drinking several hours before bedtime to avoid the need to get up in the middle of the night to urinate.

Beware! Double-check the container from which you are drinking your water. Plastic bottles contain **phthalates** which can leach into the water you drink and create an added toxic burden, turning your otherwise positive behavior into a negative. Our newest favorite is the stainless steel water bottle, which offers a toxic-free, environmentally friendly alternative to the ubiquitous plastic container.

If you are a soda addict I feel your pain, I had a nasty diet coke habit years ago that really tested me. One of my favorite lateral shifts is to combine sparkling mineral water (look for one in a glass bottle, I am liking Voss right now) and add an Emergen-C Packet. I especially love the pink lemonade flavor.

If you are a java junkie, again something else I can relate to, I am going to encourage you to take this time prior to the start of the 21 days to start tapering off of the caffeine. Here is the trick that I have used on myself and with my personal clients-first make sure that you are drinking organic coffee as this is a really pesticide laden crop. Next switch to half caffeinated, half decaffeinated then start trading one cup with a cup of green tea or decaffeinated herbal tea. Going cold turkey on caffeine if you have a multi cup a day habit isn't fair to you or your family and friends so make it easy on everyone and start tapering!

## **Action Step #6**

### **Eat, Drink and Write It All Down**

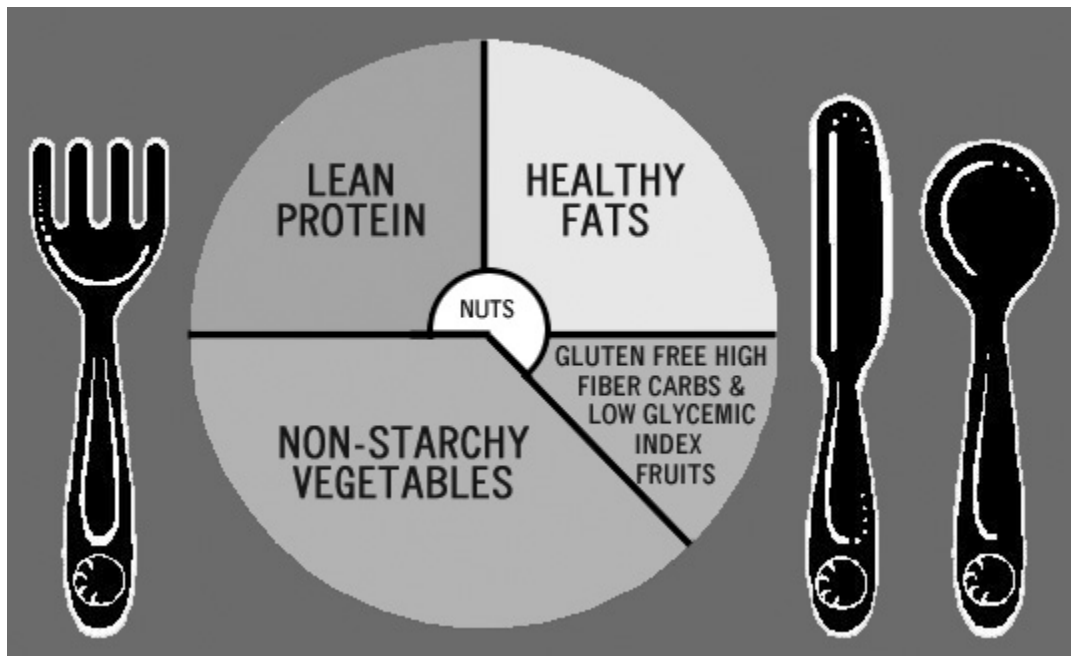
My single biggest secret to success is accountability and that starts with your pen (or keyboard). I want you to record exactly what you eat and precisely when you are eating it. Also include your water and beverage intake. Save these journal entries in case we need to review them to help identify food sensitivities or weight loss resistance.

I have included my health eating circle to give you the visual of what your meals should look like and I have detailed what each of the categories contain and how much of each you should be eating at each meal below the circle. I like to grade clients' diets as we are getting started. If you are getting a C or below grade on your diet right now, don't despair. We can raise your grade painlessly by focusing on two simple tactics. One is to add before you take away-start by adding more fiber, by increasing your non starchy vegetable intake and by getting in 8 or more glasses of pure spring water in between meals. Next start lateral shifting-replace unhealthy choices with their healthy counterparts. For example, replace corn oil with extra virgin olive oil, iceberg lettuce with organic mixed greens and fried chicken with grilled chicken breast. You won't really notice these changes but they will make a big difference in your overall health!

You will be replacing breakfast with a shake so we have included recommendations for lunch and dinners, the generic recommendations are below and we have Chef Lauren's recipes that she developed especially for the Detox Program under the resources tab on the Forum.

## Meal Planning

### My Balanced Eating Circle



#### **Each Meal should include the following:**

6-8 oz. of clean lean protein (seafood/fish, chicken, turkey, beef {grass fed only}, lamb)

2 cups or more of non-starchy vegetables (more is better; emphasize different colors)

1-2 servings of healthy fats (1 serving = approximately 1/2 small avocado, 1 tbsp olive oil, 4 ounces cold water fish, 10 nuts, 1 tbsp nut butter, 5 olives)

1 serving of gluten free high fiber starchy carbs

#### **Examples:**

- Wild Salmon with Roasted broccoli, cauliflower, red peppers and zucchini, ½ cup cannellini beans
- Grilled Chicken Breast topped with Salsa and Avocado Slices, served with mixed greens, 1/2 cup black beans and julienned vegetable salad with olive oil vinaigrette
- Grass fed beef filet topped with mushrooms sautéed in olive oil, served on a bed of sautéed spinach and garlic and a side of ½ cup brown and wild rice

## OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible.

Avoid farm raised fish.

- Lean chicken and turkey
- Lean red meats - 2-3 times per week
- Pea, hemp or rice protein
- seafood - salmon, halibut, scallops, sardines, sole
- Lamb
- Game

## OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanut)
- Freshly ground flaxseed meal
- Avocado
- Salba Rx
- Macadamia nuts
- Olive oil, olives
- Coconut milk or oil
- Cod liver oil
- Flaxseed oil
- Udo's Oil

## OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Brussels sprouts
- Chicory
- Cucumber
- Fennel
- Kale
- Mustard greens
- Radicchio
- Spinach
- Turnip greens
- Asparagus
- Bell peppers (red, yellow, green)
- Cabbage
- Chives
- Dandelion greens
- Garlic
- Kohlrabi
- Onions
- Snap beans
- Spaghetti squash
- Watercress
- Bamboo shoots
- Cauliflower
- Collard greens
- Eggplant
- Green beans
- Lettuce
- Parsley
- Snow peas
- Summer squash
- Bean sprouts
- Broccoli
- Celery
- Coriander
- Endive
- Jalapeno peppers
- Mushrooms
- Radishes
- Shallots
- Swiss chard

## HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Mung beans
- White beans
- Millet
- Okra
- Legumes
- Chick peas (garbanzo)
- Navy beans
- Yellow beans
- Steel cut oats (must say gluten free)
- Artichokes
- Pumpkin
- Black beans
- Beets
- Kidney beans
- Pinto beans
- Brown rice
- Leeks
- Sweet potato or yam
- Adzuki beans
- French beans
- Lentils
- Split peas
- Buckwheat groats (kasha)

## LOW GLYCEMIC INDEX FRUIT CHOICES

### Low GI

• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

### Moderate GI

- Cherries
- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pear
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit
- Fresh apricots
- Peaches
- Apples
- Limes
- Persimmons
- Pomegranates
- Plum
- Avocados
- Nectarines
- Plums

### High GI - eat sparingly if at all

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon

## Action Step # 7

### Staying and Getting Accountable

One way to help monitor your progress is through weekly monitoring of weight, measurements and body fat. I will caution you that if you are weight loss resistant it will be difficult to get these numbers to budge initially, but that is valuable information as well and will help us figure out what is holding you back from reaching your body composition goals. A healthy body should be able to burn off 1-3 pounds of fat each week while holding onto or building lean tissue. If you are following the program and this is not happening we may have to dig deeper into your toxicity issue and/or check to see if you have other issues that could be making it difficult for you to lose weight, if this is your goal.

Each week record your weight, waist and hip measurements and body fat percentage. If you need a body fat scale I use the Tanita scale. The model I recommend is detailed on the Resources page in the Forum.

Measure your waist by placing a tape measure around your body at the level of the uppermost part of your hipbone; this is usually at the level of your bellybutton. Measure your hips by placing your feet together and then measuring the widest part of your hips/buttocks.

Ideally you should weigh, measure and test body fat once a week in the morning before you eat and drink. Bioimpedance body fat readings are based on total body water so if you are dehydrated you will look lighter but higher in body fat and if you are well hydrated you will look heavier but lower in body fat. Your total body water should slowly rise over time as you are improving your health and habits. If you see a big jump one day, toss that number and retest the next day as it is most likely due to a shift in body fluids.



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